



ITL PUBLIC SCHOOL HONOURS WORLD MENTAL HEALTH DAY

Name of the Event : **World Mental Health Day Assembly**

Date : 14 October, 2022

Venue : Auditorium, ITL, Public School

Participants : Students from **Classes IX, X, XI, XII**

Happiness can be found even in the darkest of times, if one only remembers to turn on the light."- *Albus Dumbledore*

World Mental Health Day is celebrated on **10th October** every year with the objective of raising awareness regarding mental health. The day is celebrated to mark the need for advance awareness and treatment of mental illness.

The World Health Organization defines mental health as “a state of wellbeing, in which the individual realizes their abilities, can cope with the normal stresses of life, can work productively and can contribute to their community.” It greatly affects how we think, feel and act. It also helps determine how we make choices. Realising the mammoth of mental health ITL observed **Mental Health Week** from **10 October to 14 October** with great sincerity and enthusiasm which saw its culmination on **14 October, 2022** in a special assembly.

The important role that mental health plays in achieving global development is illustrated by the inclusion of mental health in the **Sustainable Development Goals** as SDG3 is -‘Good health and well-being’. Today, 1 in 8 people are suffering from anxiety and various other health related issues.

The resource person of this special assembly on Mental Health was **Dr. Nishi Sehrawat Phogat**, working as an academic consultant and counsellor with many prestigious schools also a resource person and a reviewer for CBSE (COE Delhi, Pune and Ajmer). Dr Nishi guided the students on the measures one can adopt for the mental wellbeing.

The **Peer Educators** of **Class XII Vrinda Warriar and Vernika Pathak** enlightened all on the multifarious activities that are taken up at regular intervals by the ITLeens and specifically on the World Mental Health Week like **Joy Jar and Worry Jar Activity** whereby students vented out their joys and anxieties, **Bully to Buddy**, taking initiative to bring about a marked change in their peers, **Tree of Life** highlighting aims and aspirations of the students. A quiz was conducted to sensitise the students on mental health issues. A **Nukkad Natak** was presented highlighting trauma, trials and tribulations of an unstable mental health condition.

Happiness is a state of mind. It must be lived. Most people delay their happiness trying to make the outer world “just right.” The Resource Person enlightened how using scientific techniques one can learn how to achieve inner happiness.

The event organised under the aegis of the School Principal Dr Sudha Acharya was a life transforming learning experience for the students.

