



BIRLA PUBLIC SCHOOL GANGANAGAR **(A UNIT OF BIRLA EDUCATION TRUST PILANI)**

Session 2026-27

Event Report

Event Name: World Mental Health Day

Date: 10th October 2026 (Saturday)

Venue: Psychology Lab

Theme: "Real Experiences Heard: Real Voices, Real Change"

Introduction

- The programme blended psychological learning with enjoyable, meaningful activities that encouraged students to talk openly about their emotions.

Objectives of the Event

- To raise awareness about mental health among students and the wider school community.
- To encourage open expression of emotions, worries, and personal experiences.
- To promote empathy, emotional well-being, self-expression, and peer support.
- To create a safe, positive, and non-judgemental environment for students.
- To help students understand attention, focus, and perception through practical activities.
- To build confidence, resilience, gratitude, and self-awareness.

Programme Highlights

1. Inaugural Programme

- The Vice Principal and Headmistress were escorted to the Psychology Lab.
- The programme opened with a ribbon-cutting and badge ceremony.
- An oath was administered as part of the ceremony.
- Both dignitaries addressed the gathering.

2. Six Interactive Activity Stations (Psychology Lab)

- **Station 1:** Flow Model and Mirror Drawing Apparatus
- **Station 2:** Catch the Colour, Stroop Effect, and Match the Rest
- **Station 3:** Affirmation Corner, Make Something Out of It, and What Do You See
- **Station 4:** Mould It Out, Sparkle It Up, and Stamp Your Day
- **Station 5:** Twister Mats and Don't Let It Fall
- **Station 6:** Vent Out Box, Feedback Board, and Gratitude Tree

3. Learning Through Participation

- Classes VII to XII attended in scheduled slots of about 15 minutes each.

- The stations covered attention, concentration, perception, creativity, positive self-talk, gratitude, and emotional expression.

4. Balloon Ceremony (Concluding Activity)

- Held at the Front Ground.
- Students wrote their worries and difficult feelings on balloons and released them as a symbolic act of letting go.
- The ceremony carried a message of hope, healing, and seeking support when needed.

Learning Outcomes

- Awareness of the importance of mental health increased among students and staff.
- Students felt encouraged to voice emotions and concerns without fear of judgement.
- The event reinforced that mental well-being is as important as physical health.
- Empathy, emotional sensitivity, peer support, and gratitude grew among students.
- Students gave positive feedback.
- The event successfully reflected its theme, **“Real Experiences Heard: Real Voices, Real Change.”**

Enclosure-

- Pictures

