
Towards Mental Wellbeing: The Mental Health Awareness Week Sessions

Pune, Maharashtra | 1st to 10th October, 2023



Our school celebrated Mental Health Awareness Week from 4th to 10th October. As part of the programme, the school counsellor, Ms. Sabitha Parmodh conducted mental health and wellbeing awareness sessions for students of Grade IX and X. Topics included: an awareness session for Grade IX students; role-play for Xth graders; and positive note-making, poster making, and sending notes of gratitude note to one other for both grades.

Through these sessions, students were made aware of why mental health needs to be given equal importance as physical health, ways in which one can better one's mental health, and methods to cope with the stress and strains of daily life.



We congratulate all students for participating so enthusiastically.

We also thank our principal, Dr. Bindu Saini; vice principal, Ms. Padmavati Banda; and especially our school counsellor, Ms. Sabitha Parmodh for organising these sessions.