

Mental health day celebrations

Mental health day was celebrated at our school Bal Bharati Rohini on the 10th of October on the theme of “Mental Health at Workplace” through various activities



Attractive display boards highlighting the artwork and projects of students to promote mental health and wellbeing of all.



All staff members dressed in green on the occasion representing commitment to understanding and supporting individuals struggling with mental health concerns



Distribution of Positive Affirmative batches by students to inspire and motivate the staff members through positive thinking for self.



Movie screening in the zero period across all classes from 6th to 12th to create awareness and knowledge about Mental Health for students.



Classroom sessions by the Counsellor on the theme of 'Mental Health at Workplace' for class 8th students to enable them to be more mindful of their own and everyone's mental health in the school environment.



Creative expressions by 6th class students on mental health through their artwork.



The primary department students showing support, cooperation and commitment for the wellbeing of all



Workshop conducted by Ms. Pooja Khanna (Career and skill coach at Pearl Academy) attended by class 9th students, emphasizing on Awareness of our thoughts and emotions to be more mindful in our behavior ensuring our own and others mental health