



WORLD MENTAL HEALTH DAY

Day/Date : Thursday/ 10th October 2019

Event: world mental health day

Glenn close said, “what mental health needs is more sunlight, more candor, more unashamed conversation.”

The 10th of October every year is observed as world mental health day by the world health organisation. The theme for this year was “suicide prevention”. World mental health day is a day for global mental health education, awareness and advocacy against social stigma. It was first celebrated in 1992 at the initiative of the world federation for mental health. This day thousands of supporters come to celebrate this awareness program to bring attention to mental illnesses and it's major effects in people's lives worldwide.

A recent report by world health organization states that one in four people, world over, will be affected by mental or neurological disorders at some point in their lives. Around 450 million people currently suffer from such conditions.

ITL Public School celebrated with utmost zeal and enthusiasm the world mental health day on 10th October 2019. The students of class9 and 10 made a wonderful audience for the event. A lively quiz was conducted on domains related to mental health like stress, lifestyle disorders, acceptance of failure, common teenage issues etc. The students were also enlightened by the school counselor with regard to mental health issues and solutions. The issue of examination anxiety was discussed at length by drawing the perspective of the student community. Our mentors also participated in this playful event. A street play was conducted where the importance of physical, mental and spiritual wellbeing was reiterated. The students, certainly, did not leave any stone unturned in making this nukkad natak expressible and the message was loud and clear.

The aim of conducting this informal session with regard to mental health was to enlighten the gathering about matters which may seem miniscule at the moment but might have serious consequences in the long run.

Towards the end of the program, the students who gave exceptionally good answers in the quiz were given a token of love and appreciation.



