

WORLD MENTAL HEALTH DAY

MANODARPAN - Mental Health Week - 4th to 10th October'21

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

In order to commemorate World Mental Health Day, Jaypee Public School, Noida conducted plethora of activities under the aegis of “MANODARPAN” an initiative by the Ministry of Education, Govt. of India – focusing on the aim to provide psychosocial support to students, teachers and families for their mental health and emotional well-being during COVID-19 outbreak and beyond.

Children’s emotional wellbeing is just as important as their physical health. Good mental health helps them develop the resilience to cope with whatever life throws at them and grow into well-rounded, healthy adults.

In consideration to this initiative, the following activities were undertaken making the children aware of the psychological benefits for their mental well-being:

POSTER-MAKING ACTIVITY

Class 3 and Class 7 children had an active participation and gave a glimpse of how important it is to take care of mind and keep it healthy, through their posters.

COUNSELLING SESSION

A thought-provoking counselling session was conducted by the school counsellor for the students of Class 10 enumerating the importance of topics such as bullying, cyber-bullying- its consequences, anxiety, stress and depression. Students were actively engaged, shared their intricate experiences and ways which helped them deal and cope up with the difficult and challenging situations.

Safeguarding the interest of the children, various strategies were apprised to them like controlling negative thoughts, engaging in a hobby, exercise, making lifestyle changes and seeking professional help when required.

POWERPOINT PRESENTATION

Class 9 students prepared a PowerPoint presentation discussing the impact of COVID-19 on people’s mental health and suggested ways how to build a resilient personality and techniques to manage the stress and anxiety well.

VIDEO PRESENTATION

Class 11 students prepared a video wherein they expressed their concerns how to upkeep the mental well-being of the society after this new normal.

Thus, a week filled with awareness-building exercises reinforced the message that talking about mental health is nothing to be ashamed of. *It’s ‘Time to Talk, it’s Time to Change’.*

Principal
Jaypee Public School, Noida