THE VALLEY WEEKLY

"IN SEEKING TRUTH YOU HAVE TO GET BOTH SIDES OF A STORY."

IN THE BLOOM

THIS WEEK'S EVENTS

The Badminton Interhouse 2025

Boys: 1st Nalanda

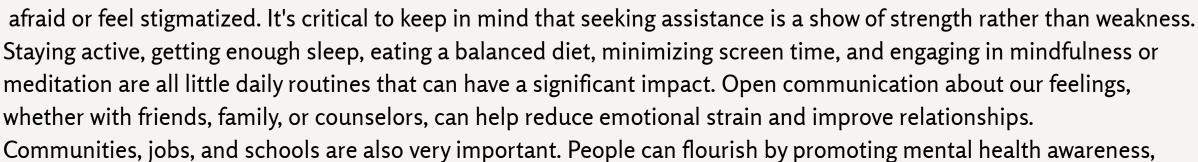
- Siddhant Thankur (Captain)- X Krishamurthy
- Dhruv Sangal- IX Andes
- Shourya Wariz- X Aurobindo
- Aryaman Singhal- IX Pyrenees
 2nd Alexandria
- Shrish Parkash Singhal (Captaim)- XI Amartya
- Aarav Choudhary- X Vivekanand
- Hardik Arora- XII Radhakrishnan
- Vihaan Bhal- XII Radhakrishnan
 3rd Takshila
- Divyam Gupta (Captain)- XII Radhakrishnan
- Ashutosh Bhardwaj- X Pythagoras
- Kunal Chhabra- IX Aravallis
- Vivaan Malhotra- X Krishnamurthy
 Girls: 1st Takshila
- Samriddhi Arora- XI Amartya
- Pragya Gupta- XII Marx
- Peehu Jain- XI Curie
- Aradhya Jindal- X Aurobindo
- 2nd Alexandria
- Vedanshi Soni- IX NilgirisChahak Goyal- IX Karakoram
- Akshita Tiwari- XI Lewis
- Janvi Aggarwal- XI Amartya 3rd **Pisa**
- Jhanvi Jaggi (Captain)- X Vivekanand
- Sharon Kapoor- IX Alaska
- Arnavi Mujumandar- IX Aravallis



OF WELLBEING

A balanced and satisfying existence is built on mental wellness. It influences our thoughts, emotions, and social interactions. Taking care of our mental health is just as vital as taking care of our physical health in the fast-paced, high-pressure, and high-expectations world of today.

Being able to handle life's ups and downs with knowledge and fortitude is a sign of good mental health, not that you're always happy. Despite the rising prevalence of issues like stress, anxiety, and depression, many people are still reluctant to get treatment because they are



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.

1) What is one healthy coping mechanism for stress?

- 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. ənɹLʻBʻYʻəs[ɐ]-ʻYʻB

CINEPHILE'S CHRONICLES

Tap on the picture to check it out! \rightarrow



Tvisha Srivastava XI Eliot



Artwork
Arnav Khanna
XI Amartya









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



Teachers wearing red to spread awareness regarding Dyslexia.

