

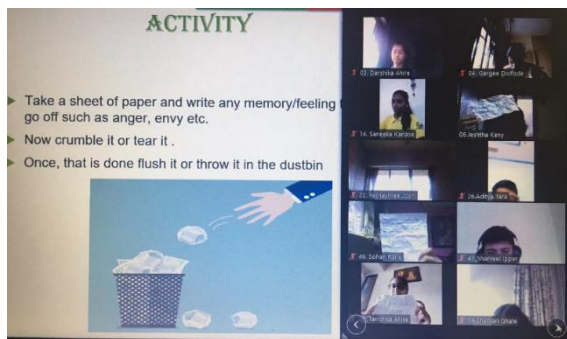
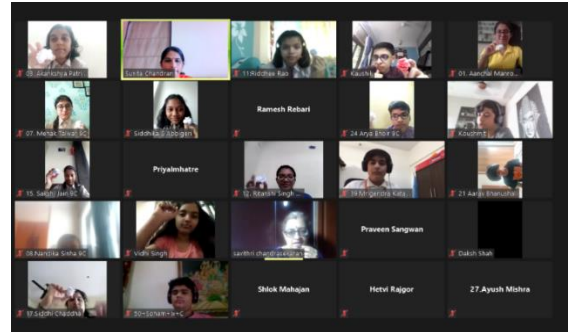
DAV PUBLIC SCHOOL

TULSIDHAM, THANE

SESSION 2021-22

“You are always responsible for ‘How You Act’ no matter ‘How You Feel’.

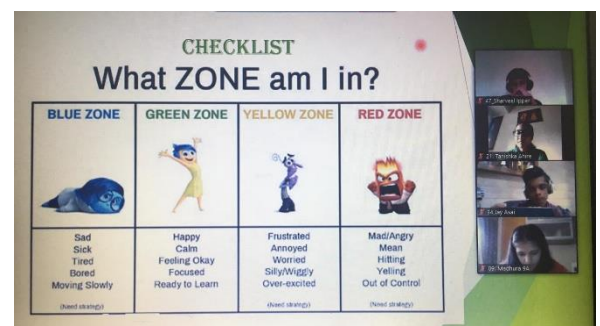
Health and education are interdependent. A healthy student can be a better learner. In order to achieve optimum educational outcome, students are needed to be encouraged to develop skills, which will help them to be physically and emotionally healthy, for their entire life. Recognizing the impact of mental health of the students, on their learning and achievement, DAV Public School Thane, organized an online activity on ‘Mental Health and Wellbeing’, on 27, July 2021, for the students of class VIII to X. The goal of making this endeavour was, to make the students realise, how important their mental health is, for their personal and interpersonal development. The teachers explained to students how different people react differently, on a particular situation. They were told that there is no harm in displaying their emotions. It was highlighted that If they do not release their negative emotions, it will deform their personality, then eventually their future. Teachers provided them with some tips to release the held back negative and emotions and memories, so that these emotions don’t hamper their progress.

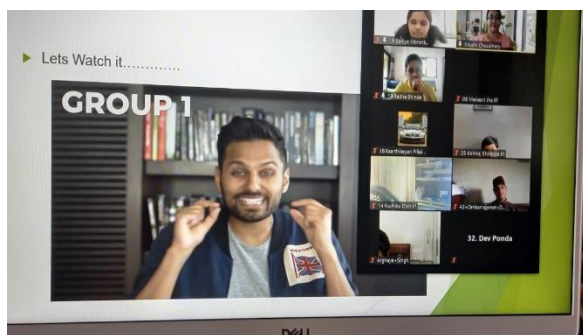


The students were instructed to do an activity using a white paper, to show the impact of negative emotions in our mind, where in they wrote about one of their unhappy memories on the paper. Then they were asked to crumble and throw that paper in the waste bin. This is an effective and proven way to cleanse our mind. After the activity, tips were given by teachers on how to erase negative memories from mind,

release the held back emotions and how to declutter our mind by doing simple activities.

They were encouraged to make a checklist to identify, which emotion dominated them throughout the week and what they can do to get a better state of mind.





At the end a motivational video was shown to emphasize the importance of smile. The students then shared about their undesirable qualities which they wanted to get rid of. They shared their gratitude by sharing positive feedback for conducting such an activity.

FEEDBACK FROM STUDENTS

- The session was wonderful, learnt a lot of new things.
- Very informative, how to face and deal our own challenges.
- It was very relatable topic for students ... Thankyou mam for this session.
- Hoping to take more sessions like this in future 🙌
- The session was really helpful.
- Thank you for this great initiative.
- It was really important for all of us and we learnt a lot from it. Thank you for your support.
- The mental wellbeing session was really an enlightening and enthralling experience for us.
- Learning the significance of our mental health really changed our views over the management of one's emotional quotient.
- An absolutely amazing initiative taken by the school and we appreciate the efforts our respected teachers have taken to spread awareness among us on this subject. It fulfilled the purpose of organizing our mind by the medium of Joy and knowledge.

Overall it was an interactive session, which helped the teachers to understand the emotions of young minds and create a connection with the students.

“Anything that’s human is mentionable, and anything that is mentionable can be more manageable. When we can talk about our feelings, they become less overwhelming, less upsetting, and less scary.”