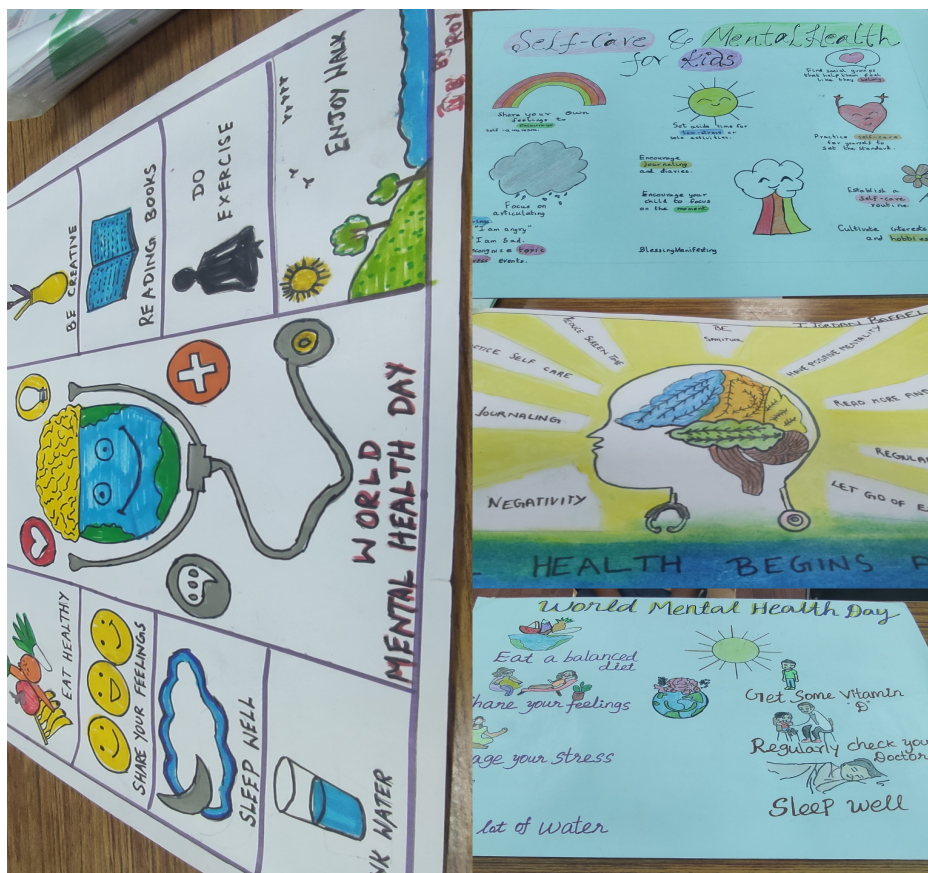


## Mental Health is a universal Human Right!!



Activity for Parents and Students of Primary school was given to include them in observing Mental Health Day. Our goal is to work together to break the stigma surrounding mental health right from the comfort of our homes. We believe that parents can play a significant role in promoting mental well-being, and we invited them to express their thoughts and emotions on this important topic through various creative means such as painting, art, write-ups, posters, collages, or any other form of artistic expression that resonates with them.

It is our collective responsibility to destigmatize mental health issues, not only for ourselves but also for future generations.



**Mental Health begins at home - Be your child's safe haven!**

## INNER HARMONY HUB

We are happy and grateful in starting an "Inner Harmony Hub" in our school as part of normalising mental health.

### **PURPOSE OF THE CLUB**

The purpose of establishing an *Inner Harmony Hub* in schools is to normalise mental health by providing a safe space for students to openly discuss, seek support, and access resources, fostering emotional well-being, reducing stigma, and equipping the school community with essential skills to manage and prioritise mental health.

This initiative also promotes a culture of inclusivity and early intervention while fostering a sense of community responsibility for student mental health.

### **OBJECTIVES OF THE CLUB**

***Mental Health Awareness:*** It helps raise awareness about mental health and the importance of emotional well-being among students. This can reduce the stigma around discussing mental health openly.

***Skill Building:*** It offers workshops, classes, and materials to teach coping strategies, mindfulness, and stress reduction techniques, empowering students with practical tools to manage their emotional challenges in a healthy manner.

***Peer Support:*** The hub can encourage peer support and mentorship programs, enabling students to connect with each other, share experiences, and provide emotional support, thus reducing feelings of isolation.

***Preventing Crisis:*** By promoting a culture of mental wellness, it can reduce the likelihood of students reaching a crisis point where more intensive interventions are required.

***Improved Academic Performance:*** A focus on mental health can lead to better concentration, reduced absenteeism, and improved overall academic performance among students.

***Data Collection:*** The hub can serve as a data collection point to identify trends in mental health issues in the school, enabling the school to tailor its interventions and support based on specific needs.

***Life-Long Skills:*** The skills and knowledge gained in the Inner Harmony Hub can benefit students not only during their school years but also throughout their lives, promoting better mental health in adulthood.

***Preparation for Real Life:*** Encouraging discussions about mental health prepares students for the challenges they might face in the real world, where they will need to manage stress, anxiety, and mental health in their personal and professional lives.

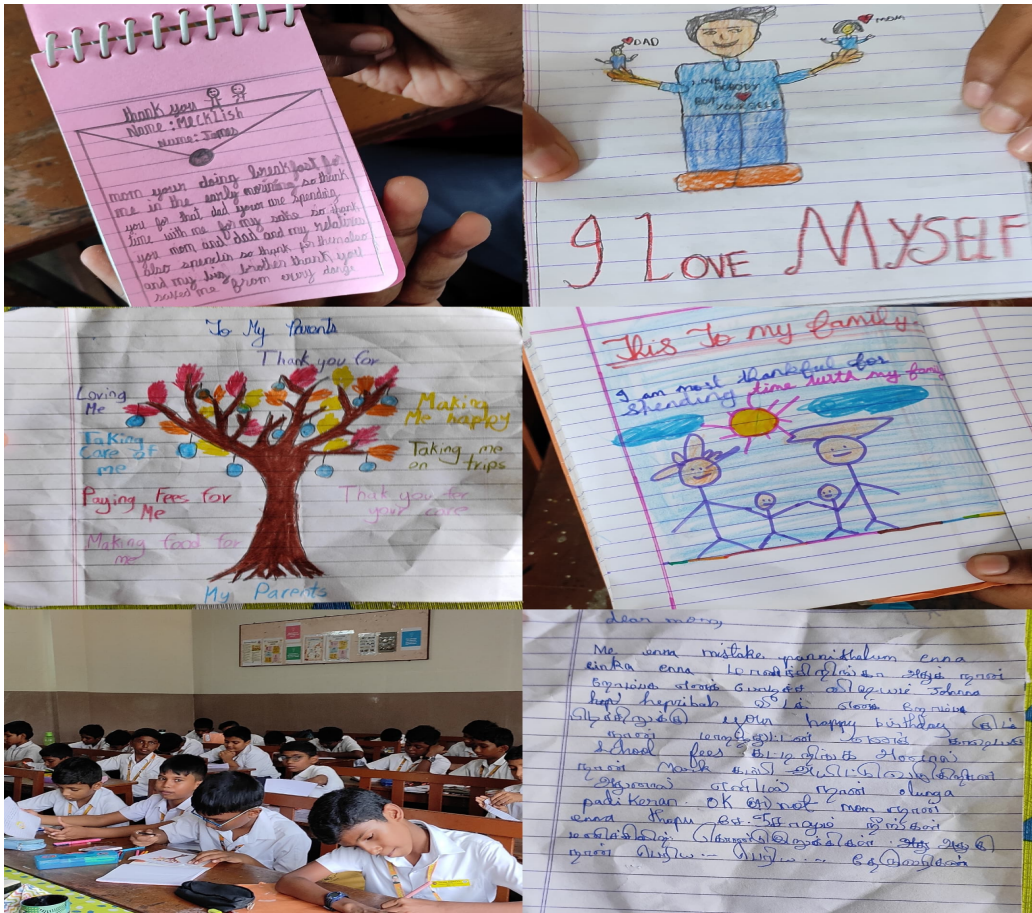
The saying *"Someone is learning how to be a person by watching you"* resonates deeply, particularly within our school community. It serves as a powerful reminder that we all bear the collective responsibility of nurturing a compassionate and supportive environment. This shared commitment to fostering a caring community today lays the foundation for the empathetic, resilient, and socially responsible leaders of tomorrow.



*As part of celebrating World Mental Health Day 2023, we inaugurated Inner Harmony Hub and took pledge to prioritise our own mental health as well as others*



## Expressing Gratitude



As part of our celebration for Mental Health Day, we had a special session focusing on the transformative power of expressing gratitude. The activity-based session not only helped the students but also allowed them to unleash their creativity while conveying their appreciation.

Guided by the idea of expressing gratitude, students were encouraged to delve into a reflective process. They were tasked with crafting heartfelt messages and choosing individuals to dedicate these expressions of gratitude to. The significance of acknowledging and appreciating others was highlighted, emphasising the profound impact it can have on mental well-being.

The session fostered a positive and uplifting atmosphere, as students eagerly embraced the opportunity to communicate their feelings of gratitude. Through this activity, we aimed not only to celebrate Mental Health Day but also to instil the importance of cultivating a culture of appreciation and kindness in our daily lives.