

MENTAL WELLNESS FOR COLLECTIVE HAPPINESS

We as a stakeholder of the project aimed to improve overall mental health and well-being of the staff, parents and children. Our core team included

- Mrs. Shyamli Waraich (Principal)
- Mrs. Shruti (TGT Science)
- Mrs. Rita (TGT Hindi)
- Mrs. Sunanda (TGT English)
- Mrs. Navdeep (PRT)
- Ms. Kamal (PRT)

ORIENTATION SESSION

This session was conducted by the Principal to aware the staff about emotional well being and mental health.



MINDFULNESS: YOGA AND MEDITATION SESSION



On International Yoga Day 21st June, Yoga and Meditation session was organised by the school to improve mental health of children and staff.



WELL BEING MONDAY



5 fun activities were organised to celebrate mental health on well Being Monday

- ABCD (Any Body Can Dance)
- Colouring Station
- Let's Fly Artistic
- It's Yoga O'Clock
- I am sports-tastic

PARENT'S ORIENTATION ON EMOTIONAL SUPPORT AND CARE

Parent's orientation was conducted by Ms. Revthi School Counsellor to provide insight into the emotional needs of adolescents that can provide opportunity to build skills, discover unique qualities and develop strength for optimal health.



WELL NESS GIFT EXCHANGE: GRATITUDE CHALLENGE

"Gratitude is like sunshine, a rainy day, warming the heart with appreciation"



A special activity was organised by our core team to cultivate a sense of gratitude among our staff members.

ACTIVE CITIZENSHIP: WASTE AUDIT



Through this activity, the students as waste auditors learnt that both mental hygiene and keeping our surrounding clean both are interconnected. Checking was done in each class and class I A was awarded the cleanest class of the session.



ACTIVE AVENGERS

Physical wellbeing is an integral part of mental wellbeing, keeping this in mind one activity was organised for the staff and the students in which they played their favourite sport activity. As well said "Movement is a medicine for creating change in persons Physical, Emotional and Mental states.



LEARNING TO SHOW KINDNESS: DAN UTSAV



DAN UTSAV also known as "Festival of Giving" was a wonderful initiative by the Municipal Cooperation which promotes generosity, kindness and community service among our students.

VISIT TO OLD AGE HOME: MANUKHTA DI SEVA

The purpose of this visit was to spend quality time with elderly residents, understand their lives and provide them with emotional support and care.



FAMILY FUSION



It was an event that brought families together from expressive art to captivating music, the event was a true testament to power collaboration and family bonds.



WORKSHOP ON CARE AND GUIDANCE



This session was conducted by the school counsellor and the purpose of this was to create a supportive environment where students can perform to the best of their abilities.



PAINT PARTY



A creative event was designed to encourage self-expression, relaxation and social bonding. To enhance mindfulness and mental well being through artistic engagement.



OUTDOOR EVENT



An Educational exposure visit was organised to GHG Khalsa college for experiential learning through direct observation and participation.



STOP AND SMELL THE ROSES



Garden full of flowers can provide calm and tranquility, reduce symptoms of anxiety and depression. To instill love for nature among the students an activity was organised so that students can appreciate the beauty around them.



NURTURING POSITIVE RELATIONSHIP



OUR PHILOSOPHY

Is to emphasize individual autonomy and empowerment, encouraging members to take ownership of their mental health, foster a supportive environment where members feel accepted and valued without judgement.



GET IN TOUCH

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