



ITL Celebrates Mental Health Week

Keeping in mind the mammoth significance of Mental Health, ITL dedicated a complete week from **4 Oct 2021 to 8 Oct 2021** as **Mental Health Week** and also to pay tribute to **World Health Day** celebrated every year on 10 October.

A plethora of activities were organized for the students of all classes acquainting them to the very significant concept of Mental Health. The activities that were conducted Online for Junior and Middle school included **My Daily Self Care, I Am Awesome, Success begins in Mind, My Daily Gratitude Journal (Class IV) Yoga Session, Reel the Feel (Class VI to VIII)** thus **sensitizing** students on different aspects of mental health.

Classes IX to XII indulged enthusiastically in an array of Offline activities like creating awareness about **Mental Health First Aid (Class IX), Weaving the Quilt of Thoughts (Class X)** for penning down challenges and finding out ways to cope up with them - **Mapping Mind-** wherein a thorough survey on Mental Health followed by statistical analysis and interaction was done.

The weeklong celebration saw its culmination in an assembly devoted to the importance on Mental Well Being **on October 8, 2021**. The highlights of the assembly were a **Nukkad Natak** named **YOUuniversal** on the theme **Mental Health in an Unequal World** and **Whizz The Quiz-** a Quiz on Mental Wellness.

The event organized under the aegis of the **school principal, Dr Sudha Acharya, ITL Public School** was a great step to motivate students to take care of their mental wellbeing and thus breaking the so called cliched taboos of the society.



