## Report of the workshop conducted by the PGT Psychology cum counsellor:

**Topic: Mental Health Workshop**
**Venue: Auditorium**
**Participants: Class XI and XII(All Sections) along with teachers**

Mental health is extremely important in schools as it has an essential role to play in supporting students to enable a state of well being where students can meet their learning potential, cope with stress, and openly connect with their friends and community.Mental Health is a universal human right.To raise awareness among students about mental health, our school organised a workshop to celebrate "World Mental Health Day that is marked every year on October 10.

The students were made aware about mental health and well being.

Simple excercise to make students aware about mental health were conducted.

It was an interactive session. The students actively participated in the session. Power point presentation was shown to help students understand mental health issues, the possible effects of mental health on lives and the resources that are accessible for support and assistance.

The ways to look about mental health issues were discussed to help students.

It was an interactive and informative session.



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Ms. Renu Bisla

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