

Sat Paul Mittal School organized a workshop on Mental Health Awareness



In these unprecedented times of global pandemic, parents and educators need to work together to prepare children for the uncertain future that looms large. Only through close collaboration do we hope to get our children ready to face the challenges of this fast-changing world.

We, at Sat Paul Mittal School, are committed to focus on the physical, mental, social and emotional well-being of students while ensuring their optimum growth and development as healthy individuals. Therefore, the school organized an online Mental Health Awareness Session for the students of Class IX with the school counselor Ms. Geetanjali Kalia. This hour-long session focused on Mind- Most Powerful organ, as there is no health without mental health (World Health Organization).

The session focused on an objective of empowering students about what is Mental Health, highlighting the importance/ need to focus on mental health, aiding students to acquire the skill set to catch the clues for themselves and for others thus, enlightening the students to have a healthy understanding of maintaining mental hygiene and breaking the stigma attached to it. Students were vested through a PowerPoint as well as videos to be grateful and thankful and putting efforts each day to make this world a better place for all. Towards the end a question answer round was take up to address the queries of the students.

