D.A.V.PUBLIC SCHOOL, THANE
MENTAL HEALTH WEEK - 4 th - 10 th OCTOBER 2020

Sound Mental Health - Real Wealth

The current pandemic has led to imbalance in emotional, psychological and social well-being of humanity. To counter the effect, Ministry Of Education has undertaken "MANODARPAN" initiative covering a wide range of activities to provide psychosocial support to students, teachers and their families for Mental Health and Well-being during the covid-19 pandemic. The unprecedented circumstances following the outbreak has led to closure of schools, new system of online classes, restrictions on outdoor activities and the new system has led to stress and anxiety which require empathetic handling through psychosocial support. From 4 -10 th October the school observed "Mental Health Week" to bring awareness on the importance of mental well-being.

In the first phase, Principal ,Ms. Simmi Juneja, sent a strong, positive, verbal message for a combined effort to move ahead in life with confidence. School counsellor Ms. Satya Iyer connected with students and teachers with a message through You tube, focussing on the need to make healthy choices, the need for self care, prioritizing mental health, importance of positivity, resilience and the need to evolve into one's higher self to live a contented life.

In the second phase, teachers narrated short stories during the online assembly sessions on the theme of Self Acceptance, Personal Growth, Purpose in life, Positive Relation with others, Coping with stresses of life, Contentment, Healthy life style and the need to realize one's own potential.

In the third phase students made creative posters in the form of caricatures, sketches, drawings and paintings to point out the need for a healthy state of mind to succeed in the long run and face the competitive world with a renewed vigour. On the whole the initiative succeeded in giving a strong message among students, teachers and parents community to strive for contentment in life and acceptance of shortcomings as a part of life.

#BREAK THE STIGMA

BRAVE FACE...

we get told to put on a

but sometimes the bravest thing is to take the face off

WORLD MENTAL HEALTH DAY

2020

Ananya
Shetty
VIII-D
R no. 2

mind is connected to body.

REMEMBER

Our mind is equally important,
The care you give it should be potent.

THIS MIND IS AS TENDER AS THE HEART.

Poster 1:

IT'S OK TO FEEL:

SAD
SCARED
ASHAMED
LONELY
FRUSTRATED
ANGRY
JEALOUS
ENVIOUS
GUILTY
INSECURE

EVERYBODY FEELS THAT WAY SOMETIMES
WE SHOULD LIVE IT IT DOESN'T MAKE US WEAK IT MAKES US HUMAN
AND IT HELPS US TO TALK ABOUT IT

Poster 2:

ANXIETY "burden" STRESS
OCD DEPRESSION "weak" "thin"
"crazy" "buzz kill" "dumb" PTSD
Fear Panic Attack Phobia ANXIETY
SHAME Schizophrenia "nerd"
"man up" "fat" "ignored"

IT'S OKAY TO NOT TO BE OKAY

"It's okay to cry"
"YOU ARE WORTH IT!"
"take your time"
"TALK IT OUT"
"you are beautiful!"
"TAKE CARE"
MEDITATE
"you're not alone;"
"take deep breaths"
"you are loved!"
"appreciate"
"go for a walk"

Poster 3:

your mental health is a priority.
Your happiness is an essential.
your self-care is a necessity.

Manasvi Jagtap
X-A

Poster 4:

NAME - Arya Rai
STD - VII   DIV-D
ROLL No. - 3

You cannot do that
Cover those Greys
Be a good mum
Imposter syndrome
You can't draw
No not like that, like this, No! wait, like this
Think more/less
Don't loose weight it's what patriarchy wants
Loose weight →
← Score good marks
← TIDY UP
Be a better → partner/friend daughter
I LOVE MYSELF
love respect resistance
← Don't go there
music
education
yoga
relief
Earn more
human
hope
dancing
We are here to take your decision
family
kindness
health
happy
amazing
acceptance
You're grown up now BEHAVE
friendship
resistance
caring
tea
less
Sincerity
balance
communication
feminism
perspective
S
ring
empathy
perspective
community

Earn more
When we were of your age...
Dress properly
Don't show your skin
You're ugly
You're unlucky