

# **D.A.V.PUBLIC SCHOOL , THANE**

## **MENTAL HEALTH REPORT**

### **SECONDARY SECTION.**

An interactive session on **Mental health and Wellness** was conducted for the students of Secondary section on 19<sup>th</sup> August 2021. The highlight of the day was the various topics as per the grade level which were catered to regarding the mental health they are as follows:

Grade 6: I love myself.

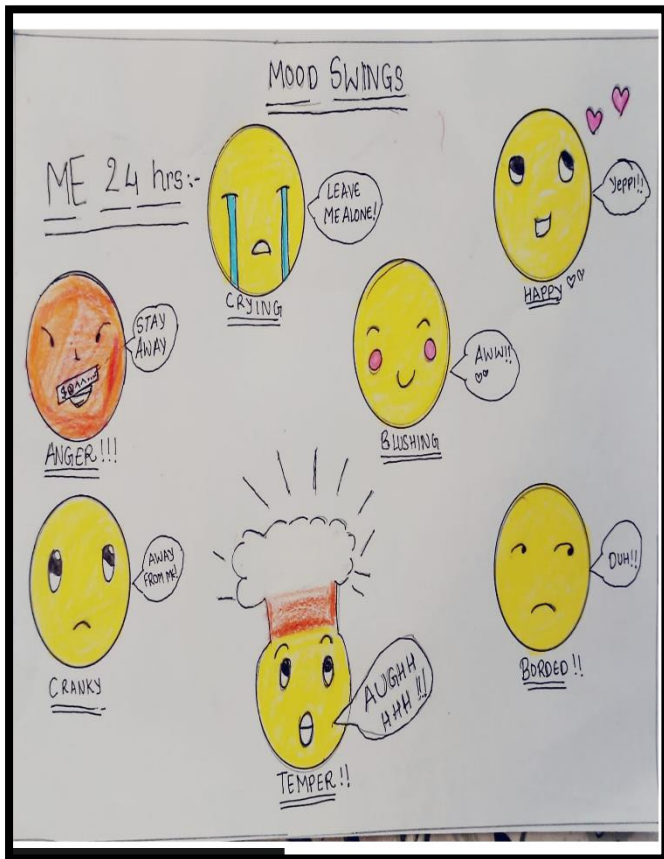
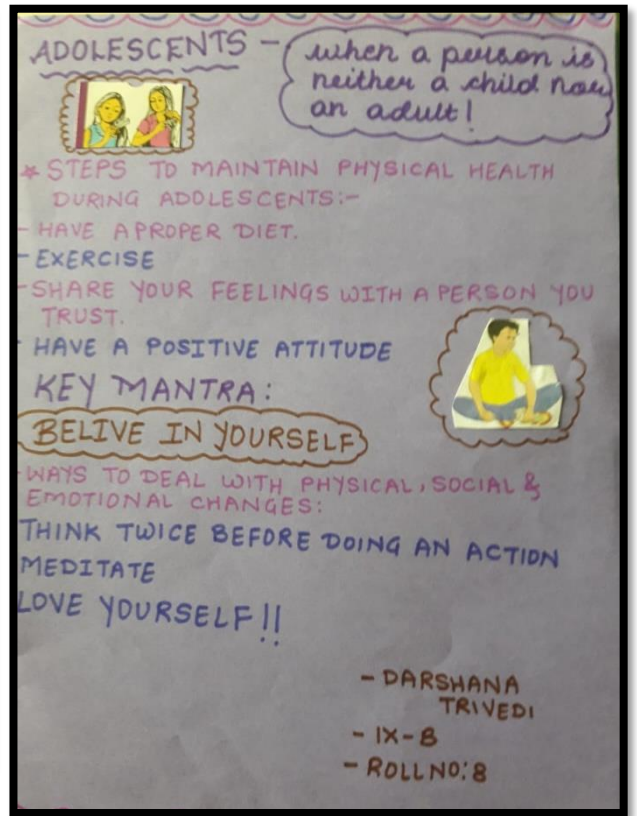
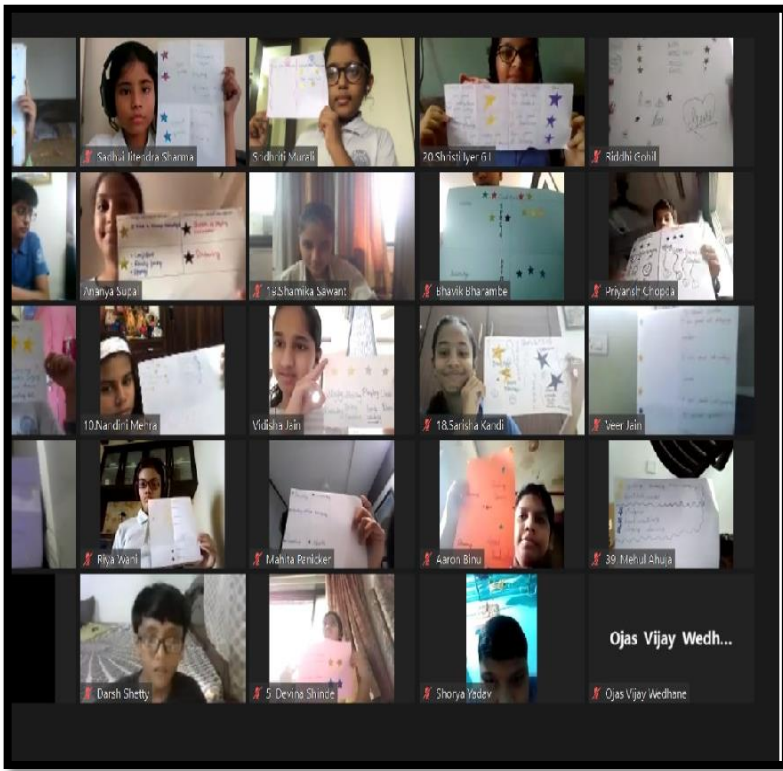
Grade 7: How best I can communicate.

Grade 8: Improving Relationship with others.

Grade 9: Reflecting Adolescence and Growing Up Process.

Grade 10: Discussing Feelings.

Through the discussions and activity as per the topic, students were taught to resolve the issues that arise during the adolescence. For grade 6 the message delivered was one should love themselves than compare themselves with others and be unhappy thus improving their self - esteem. For grade 7 the message delivered was it is important to maintain positive, healthy social relationship with others to maintain friendships. For grade 8 the message delivered was communication with one another helps one to understand the importance of having friends and family along with becoming aware of their strength and their weaknesses in maintaining their relationships. For grade 9 the message delivered was Adolescence is a natural and normal process wherein one needs to accept these changes and move ahead positively. For grade 10 the message delivered it is important in adolescence to understand , realize, accept, and deal with their emotions instead of being scared and frustrated.



# D.A.V.PUBLIC SCHOOL , THANE

## MENTAL HEALTH REPORT

### PRIMARY SECTION.

An interactive session on **Mental health and Wellness** was conducted for the students of Primary section on 24<sup>th</sup> August 2021. The highlight of the day was Good touch and Bad touch. An informative and detailed discussion was done wherein students were explained what is good and bad touch, along with tickling too can be a bad touch at times.

The session mainly emphasized on how to differentiate between safe, unsafe and unwanted touch, along with keeping oneself safe. An activity was conducted wherein the students wrote the names of their safety circle.

The session concluded on a note that one's body belongs to them and they have a right to say no and decide who can touch them.

