



Department of Inclusion and Guidance Thematic Assembly on Mental Health Awareness

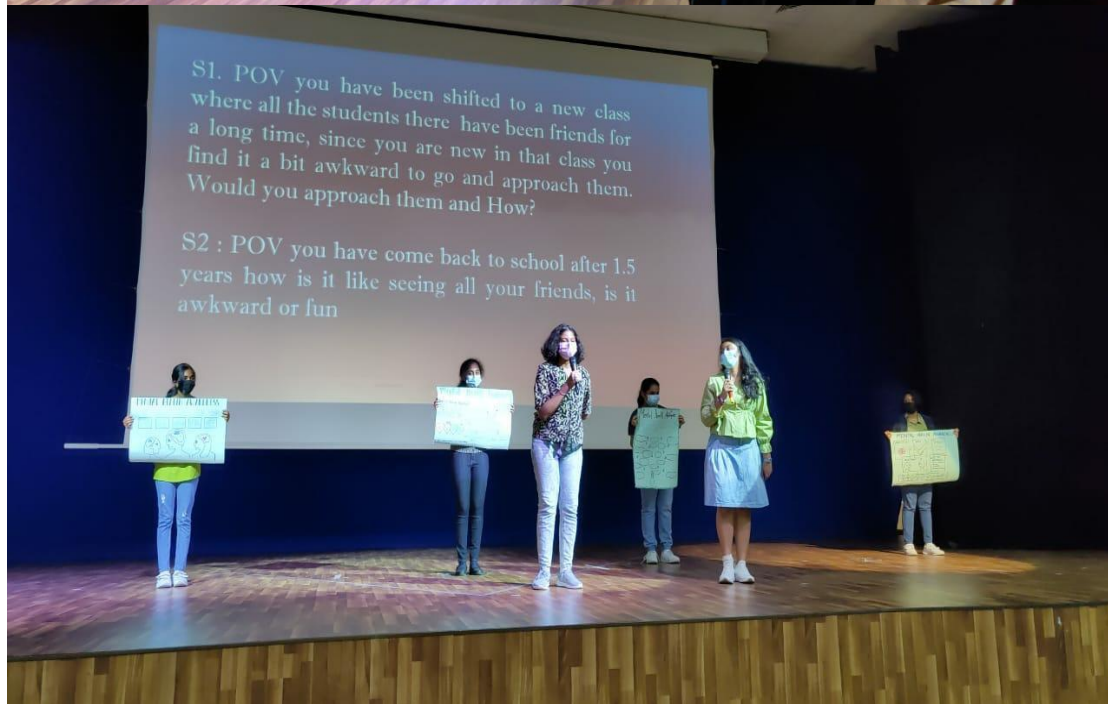
The department of Inclusion and Guidance proudly presented student-led thematic assembly by Secondary Phase on mental health awareness which focused primarily on importance of mental health, to reach out for help, to be kind to others and more importantly to oneself and the fact that "It's okay not to be okay". The thematic assembly was an initiative to partake in World Mental Health Day which is observed on 10th October globally. Grade 9 students enthusiastically and passionately participated in the thematic assembly.

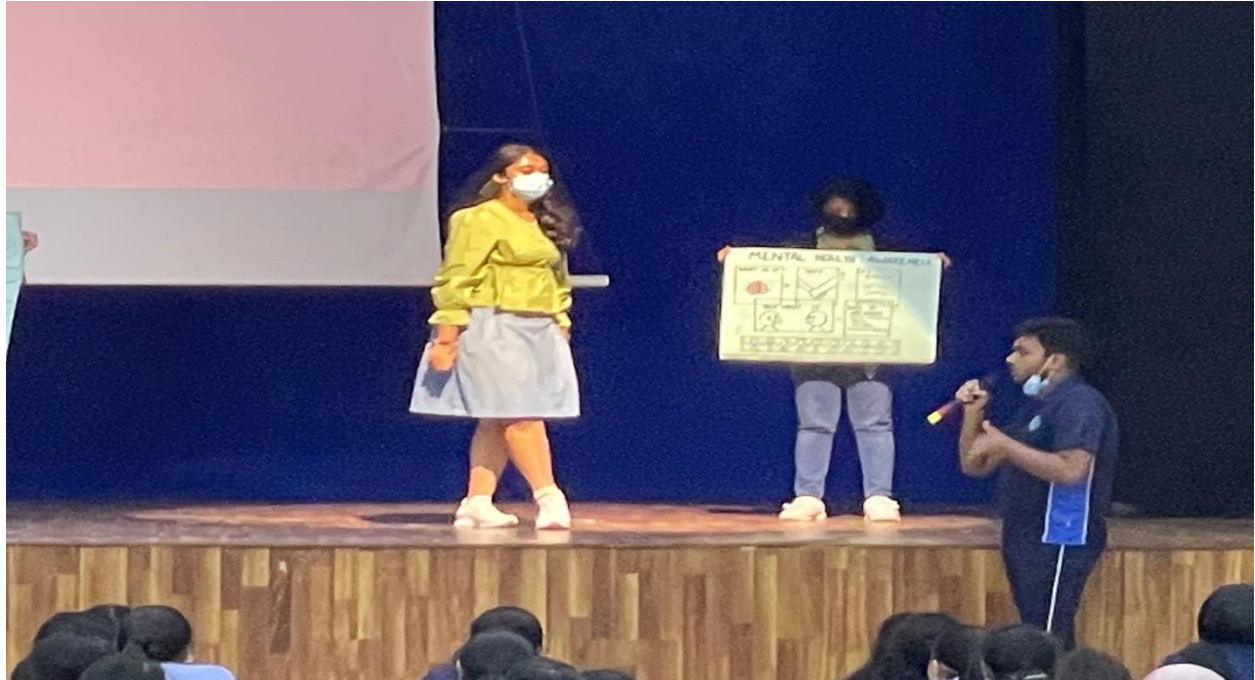
The assembly created ripples of impact on the students to nurture their mental health. The highlight of the assembly was an interactive session of the participants with the audience, which addressed the emotional and social issues faced by the students, followed by strategies to overcome them. One of the main objectives of the assembly was to educate the children to seek help from school counselors during times of distress.

It also promoted the importance of breaking the stigma related to mental health and focused on the challenges children face in a post pandemic era through a skit. The skit showcased hampered social skills in a post pandemic world, social anxiety and strategies to overcome it for school children.

By the end of the assembly, the students of JSSIS were better equipped with strategies to manage their mental health. The assembly was very well applauded by the students and faculty and was a progressive step taken by the school counselors Dr Prithvi Sadashiv and Miss Alfia Kauser towards initiating a conversation on mental health and importance of nurturing well-being of the JSSIS students.

Students who participated in the assembly are: Aamena, Prerana, Joshyitha, Mohammed Armaan, Aadit, Reva, Sudheshna, Joshyitha, Chavi, Riddhi, Rudhra, Hema, Arni, Pranshu, Dhruv and Abigail.







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