

WORLD MENTAL HEALTH DAY

THIS WEEK'S EVENTS

Boys: 1st Nalanda

- ## 2nd Alexandria

- ### 3rd Takshila

- Girls: 1st Takshila**

- ## 2nd Alexandria

- ### 3rd Pisa

- # MENTAL HEALTH: THE HEART OF WELLBEING

Communities, jobs, and schools are also very important. People can flourish by promoting mental health awareness, making counseling accessible, and establishing secure, accepting environments. Mental health is a continuous process of self-care, empathy, and equilibrium rather than a final goal. Everyone lives in a healthier, kinder, and more compassionate environment when we treat our minds with the same respect that we do our bodies. Because the first step to a truly happy life is having a healthy mind.

POP QUIZ

- A) Ignoring your feelings

- B) Talking to a friend or counselor
- C) Overworking yourself

- 2) What does PTSD stand for?

- A) Post-Traumatic Stress Disorder
B) Personal Tension Stress Disorder
C) Persistent Traumatic Stress Disorder

- 3) True or False: Mental illness is rare.

- 4) Which activity can improve mental well-being?

- A) Exercise and meditation
B) Isolating yourself
C) Skipping meals

- 5) Which hormone is often linked to feelings of happiness?

- A) Cortisol
B) Dopamine
C) Insulin

- 6) True or False: Seeking therapy is a sign of strength.

Tap on the picture to check it out! →



Article:
Tvisha Srivastava
XI Eliot

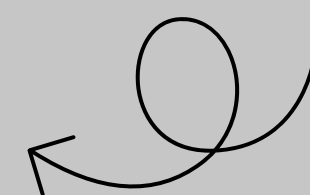


Artwork

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Prefectorial council holds mental health awareness event at Pre-Primary PTM.



Teachers wearing red to spread awareness regarding Dyslexia.

