



BIRLA PUBLIC SCHOOL GANGANAGAR

(A UNIT OF BIRLA EDUCATION TRUST PILANI)

Session 2023-24 EVENT REPORT

EVENT NAME- World Mental Health Day

DATE AND DAY- 10/10/23 (TUESDAY)

Objective:

- Good mental health is vital to our overall health and well-being.
- To foster stronger relationship with positive thoughts.
- Positive thoughts can improve overall well-being.
- Understanding the concept of gratitude.
- Raising awareness of mental health issues.

Participants:- Total participants- 36 (PRESENT - 34, ABSENT – 02)

- Students of classes VII, VIII, IX, X, XI participated.

Methodology:

In this event, the performances were planned in order to help students learn about how to be more aware about mental health and be effective with one's thoughts, feelings and behaviour.

Learning Outcomes:

- How to understand, motivate, manage, empathise, empower, and develop (UMMEED) the overall well-being.
- Understanding the benefits of being mental healthy.
- Raising awareness of mental health issues.
- Learning about "Mental health is a priority. One's happiness is essential and self-care is a necessity."

Enclosure:

1. Circular
2. Poster
3. Photographs of the event.

ESTD. 2019



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



Birla Public School Ganganagar

A UNIT OF BIRLA EDUCATION TRUST, PILANI, RAJASTHAN **A step ahead**



'Mental health is a universal human right'.

World Mental Health Day

Day - Tuesday
Date - 10/10/2023



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[Bps-ganganagar](https://www.youtube.com/channel/UC...)



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