



BIRLA PUBLIC SCHOOL GANGANAGAR

(A Unit of Birla Education Trust, Pilani)

A Step Ahead.



CBSE Affiliation No. 1730974

Circular

WORLD MENTAL HEALTH DAY

“Mental health is a universal human right”

Dear Parents/Student,

Greetings of the day,

We are delighted to announce that Birla Public School Ganganagar will be commemorating World Mental Health Day on October 10, 2023. Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and contribute to their community. To mark this occasion, we have organized a special event during the assembly time at the central courtyard.

Objective:

The objective of this event is to raise awareness about mental health issues and advocate for the importance of mental well-being.

Why is Mental health Important?

Mental health is a vital aspect of overall well-being. By addressing mental health openly and compassionately, we aim to reduce the stigma of mental health issues and create an atmosphere where our students feel safe to discuss their feelings and emotions.

Events of the day

Time – 8:30 AM – 10:00 Am

Day: Tuesday

Date: 10/10/2023

S.NO.	Name of events
1.	Mental Health in Rhymes – <i>Self Composed Poetry</i>
2.	Rhythms of Resilience – <i>Musical Performance</i>
3.	The Mind’s Stage - <i>A Mental Health Play</i>
4.	Mindful Moves – <i>Dance Performance</i>

Regards

Birla Public School Ganganagar