

Report of Assembly

Theme- World Mental Health Day/Wellness Week

Date- Thursday, 8th October 2020

Venue- Online Live Session

Conducted by- Class I to V

Mental health is not a destination, but a process. It's about how you drive, not where you're going.

World Mental Health Day is observed on 10th October every year with an objective of raising awareness about mental health issues around the world. Healthy mind resides in Healthy body. Efforts in support of mental health were made by mobilizing the young ITLeens. Keeping this in mind ITL Public School celebrated “Wellness Week” from 5th to 10th October. Various activities relevant to the theme were conducted by the facilitators for their students.

“**Mindfulness activity**” was introduced to commence the Wellness week. Such activities helped children in rediscovering their visualisation skills. It also enhanced their concentration capacity.

Value of emotions comes from sharing them not just having them, so “**Emotion Activity**” was conducted by the students of class I, students expressed their emotions with the help of ‘Smiles’ which they were experiencing at that time. They were encouraged to express and vent out the reason for feeling the same.

Self-love is the greatest love of all times. To inculcate the great virtue of self-love “**Super Me Activity**” was conducted for class II. Students were asked to pen down any two distinct qualities they possess.

For the students of Class III and IV activity to “**Discover the Power of Positive Thinking**” was conducted. It encouraged them to be vocal about their positive traits and qualities. It helped them to inculcate the value of self-worth.

“**Mental Health is my Priority**” was conducted in Class V. Students discussed various ways to keep their mind healthy and fit. They listed many resourceful activities that facilitates our mind to be healthy. These activities include meditation, laughter therapy, spending time with loved ones etc.

A healthy outside starts from fit within. The immense efforts put together by students enabled them to learn and accept the value and the need of sound Mental Wellbeing in our lives.



MENTAL HEALTH ACTIVITY

