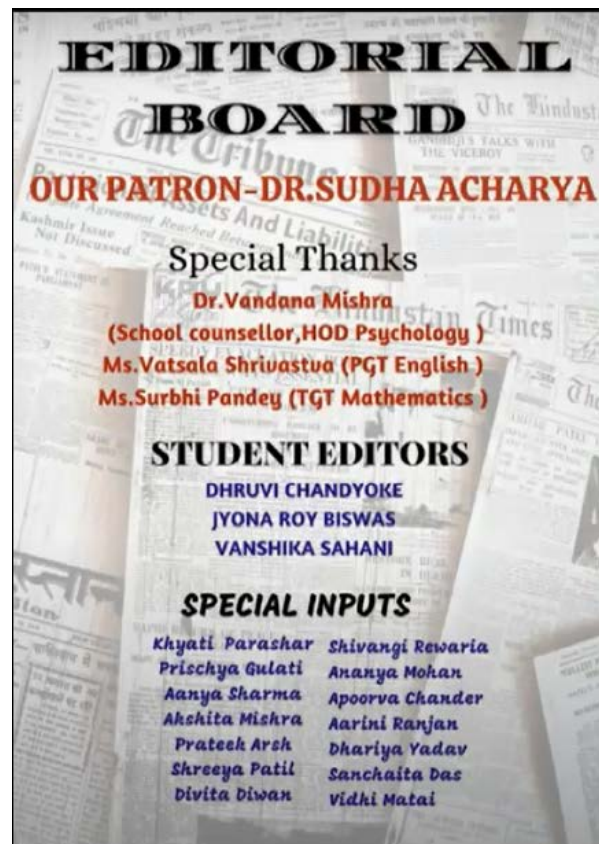
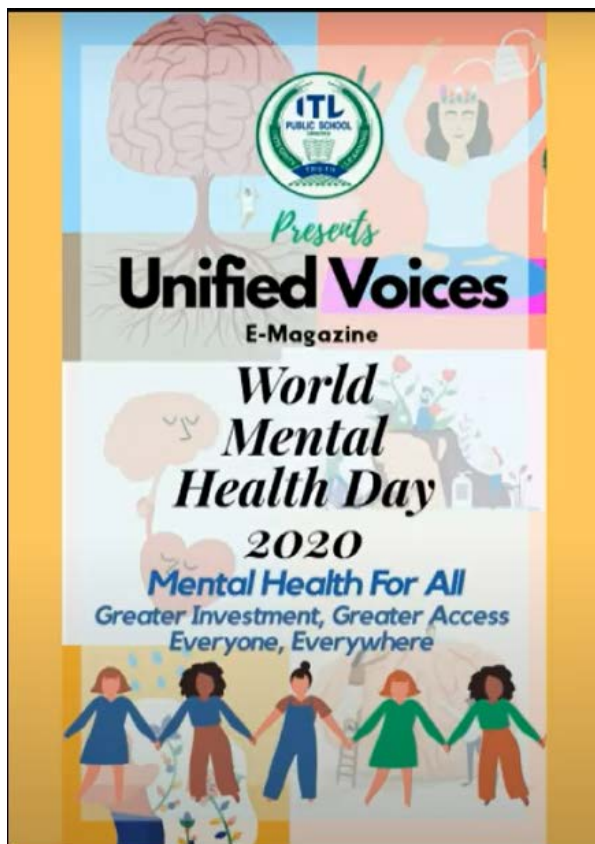


World Mental Health Day

Date : 10 October '20
Day : Saturday
Event : Magazine Launch "Unified Voices"
Organised by : Psychology Department
Attended by : Entire school community

World Mental Health Day encourages us to be more aware of both our own mental health and be Mental Health Ambassadors for the other members of the community. With the theme "Mental Health For All, Greater Investment, Greater Access, Everyone, Everywhere" which exemplifies the underlying efforts for achieving community well-being, ITL Public School launched its E-Magazine titled "Unified Voices". The subtly explained theme of the magazine goes hand in hand with this year's theme i.e. the essentiality of coming together and involvement of all the stakeholders to have a unified voice against the stigmas around mental health, promoting integrated wellness.

Owing to the essentiality of each stakeholders' importance in shaping every aspect of mental health, appreciable participation from parents, teachers and students in the form of write ups, anecdotes and poems made this magazine wholesome and integrated. "Unified Voices" explores a plethora of approaches towards wellbeing and serves as a medium to learn more about the basics of mental health and holistic wellness.



<https://youtu.be/2DtJ5hK66Sk>

