









## **MENTAL HEALTH IS A UNIVERSAL HUMAN RIGHT**



As we commemorate World Mental Health Day, it is imperative that we recognize the importance of mental well-being in our lives. This day serves as a powerful reminder that taking care of our minds is just as crucial as looking after our physical health. Throughout this week, we'll engage in discussions, activities, and resources to foster understanding and support for mental health.

Let's work together to create a school environment where everyone feels valued, understood, and supported in their mental health journey.

S.NO	ACTIVITY	CLASS	DATE / TEACHER INCHARGE	MATERIALS REQUIRED	DESCRIPTION
1.	HAPPY TIFFIN DAY  HAPPY DANCE DAY	PP & PS	6 <sup>th</sup> Oct, 2023 Ms Sheuli G & Ms Manami G	Students must be encouraged to prepare healthy food that makes them happy along with their mother or father.	Students must bring colourful or innovatively presented food to show that good and well-presented food brings happiness. Dance and music are expression of self and when it is done in groups it definitely brings joy Students will perform the CHICKEN DANCE along with their Class Teachers. <a href="https://drive.google.com/drive/folders/1gokK053v2i-GXitsisQErV5xs00-X-iN?usp=sharing">https://drive.google.com/drive/folders/1gokK053v2i-GXitsisQErV5xs00-X-iN?usp=sharing</a>
2.	OM CHANTING MEDITATION BREATHING EXERCISE	I	6 <sup>th</sup> to 10 <sup>th</sup> Oct, 2023 Ms. Ruchika Gupta	--	Meditation offers a wide range of physical, mental and emotional benefits. On the occasion of mental health week teachers will encourage the students to practice meditation in the zero period. Instructions will be shared with parallel teachers by Ms Ruchika Gupta. <a href="https://drive.google.com/drive/folders/1gokK053v2i-GXitsisQErV5xs00-X-iN?usp=sharing">https://drive.google.com/drive/folders/1gokK053v2i-GXitsisQErV5xs00-X-iN?usp=sharing</a>
3.	STORY TELLING & EMOTIONS AND YOU	II	6 <sup>th</sup> Oct, 2023 Ms Pooja Kapoor	--	A story has to be narrated to the students which will be shared by Ms Pooja Kapoor. The teachers have to narrate the story and then use the PPT to explain the different emotions to the students, recognising, accepting and appropriately expressing our emotions can navigate our life's challenges more effectively. PPT on emotions will be provided by Ms Khushi P. <a href="https://drive.google.com/drive/folders/1gokK053v2i-GXitsisQErV5xs00-X-iN?usp=sharing">https://drive.google.com/drive/folders/1gokK053v2i-GXitsisQErV5xs00-X-iN?usp=sharing</a>
4.	AFFIRMATIONS 	III	6 <sup>th</sup> Oct, 2023 Ms Ankita Tomar	One A4 size sheet. Colours: water colours, sketch pen, pencil colours Decoratives of choice	The students will trace out their hand on the A4 sheet and will cut it out. Teachers will explain affirmations using the PPT provided by Ms. Philo Alexander. The students then have to write an affirmation on the hand cutout & decorate/colour it. Affirmations help students develop a healthy self-image and boost their confidence.

					All the hand cut out will later be put up on the board by the CFSI Department. Teacher in charge to kindly collect all the material and submit it to Ms. Philo Alexander. <a href="https://drive.google.com/drive/folders/1gokK053v2i-GXitsisQErV5xs00-X-iN?usp=sharing">https://drive.google.com/drive/folders/1gokK053v2i-GXitsisQErV5xs00-X-iN?usp=sharing</a>
5.	NATURE WALK & LEAF COLLECTION 	IV	9th Oct, 2023  Ms Charu Gusain	--	Students will enjoy guided nature walk in the zero period. All the students have to collect any 5 different leaves/flowers during their nature walk and stick it on a white sheet and submit it to their class teacher. This would promote a deeper connection to the natural world and promote mental relaxation.  Teacher in charge to kindly collect all the material and submit it to Ms. Khushi P. <a href="https://drive.google.com/drive/folders/1gokK053v2i-GXitsisQErV5xs00-X-iN?usp=sharing">https://drive.google.com/drive/folders/1gokK053v2i-GXitsisQErV5xs00-X-iN?usp=sharing</a>
6.	EMOTIONAL CUP ACTIVITY 	V	9th Oct, 2023  Ms Rashi Anand	One A4 size coloured sheet. Colours: water colours, sketch pen, pencil colours Decoratives of choice	The students will trace a cup on the A4 sheet and will cut it out. Teachers will explain the activity using the PPT that will be provided by Ms Philo Alexander.  Teacher in charge to kindly collect all the material and submit it to Ms. Philo Alexander. <a href="https://drive.google.com/drive/folders/1gokK053v2i-GXitsisQErV5xs00-X-iN?usp=sharing">https://drive.google.com/drive/folders/1gokK053v2i-GXitsisQErV5xs00-X-iN?usp=sharing</a>
7.	POSTER MAKING: TAKE CARE OF YOUR MENTAL HEALTH. 	VI	9th Oct, 2023  Ms Nivedita B	One A3 size sheet. Colours: water colours, sketch pen, pencil colours Decoratives of choice	Students will have to make a poster on the topic: <b>Mental health is a universal human right.</b>  Teacher in charge to kindly collect all the material and submit it to Ms. Khushi P. <a href="https://drive.google.com/drive/folders/1gokK053v2i-GXitsisQErV5xs00-X-iN?usp=sharing">https://drive.google.com/drive/folders/1gokK053v2i-GXitsisQErV5xs00-X-iN?usp=sharing</a>
8.	SLOGAN WRITING 	VII	9th Oct, 2023  Ms Sweta Gupta	One A4 size coloured sheet. Colours: water colours, sketch pen, pencil colours Decoratives of choice	Students will have to write a slogan on the topic: Mental health on the A4 sheet.  Teacher in charge to kindly collect the material and submit it to Ms Philo Alexander. <a href="https://drive.google.com/drive/folders/1gokK053v2i-GXitsisQErV5xs00-X-iN?usp=sharing">https://drive.google.com/drive/folders/1gokK053v2i-GXitsisQErV5xs00-X-iN?usp=sharing</a>
9.	BADGE MAKING 	VIII	9th Oct, 2023  Ms Kamna Joshi	One A4 size coloured sheet. Colours of choice. Scissors Safety pin Tape Decoratives of choice	Students will have to make a badge for mental health day. Decorative items can be used to beautify the badge. The students would have to secure the badge with a safety pin and tape.  Teacher in charge to kindly collect all the material and submit it to Ms. Khushi P. <a href="https://drive.google.com/drive/folders/1gokK053v2i-GXitsisQErV5xs00-X-iN?usp=sharing">https://drive.google.com/drive/folders/1gokK053v2i-GXitsisQErV5xs00-X-iN?usp=sharing</a>

10	POSITIVITY BOARD 	IX	6 <sup>th</sup> to 9 <sup>th</sup> Oct, 2023  Ms Deepti Mehra	Materials as per the requirement and idea.	Students have to make the display board assigned to them on the topic: MENTAL HEALTH AWARENESS. Positivity boards in school can create a supporting, nurturing environment that enhances both emotional and academic growth.  <a href="https://drive.google.com/drive/folders/1gokK053v2i-GXitsisQErV5xs00-X-iN?usp=sharing">https://drive.google.com/drive/folders/1gokK053v2i-GXitsisQErV5xs00-X-iN?usp=sharing</a>
11.	GRATITUDE NOTE & CLASS DISCUSSION	X	9 <sup>th</sup> Oct, 2023  Ms Neerja Bhatnagar	One A4 size coloured sheet. Colours: water colours, sketch pen, pencil colours Decoratives of choice	Students would be required to write short notes paying gratitude to their parents/friends/siblings/teacher. They have to write something positive for them or how they impacted their lives. Teachers are to invite students to have an open discussion on the topic: EQUALITY AND INCLUSION, where the students' cans share their personal stories.  <a href="https://drive.google.com/drive/folders/1gokK053v2i-GXitsisQErV5xs00-X-iN?usp=sharing">https://drive.google.com/drive/folders/1gokK053v2i-GXitsisQErV5xs00-X-iN?usp=sharing</a>
12.	YOGA & DANCE THERAPY / MUSIC THERAPY	XI & XII	11 <sup>th</sup> & 12 <sup>th</sup> Oct, 2023  Ms Kavita Pandey & Ms Khushi P  Mr Akash & Mr Swapan	Yoga Mat	All students of class XI & XII are to assemble in the school auditorium on 11 <sup>th</sup> October & 12 <sup>th</sup> October respectively at 8:00 am with their class teachers.  <a href="https://drive.google.com/drive/folders/1gokK053v2i-GXitsisQErV5xs00-X-iN?usp=sharing">https://drive.google.com/drive/folders/1gokK053v2i-GXitsisQErV5xs00-X-iN?usp=sharing</a>
13.	TAKE WHAT YOU NEED, GIVE WHAT YOU CAN  PHOTO BOOTH	XI	6 <sup>th</sup> to 9 <sup>th</sup> Oct, 2023  Ms Swati Chawla & Ms Sithara B	Materials and decorative items as per the idea/plan.	A Photo booth and a board on the theme has to be prepared. The photo booth would be in front of the lift area near class XI C.  The theme for the photobooth is: BE AWARE OF YOUR MENTAL HEALTH.  <a href="https://drive.google.com/drive/folders/1gokK053v2i-GXitsisQErV5xs00-X-iN?usp=sharing">https://drive.google.com/drive/folders/1gokK053v2i-GXitsisQErV5xs00-X-iN?usp=sharing</a>

14.	<b>WHAT'S YOUR STORY</b> 	XII	6th - 9th Oct, 2023  Ms Shally W Ms Vibha Jain	Materials and decorative items as per the idea/plan.  Sticky notes Markers	Students can come and share their thoughts and emotions on the board, it would be a non-judgemental and a free space for students to share their stories.  <a href="https://drive.google.com/drive/folders/1gokK053v2i-GXitsisQErV5xs00-X-iN?usp=sharing">https://drive.google.com/drive/folders/1gokK053v2i-GXitsisQErV5xs00-X-iN?usp=sharing</a>
15.	<b>HAPPINESS CORNER</b> 		6 <sup>th</sup> – 13 <sup>th</sup> Oct, 2023  Ms Abha Bhardwaj Ms Mamta Magoo	--	The school librarians would be required to set up a well decorated happiness corner for display of books under the theme: POSITIVITY.  <a href="https://drive.google.com/drive/folders/1gokK053v2i-GXitsisQErV5xs00-X-iN?usp=sharing">https://drive.google.com/drive/folders/1gokK053v2i-GXitsisQErV5xs00-X-iN?usp=sharing</a>

All Teacher in-charges will design the activity, guide the parallel teachers and also assign the time for conducting the activity. They will also upload five best photographs along with a brief report on completion of the activity assigned.

A creative and a video for the occasion is to be released on 09 Oct, 2023.



**Asha Prabhakar**  
(Principal)

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