



Mental Health Week 2023

Date - 4th October 2023 to 6th October 2023

Venue- ITL Public School

Conducted by - Psychology Department

In a world where all of us are bound by our minds, let us celebrate symbols of resilience, positivity and inner strength!

As ITL public school commemorates, Mental Health Day in 2023, with the theme "Mental health is a Universal Right", we stand to shape a society that holds mental health in high regard, where individuals are empowered to openly share their experiences, and where the societal stigma surrounding mental health is dismantled. As part of the global community, it remains our duty to promote inclusivity and raise awareness among our youth regarding the significance of mental health and wellness.

Several activities were conducting in the school during the course of Mental Health Week for grades I-XII. Students and teachers together worked to build a better rapport and a more comfortable environment for free expression of the self. For grades I-II, the activity "Marvelous Me" encouraged students to draw and celebrate their unique qualities, promoting a positive environment and appreciation for diversity. Students of classes III-V enjoyed activities like "The Magic Box", which encouraged them to reflect on their uniqueness and special qualities, as well as "Imaginary Gift Exchange" which fostered understanding, empathy and appreciation among the peers. For grades VI-VIII, "Blow Out Your Fears, Spot your Strength" was performed, an activity where students anonymously shared their deepest secrets , encouraging openness among the classmates. Classes IX-X enjoyed activities such as "Rhythmic Reconcile" where they expressed their emotions through songs , and in addition to that incorporated meditation and yoga into a holistic wellness plan. On the other hand, grades XI-XII participated in "Chaitanya Awakening" a self-reflection activity where they explored their sense of purpose as well as their aspirations and values.

The activities encouraged the students to pay attention to their mental health equally as much as their physical and educated them over the importance of looking after themselves. The students showed great enthusiasm for the learning experience and gained immense knowledge through the interactions among one another and with the peer leaders.

