

# मानोदृष्टि

“Taking care of your mental health is an act of self-love.”



**Bal Bharati**  
PUBLIC SCHOOL  
BRIJ VIHAR

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**Bal Bharati**  
PUBLIC SCHOOL  
BRIJI VIHAR

## डॉ हर्ष वर्धन

सांसद- लोक सभा चाँदनी चौक, दिल्ली

**Dr Harsh Vardhan**

Member of Parliament - Lok Sabha  
Chandni Chowk, Delhi



सत्यमेव जयते

पूर्व केंद्रीय मंत्री, स्वास्थ्य एवं परिवार कल्याण  
विज्ञान एवं प्रौद्योगिकी और पृथ्वी विज्ञान  
परिवर्तन, वन और जलवायु परिवर्तन  
भारत सरकार  
पूर्व चेयरमैन, कार्यकारी बोर्ड, विश्व स्वास्थ्य संजठन  
Former Union Minister, Health & Family Welfare  
Science & Technology and Earth Sciences  
Environment, Forest and Climate Change  
Govt. of India  
Former Chairman, Executive Board,  
World Health Organization

05 दिसम्बर, 2023


### संदेश

मुझे यह जानकर प्रसन्नता हो रही है कि बाल भारती पब्लिक स्कूल, बृज विहार, गाजियाबाद, उ.प्र. द्वारा 'मानसिक स्वास्थ्य' पर पत्रिका का प्रकाशन किया जा रहा है।

आज मानसिक स्वास्थ्य को लेकर समूचा विश्व चिन्तित है तथा इसकी चुनौतियों से लड़ रहा है। मानसिक स्वास्थ्य विकारों के मामले वैश्विक स्तर पर तेजी से बढ़ते जा रहे हैं। यह बीमारी व्यक्ति की सोच, उसकी भावनाओं और उसके व्यवहार को प्रभावित करती है। इन विकारों को केवल मन की बीमारी तक ही सीमित करके नहीं देखा जाना चाहिए, अपितु इन पर ध्यान न दिया जाए तो इसके कारण अनेक प्रकार की शारीरिक स्वास्थ्य परेशानियों के भी पैदा होने का खतरा रहता है। हम कैसे सोचते हैं, महसूस करते हैं, कार्य करते हैं, किन चीजों का चुनाव करते हैं और दूसरों से कैसे संबंध रखते हैं, ये सभी मानसिक स्वास्थ्य पर निर्भर करता है। संपूर्ण स्वास्थ्य को बेहतर बनाए रखने के लिए शारीरिक और मानसिक-दोनों ही तरह के स्वास्थ्य को लेकर जागरूक रहना अत्यंत आवश्यक है। बेहतर जीवन के लिए मस्तिष्क को सुदृढ़ बनाना, याददाश्त को तेज करना, सोचने-समझने की शक्ति को बढ़ाना और दिमागी समस्याओं से बचना अत्यंत आवश्यक है।

भारत देश में मानसिक स्वास्थ्य को लेकर समाज को जागरूक करने की नितान्त आवश्यकता है। इस दिशा में बाल भारती पब्लिक स्कूल, बृज विहार का प्रयास सराहनीय है। इसके लिये मैं विद्यालय परिवार को बधाई देता हूँ तथा इसकी सफलता के लिए मैं ईश्वर से प्रार्थना करता हूँ।

शुभकामनाओं सहित,

  
(डॉ. हर्ष वर्धन)

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**डॉ. जोसफ इमानुवेल**  
निदेशक (शैक्षणिक)

**DR. JOSEPH EMMANUEL**  
Director (Academics)



Dated: 5<sup>th</sup> December 2023  
D.O. No. CBSE/ Acad/PPS/2023

### MESSAGE

Congratulations to Bal Bharati Public School, Brij Vihar, on the launch of their groundbreaking magazine focusing on mental health. In today's fast-paced world, relationships constantly evolve-whether with family, friends, colleagues, or oneself. Within a school setting, nurturing children's well-being, both physically and mentally, requires a strong partnership between school and home.

In the aftermath of the pandemic, children are increasingly drawn into virtual realms, sometimes isolating themselves from the real world. Thus, it's crucial for schools to foster an environment where children feel safe discussing their concerns. Equipping our students with essential life skills is paramount to prepare them for the various stages of life.

The path to success for Bal Bharati students begins with a collaborative effort among all stakeholders. Together, we can shape the leaders of tomorrow. Remember, mental health isn't a destination; it's an ongoing journey that requires our continuous attention and support.

With best wishes!

(Dr. Joseph Emmanuel)





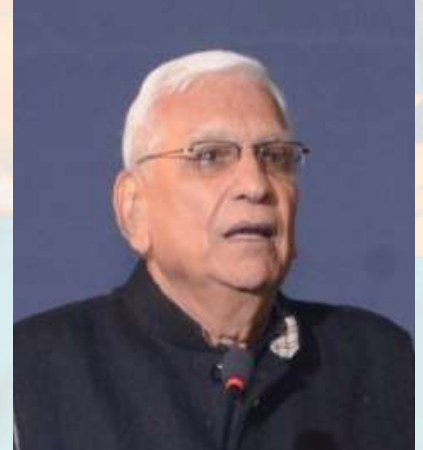
# अध्यक्ष की कलम से...

**खुशी भीतर से शुरू होती है,  
मानसिक स्वास्थ्य को प्राथमिकता दें।**

तेज़ी से बदलते आज के समाज में मानसिक स्वास्थ्य को बनाए रखना एक बहुत बड़ी समस्या बन गया है। स्वस्थ मन, स्वस्थ जीवन की शुरुआत है। मानसिक स्वास्थ्य छात्रों के विकास और कल्याण के लिए बहुत महत्वपूर्ण है। यह उनके मनोवैज्ञानिक, भावनात्मक और सामाजिक कल्याण पर प्रभाव डालता है। आज के समय में मानसिक स्वास्थ्य को समझना और इस पर बातचीत करना बहुत जरूरी हो चुका है क्योंकि तनाव, चिंता, डिप्रेशन जैसी चीज़ों से बड़े ही नहीं बच्चे भी जूझ रहे हैं।

माता-पिता अपने बच्चे के स्वास्थ्य के लिए जितना चिंतित रहते हैं, उतना शायद ही अन्य कोई रहता हो। भारत में आज भी अधिकांश माता-पिता अपने बच्चों को केवल शारीरिक रूप से ही स्वस्थ रखने पर जोर देते हैं। बच्चे के लिए मानसिक रूप से स्वस्थ होना कितना जरूरी है, इस पर कुछ चुनिंदा लोग ही ध्यान देते हैं। आज के समय में हर आयु वर्ग के इंसान को मानसिक स्वास्थ्य से जुड़ी समस्याओं का सामना करना पड़ रहा है। ऐसे में माता-पिता के लिए यह जरूरी हो जाता है कि वे अपने बच्चे को किसी भी प्रकार की मानसिक बीमारी से ग्रसित ना होने दें। अपने बच्चे के करीब रहने और उसके मन-मस्तिष्क में चल रही चीज़ों को जानने का सबसे आसान तरीका है, उससे बातचीत करना। आप अपने बच्चे से पढ़ाई, खेलकूद या उसकी रूचि के अन्य विषयों पर रोजाना कुछ देर जरूर साथ बैठकर बातचीत करें। ऐसा करने से आपका बच्चा कभी अकेला महसूस नहीं करेगा और अपने जीवन की समस्याओं को आपके साथ साझा करने से झिझकेगा भी नहीं वयस्कों के रूप में, हम सभी की अलग-अलग ज़रूरतें और तनावपूर्ण स्थितियों से निपटने के अलग-अलग तरीके होते हैं। बच्चों के लिए भी यह वैसा ही है।

कुछ बच्चों ने COVID-19 महामारी के कारण लगे प्रतिबंधों और स्कूल बंद होने का अच्छी तरह से सामना किया होगा तो कुछ बच्चों के लिए सभी परिवर्तनों और अनिश्चितताओं से निपटना चुनौतीपूर्ण रहा होगा। कुछ बच्चे कुछ स्तर के तनाव, चिंता, अलगाव और दुःख का अनुभव करके स्कूल लौटे होंगे। ऐसे में विद्यालय की भूमिका भी महत्वपूर्ण हो जाती है। विद्यालय और अभिभावकों की साझा जिम्मेदारी है कि वे बच्चों के मानसिक स्वास्थ्य के लिए मिलकर कार्य करें और मुझे इस बात की हार्दिक प्रसन्नता है कि बाल भारती बृज विहार विद्यालय ने इस दिशा में पहल की है और छात्रों के मानसिक स्वास्थ्य के विकास के लिए विद्यालय की ओर से महत्वपूर्ण कदम उठाये जा रहे हैं। मैं इसके लिए विद्यालय को शुभकामनाएँ देता हूँ और आशा करता हूँ कि विद्यालय के सभी छात्रों को इसका लाभ मिलेगा।



**श्री. राजेंद्र गुप्ता**

अध्यक्ष

बाल भारती पब्लिक स्कूल  
बृज विहार, गाज़ियाबाद, उत्तर - प्रदेश





# From Secretary's Desk

Dear Readers

A school is the first structured institution that children step into beyond the safe confines of their home. As they embark on this wonderful odyssey, several factors play a crucial role in shaping their behavioural patterns and the kind of people they will grow up to be.

In the ever-evolving, technology-driven landscape of education, it has become imperative for schools to prioritize mental health, as they represent the microcosm of society. Forming the foundation of the overall wellness of learners, mental health is a cornerstone of students' ability to thrive, learn, grow, and be empowered to meet the challenges of the unforeseeable future.



**Mr. L.V. Sehgal**

Secretary/Manager  
Bal Bharati Public School, Brij Vihar  
Ghaziabad, Uttar Pradesh

It is commendable that Bal Bharati Public School, Brij Vihar, which is reputed for facilitating the holistic development of its learners, has been giving due importance to promoting their mental well-being, and this special edition of the 'Manodrishti', testifies that.

Garnering parents' support, the newsletter highlights the need for a collective and collaborative effort from all stakeholders to create conducive and nurturing environments that ensure mental well-being of the learners and also the stakeholders. Indeed, positive 'ripple effect' has the potential to bring smiles and warmth into everyone's life.

Further, it is important to note that instead of standalone initiatives, a continuous and comprehensive programme is essential to affect mental wellness. Thus, parents must continue to persevere and lend willing support to myriad initiatives of the school. This would help to bring to fruition varied efforts of the school to make each learner feel valued, supported, and empowered.

Thus, I applaud and congratulate the school for reaching out to parents and initiating a dialogue on mental well-being through the pages of this newsletter. It has been said, "The greatest weapon against stress is our ability to choose one thought over another." Let us then, commit to collaborate and consistently craft the magic of positivity and wellness for our learners, so that they are empowered to choose wisely and rightly for themselves and the world, at large...

Best wishes and blessings!





# From Principal's Desk

***"You, yourself, as much as anybody in the entire universe, deserve your love and affection." - Buddha***

I strongly believe that education is an amalgamation of academic excellence and inventiveness and as the Principal of Bal Bharati Public School, I endeavor to create individuals who are empowered, reflective and full of gratitude, who excel in all the stratas of life.



Sound mental health and well-being of students fabricate the underlying base for the comprehensive development and advancement of students; and for life skills that assist them in their growth. I feel health and education are interdependent: healthy students are better learners. Therefore, I strongly believe that schools must integrate mental health education into their curriculum. Our mental health magazine is one such endeavor from the school's end. It aims at creating awareness among the parents, teachers and students on promoting and sustaining positive mental health.

The impact of COVID-19 on students' mental health cannot be underestimated. Students have been experiencing emotional disturbance, irritability, insomnia, depression and post-traumatic stress disorders and the mental health impact of the COVID-19 pandemic can persist and be long lasting for several years after the pandemic. At this crucial juncture, the role of both the parents as well the educators is of paramount importance. Both parents and educators are vital partners in education. A healthy partnership between parents and school, working hand-in-hand to assist the convalescing mental health of the students, will lead to the desired results.

I would like to congratulate the editorial team for doing a wonderful job in compiling this magazine. I wish you all good luck and let's work harder to achieve bigger and better milestones in the coming years. Let's make sure students and families who need support get connected with agencies and medical professionals who can help. Let's try to limit students' time on social media and spend more time talking to one another and enjoying nature.

Wishing you all immense success in life. Best wishes to all!

**Swapna Nair**  
Principal





In the realm of education, nurturing a child's mental well-being is a collaborative effort between parents and school. As a Vice Principal, I firmly believe that the partnership between these two pillars plays a pivotal role in shaping a child's emotional resilience and overall mental health. At school, we strive to create a supportive environment where students feel valued and understood. Simultaneously, it is essential for parents to reinforce these efforts at home by fostering open communication and providing a nurturing atmosphere.



By working hand in hand, we can identify and address potential challenges early on, ensuring that our children grow up to be well-rounded individuals. The mental well-being of our students is not just a school concern or a parental duty; it is a shared responsibility that lays the foundation for a happier and brighter future.

**Hitesh Tiwari**  
Vice Principal

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*"It is during our darkest moments that we must focus to see the light."- Aristotle*

Mental health is a crucial determinant of a person's well-being. Imagine yourself as a punch bag and circumstances punching you head to toe with stress and problems of sorts. You either retaliate and suppress the stress or surrender and sulk! Your mental health guards you against all odds and makes you psychologically and emotionally strong.



Mental well-being thrives from self-perception. So, it is imperative that you hold yourself in high self-esteem and take pride in all your positive aspects. Look up to your family members and close friends as your best confidants and discuss your issues with them. Volunteer yourself in activities like cooking, gardening, community helping that help you counter the day's stress and tensions. Not to forget, meditating, taking adequate rest and exercising regularly can really work wonders at keeping the stress away!

Remember, mental health is not an overnight miracle, it is a process that helps you thrive happily in difficult circumstances.

**Swati Singh**  
Head Mistress (Primary)





## Responsibility of Stakeholders and Schools on Mental Well-being

The responsibility for mental health extends to various stakeholders including the school teachers, parents and the broader community. The school has an important responsibility to establish and enforce policies that promote a positive and inclusive school culture. Programs that reduce stress and foster a sense of belonging should be implemented.



Mental health education should be integrated into the curriculum to raise awareness, reduce stigma and equip students with coping skills. Social-emotional learning programs can be incorporated that help students to develop emotional intelligence, interpersonal skills and resilience. Teachers should also be trained to identify early signs of mental health issues and provide adequate counselling services or referrals. Open communications between parents and facilitators should be a regular feature to share information about a child's well-being.

The stakeholders – Parents, Teachers and Students play an important part in strengthening the capacity of schools and early childhood education in dealing with mental health issues. Parents should stay engaged with the school, communicate openly and participate in parent teacher meetings regularly. They should create a supportive environment at home and be aware of mental health resources in the community and seek help when needed. Students should be taught to express their feelings and seek help when needed. A balanced lifestyle should be inculcated right from the beginning including proper sleep, nutrition and adequate physical activity.

To summarize, the responsibility of mental health is a shared effort between school, parents, teachers, students and the community. By working collaboratively and fostering a supportive environment, stakeholders can contribute to the collaborative well being of individuals within the educational system.

**Bhawna Gaba**

Head Mistress (Foundational Stage)

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## Strong Mind, Strong World

Mental health is a long-standing issue that has not received enough attention. A major reason why mental health is not addressed is that people associate mental illness with weakness and hide it. Some of the signs that someone may be struggling with mental health are making excuses to avoid activities, withdrawing from social situations, physically abusing themselves or others, or constantly feeling on edge. We, as an educator should try to motivate the students to talk about it and engage them in such activities which enable them to enhance their psycho motor skills.



**Rashmi Tandon**

Coordinator (Middle)



# THE INTERCONNECTEDNESS OF ORAL HEALTH AND PSYCHOLOGICAL WELLNESS: A VITAL LESSON FOR SCHOOL STUDENTS

In the hustle and bustle of academic life, students often overlook the profound connection between oral health and mental well-being. It's not just about flashing a radiant smile; it's about understanding how the state of our oral health can significantly impact our overall mental health. This lesson is crucial for school students, as it lays the foundation for a lifetime of holistic well-being.

Firstly, maintaining good oral health is directly linked to preventing various dental issues, such as cavities and gum diseases. These problems, if left untreated, can lead to pain and discomfort, causing stress and anxiety. By practicing regular oral hygiene routines, students not only safeguard their teeth but also contribute to a stress-free mental state.

Furthermore, the act of maintaining oral hygiene routines itself can be therapeutic. Taking the time to brush, floss, and rinse provides a moment of self-care, a pause in the hectic schedule of student life. This small ritual can serve as a mindfulness exercise, allowing students to focus on the present moment and alleviate the stressors of their academic responsibilities.

The connection between oral health and mental well-being goes beyond the immediate physical aspect. Poor oral health has been linked to various systemic conditions, including cardiovascular diseases and diabetes. Awareness of these connections encourages students to adopt healthier habits, not only for their teeth but for their overall well-being.

In conclusion, the importance of oral health concerning mental well-being is a lesson that should be ingrained in the minds of school students. Further, inculcating good oral hygiene habits from a young age is essential. Brushing teeth regularly, flossing, and visiting the dentist for regular check-ups are fundamental practices. Not only do these habits contribute to a healthy smile, but they also promote overall well-being, fostering a positive mindset. By understanding and practicing good oral hygiene, students not only ensure a confident smile but also contribute to a healthier and more balanced mental state. This knowledge serves as a valuable investment in their future well-being, laying the groundwork for a lifetime of overall health and happiness. Thus, school plays a vital role in educating students about the importance of oral health, thereby nurturing not only their dental health but also their mental and emotional resilience.



**Dr. Geetika Sharma**  
PTA Secretary



# MENTAL HEALTH PROMOTION FOR CHILDREN & ADOLESCENTS



**Dr. Jitender Nagpal**

Renowned Psychiatrist  
Moolchand Hospital, New Delhi

*Childhood is a journey, not a race.*

Children are the most important assets of any country and the most important human resource for overall development. Schools are one of the settings outside the home where children can acquire new knowledge and skills to grow into productive and capable citizens, who can involve, support and help their communities to grow and prosper. A Health Promoting School is a setting where education and health programmes create a "health promoting", environment which in turn "promotes learning".

Type of Mental Health Interventions in Schools:

1. Mental Health Promotion – for advocacy, to build awareness and resilience.
  2. Universal and Selective Prevention – to reduce risk and vulnerability factors and build protective factors.
- Prevention and Early Intervention Strategies – for those with early signs of disorder.

Expressions India – The National Life Skills Education and School Wellness Program has been following a working model of Comprehensive School Mental health promotion (adapted from WHO recommendation).



The pictorial representation illustrates the psychosocial and mental health issues in any school system and indicates who is likely to be involved in these issues. Issues of well-being and psychosocial competence affect the entire school community including students, teachers, school administrators and members of the surrounding community. Specific mental health programmes addressing these issues improve coping skills, decrease stress and increase support for a healthy school community.

Levels I and II – Primary prevention and health promotion, target the causes of healthy and unhealthy conditions with interventions to promote healthy behaviours and prevent a disorder from developing.

Level III – Secondary prevention targets the population at risk to protect them against the onset of disorders.

Level IV – Targets the people who have developed the disorders and aims at helping in the management, reducing the impairment and preventing relapse.

School mental health programmes are effective in improving learning, mental well-being and channelizing management of mental disorders and they are most accepted and effective when:

- It is part of the general educational system.
- Implemented through routine health care in the school.
- Supported and developed by families and parent groups.
- Brought in through the support of school counselors and/teachers who recognize that poor social functioning interferes with learning.
- Brought in through school management or Board that recognizes that schools are a good setting to improve the functioning of the children.





# BUILDING A STRONG HOME-SCHOOL PARTNERSHIP

In the bustling city of Delhi, your school opens its doors every day to eager young minds from all walks of life.

I believe that education is the key to a brighter future, but I also understand that the journey of learning doesn't stop when the school bell rings. It continues at home.

So this is my humble attempt to speak to both parents and teachers of the children that we wish to raise as worthy citizens of the world.



**Ankur Warikoo**

Entrepreneur, Content Creator and Author

## **Dear Parents,**

I want to emphasize the importance of a strong partnership between home and school.

While our dedicated teachers work hard to provide quality education within these walls, your role is equally vital in a child's development.

At school, we teach subjects, but at home, values, discipline, and a love for learning are nurtured.

Parents, you are the first teachers of your children.

Spend time talking to them, reading together, and encouraging questions.

Your involvement in their education is invaluable.

## **Dear Teachers,**

Understanding the challenges our students face at home is crucial. Many come from modest backgrounds, and the support they receive at home may vary.

Be patient, empathetic, and provide opportunities for parents to engage in their child's learning journey.

Remind yourself that for most parents, their kids will be their way if changing their life's orbit.

So if they come across as aggressive, unreasonable, indifferent or ignorant, recognize that they did not have the same privileges growing up that they wish to give their kids.

## **To both parents and teachers,**

Together, we can create a nurturing environment that fosters a love for learning and ensures the success of our young learners.

None of you can win in isolation.

In unity lies our strength.

And the success of our kids.





## **CULTIVATING HEALTHY MINDS– 'A JOINT RESPONSIBILITY OF PARENTS AND SCHOOLS'**

### **NECESSITY OF A POSITIVE MENTAL HEALTH PROGRAM**

Mental health issues are widespread among students in today's educational systems. However, a pervasive cloud of stigma often surrounds these conditions, creating significant barriers for students to openly seek help and support.

In this article, we will explore practical strategies and endeavour to develop a comprehensive program to address these challenges.



**Mitali Chatterjee**  
School Counsellor

### **ENHANCING STUDENT WELL-BEING THROUGH COLLABORATION BETWEEN PARENTS AND SCHOOL**

- Collaborative efforts between parents and schools facilitate early detection of signs of mental health challenges in students, preventing issues from escalating.
- A nurturing environment, fostered both at home and in the school setting, helps students feel more secure, supported, and understood.
- This collaborative approach reinforces positive behaviour, resilience, and coping strategies in students.
- Schools play a crucial role in equipping parents with necessary resources and information to support their child's mental health.
- When parents and schools approach mental health collaboratively, it sends a powerful message that seeking help is a sign of strength and not something to hide.

This collaboration not only benefits individual students but also contributes to the creation of a resilient school community.

### **THE ROLE OF PARENTAL INVOLVEMENT IN SCHOOL MENTAL HEALTH PROGRAMS**

Parental involvement in school mental health programs can significantly enhance the effectiveness of these initiatives. Here are some ways in which parents can contribute and benefit from school mental health programs:

- Parents can actively engage with school mental health programs by maintaining open communication with teachers and counsellors.
- They can contribute by assisting with events, outreach activities, or other initiatives aimed at promoting mental health awareness.
- Parents can reinforce the principles and strategies introduced in school mental health programs at home.
- Parents can play a crucial role in reducing the stigma associated with mental health issues by fostering understanding and empathy within the school community.

In a world filled with challenges and uncertainties, nurturing happiness in children is a gift that lasts a lifetime. As parents, caregivers, and educators, we play a central role in shaping the well-being of our children.



# HE IS MY TEACHER TRULY BEAUTIFUL MIND



**A.P. Shreelatha**  
P.G.T. (Physics)

Entered a class of forty, in the morning,  
To teach Physics, make it interesting.  
I saw him not wanting to stand,  
Little could I understand!

I started my class, at my express speed,  
I saw him staring at me, unmoved.  
I walked to him, found him unorganised,  
I asked him, why he looked so dried.

I looked at his eyes, he wanted to express,  
I could make out; he needed help to progress.  
I had the whole class of forty  
To be taught, a part of my duty.

I had to finish my topic, my priority,  
He made sounds, that was nasty.  
I screamed, he was more disturbed,  
I ignored, continued my class ,troubled.

I came to my lab, more tired than ever,  
The look, that seemed to overpower.  
Next day, as I entered, he smiled,  
I melted down, his shoulder I patted.

I found him ready with copy and pen,  
The traffic light of our friendship was green.  
Little by little we conversed,  
Helping each other to be educated.

He taught me to see things lighter and better,  
He trusted me, his school teacher!



**Gaurija Sindhwani Arora**  
T.G.T. (English)

For once in my life,  
There are tears for others in my eyes,  
With the stressful mind, which is far from divine.

For once in life,  
The heart has shrunken in size.  
The miseries of thine isn't just thine,  
For once in life, it feels as if it's mine.  
No matter which land is thine  
Thine or mine, it has to be healed in given time  
As Mental health is divine.

Hope we learn from this time,  
And in future, the curse of ours vanishes with time  
and we will outshine from such times.

Unity will be next in the line and  
Prosperity will be mine.  
Indeed the time will leave it's sign,  
It is a sign of that divine to treat his world in given time  
Because mental health is the house of divine.



# MINDFUL TODAY, HEALTHY TOMORROW



**Poonam Anand**

Assistant Teacher

The responsibility for addressing mental health in schools involves various stakeholders, including educators, parents, students, administrators, policymakers, and the broader community. Each group plays a crucial role in creating a supportive environment that promotes mental well-being. Schools should have clear policies and procedures in place to address mental health issues, including guidelines for intervention and support. Administrators should ensure that staff receive training on mental health awareness and intervention strategies. As a result, the teachers can at the right time recognize signs of mental health challenges in students and know how to respond appropriately.

Communities can collaborate with schools to provide additional resources, such as mental health workshops, counselling services, or partnerships with local mental health organizations. Parents and guardians can encourage healthy habits at home, such as proper sleep, balanced nutrition, and physical activity, contributing to overall mental health. Peer support programmes can help create a sense of community and reduce feelings of isolation. Community members can contribute to reducing the stigma associated with mental health by promoting understanding and empathy. Allocating resources at the policy level ensures that schools have the necessary funding and support to address mental health effectively.

In conclusion, effectively addressing mental health in schools necessitates a joint commitment from all stakeholders, emphasizing the establishment of a nurturing, inclusive, and well-informed environment conducive to students' well-being and success.



## A WORLD OF SUPPORT, A WORLD OF HOPE

Addressing the mental health needs of children with learning disabilities is crucial. This may include developing personalized learning plans, ensuring access to resources such as special education services, and fostering a supportive atmosphere to minimize stress and anxiety. Regular communication between educators, parents, and mental health professionals is crucial for addressing individual needs and promoting overall well-being.

Children with learning disabilities may experience heightened stress, frustration, and low self-esteem.



**Nidhi Nayyar**  
Special Educator

Special Education Services, such as additional tutoring, modified assignments, or assistive technology, to support the child's academic progress can help in bridging learning gaps and reduce frustration.

How to Foster a Nurturing Environment for Children with Learning Disabilities?

- Foster empathy among educators, parents, and peers, reducing stigmas associated with learning disabilities.
- Develop personalized learning plans with accommodations to alleviate academic pressure.
- Provide specialized resources like special education professionals and assistive technologies to empower children.

By creating a supportive environment, implementing individualized support plans, and promoting open communication, we can empower these children to navigate both academic and emotional challenges successfully, contributing to a more inclusive and compassionate educational landscape for all.

## TAKE CARE OF YOURSELF BEFORE ANYTHING ELSE

Mental health is the key and foundation of healthy living and effective functioning as a community member. Mental health is as important as physical health. Mental illness is the root cause of severe health disorders like diabetes, cardio-vascular diseases, cancer etc.

In the modern-day world, wherein each one of us is bombarded with stress and anxiety in every sphere of life, it is extremely imperative to maintain our mental health. We must recognize the triggers of mental disturbances like poverty, stress, broken relations, peer pressure etc that cause us to over-think and make us anxious.

We must all understand that positive mental health is very crucial for one's well-being as it majorly influences every aspect of our life. Mental health can impact our thoughts, emotions, behaviour, actions, and interactions. Mental health can empower a person to take up all the challenges of life and make good decisions for us. Taking care of our mental health can also affect our sleeping pattern which plays a major role in maintaining the overall physical health of our body.



**Nidhi Seth**  
Assistant Teacher





**Abha Sood**  
Sr. Librarian

# NURTURING OUR MINDS: THE ROAD TO MINDFULNESS

In the bustling corridors of our school, where classes, exams, and extracurricular activities occupy most of our time, there's an important aspect of our lives that often remains in the shadows - our emotional well-being and mental health. Just like we strive for excellence in academics and sports, it's equally essential to prioritize our mental health. Let's embark on a journey to understand why this topic deserves our attention.

**Understanding the Basics:** The mind stands as one of the most important regulators of the body. When our mental well-being falters, our entire body responds in kind. Despite the prevalence of discussions around physical health, the dialogue surrounding mental health often remains a taboo.

Emotional well-being and mental health encompass our thoughts, feelings, and overall psychological state. It revolves around feeling positive about us, effectively coping with daily stresses, and relishing our lives. Recognizing that a healthy mind is equally essential as a healthy body, nurturing our mental health equips us to confront life's challenges more effectively, fostering resilience and well-being.

**The Challenges of Student Life:** As students, we face unique challenges. The pressure to perform well academically, the stress of upcoming exams, and the desire to fit in with our peers can sometimes take a toll on our mental well-being. We must recognize that it's okay not to be perfect all the time. Embracing our imperfections and learning from our failures is a part of growing up.

**Dismantling the Stigma:** It's unfortunate that even now, there is a certain stigma attached to discussing mental health. We must break this barrier. Our emotional well-being is just as important as our physical health. If we have a fever or a cold, we don't hesitate to seek medical help. Similarly, if we're feeling overwhelmed or anxious, it's perfectly normal to seek support and talk about our feelings. There's no shame in reaching out for help when we need it. There are always two ways to look at a glass of water, one where you consider the filled part of glass or the other where it is empty. A mentally fit person always focuses on the filled portion of the glass."

## **Practical Measures for Mental Well-being:**

Stay Connected | Practice Mindfulness | Set Realistic Goals | Balanced Lifestyle | Learn the act of Kindness and Gratitude | Seek Help When Needed

Just as we undergo regular body checkups to maintain physical health and incorporate vitamins into our diet for overall well-being, similarly, enhancing our mental health requires specific "vitamins":

Vitamin A - Cultivate strong attachments to uplift relationships.

Vitamin B - Foster bonding to counteract differences.

Vitamin C - Boost confidence for mental resilience.

Vitamin D - Dedicate time and effort to improve relationships.

Supplement these mental "vitamins" according to your individual needs, as we strive for a healthy mind, life, and relationships.



# HEALING IN PROGRESS...



**Sohni Singh**

T.G.T (English)

Mental wellbeing is a significant aspect of one's personality and overall wellbeing, particularly for students. Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also determines how one deals with stress, relates to others, and makes choices in life.

Mental health is important at every stage of life, from childhood and adolescence through adulthood. Students who struggle with mental health issues may find it difficult to succeed, both academically and personally. Students who possess better mental health are likely to perform better in all the spheres of life.

These are several reasons **why students suffer from poor mental health** these days.

- **Bullying**
- **Peer pressure**
- **Family issues**
- **Toxic relationships**
- **Lack of sleep**
- **Poor diet**
- **Lack of exercise**

Improved mental health for students implies they can perform better and realize their full potential. Eventually, students with positive mental health can develop associations more effectively, make decisions, and work together.

Here are some **tips to help you get started with self-care:**

- **Regular Exercise**- Just 30 minutes of walking every day can help boost your mood and improve your health.
- **Proper Diet** - A balanced diet and drinking plenty of water can improve your energy and focus throughout the day.
- **Proper Sleep**- Make sure you're getting enough sleep. Make a schedule and follow it rigorously.
- **Set goals and priorities** - Decide what must get done now and what can wait. Learn to say "no" to new tasks if you start to feel like you're taking on too much. Try to be mindful of what you have accomplished at the end of the day, not what you have been unable to do.
- **Practice Gratitude** - Remind yourself daily of things you are grateful for.
- **Positive Attitude** - Get rid of the negative thoughts and embrace the positive outlook.
- **Stay connected** - Connecting with people is an important aspect of maintaining a healthy lifestyle. Reach out to your friends or family for emotional support.
- **Mental Health Exercises** - Try laughing out loud, meditating, journaling, stretching, sketching, listening to music or dancing.
- **Set Realistic Goals** - start setting small goals. Completing small tasks slowly gives a sense of accomplishment





## MODERNISED CHILD WELFARE

Digitization and technologies have immensely changed the world we live which is impacting the lifestyle of people. We live or work in silos, nuclear families which is taking away a key learning from our children - "learn Worldliness while walking with the World". As a result, as one is growing older, they are becoming more familiar to words and situations like stress, anxiety, depression, fear. Hence, it is extremely important to inculcate right nurturing and promote self-care from a young age with some of the below listed ways:

**1. Establish a routine for the kids** - As parents we need to work with them to enable organized lifestyle apart from school schedule. Handling of their work and responsibilities should be together so they learn along. Like, cleaning almirah, arranging books, toys, completing homework, extra reading time, being punctual with play time, screen time, being punctual with morning and sleep time. We need to be punctual first.

**2. Assess their needs and behaviour** - Extremely important to understand what a child wants. They should have the kind of environment and space which promotes them to converse, participate, explore more both at home and school. Some children are aligned towards creativity, some towards innovation, some towards cultural values like dance, music etc. At school, there should be a weekly 30-45 mins small group discussions, meeting with participants from different sections plus level 1 or level 2 seniors along with visual aids to promote their interest area. This will help them learn faster and channelize their vision towards future path.

**3. Regular Outdoor plays and physical activity:** At school, children must regularly have 10-15 mins physical stretches during assembly or 5 mins between periods twice a day. Some jumping jacks, stretching, simple "Surya Namaskar" must be done. At home, parents must ensure the child is playing at least for an hour outdoor and socializing with people, making friends.

**4. Imbibe cultural values, pay gratitude and respect:** As a parent it is very important for us to ensure we pass on our "dharma" and "karma" both to this upcoming generation. We must encourage their participation in events around us, fixing a day to take them to temple on holiday apart from other fun we promote. As a ritual, we should ask them to pray in morning, before meals, before sleep. A simple gratitude is also okay.

As a parent we feel they will learn all with school only but we miss that children learn a lot from what they see. "They see us, their friends, people around them". Giving that safe, beautiful space is our responsibility. They will not learn by saying 'Do it, Do that'. We need to "Work with them to ensure they learn and become independent, self caring, organized, punctual and stay mentally, physically and emotionally healthy always with anyone around".

**Harshita Singhal**  
Mother of Kiyaansh Kumar  
Class III-D



# LET'S TALK, LET'S HEAL, LET'S FEEL

One crucial role of schools is to provide education about mental health and emotional well-being. Schools can incorporate mental health education into health classes, provide resources for students to learn about mental health and wellness, and invite mental health professionals to speak to students.

By starting early, parents and caregivers can help children develop healthy habits and strategies supporting their mental health.

- **Talk with your child and help their brains integrate.**
- **Be a good role model for your children.**
- **Show your love through actions.**

Children raised by consistently responsive parents tend to have better emotional regulation, development, social skills development, and mental health outcomes.

Talk to your child and listen to them carefully. By keeping an open line of communication, you'll have better relationship with your child and your child will come to you when there's a problem.

Inculcating good habits in children like time management teaches real balance of life.

Engaging them in talent and skill based activities in their day to day routine to build their confidence which in turn help face the world in future.



**Dr. Deepali Bhalla**

MDS, Orthodontist



**Dr. Manish Bhalla**

MDS, Pedodontist

Parents of Shaurya Bhalla VIII-E  
and Riya Bhalla III-A

## NURTURING MINDS: A JOINT EFFORT

In today's demanding world, students' mental well-being is a growing concern. Academic, social, and personal pressures can take a toll on their mental health. Schools and parents must work together to foster a supportive environment that promotes self-care and mental well-being.

Open communication, education, a supportive environment, mental health curriculum, counselling services, and collaborative initiatives are key strategies to ensure students' mental health and self-care are prioritized. This partnership can help students navigate the challenges of their educational journey while building resilience and emotional strength.



**Parul Panchal**

Mother of Aashvi Panchal  
Class IV-C



# EMBRACE YOUR MIND, BE KIND

Mental wellbeing is a combination of how we feel (our emotions and life satisfaction) and how we function (i.e., our relationships with others, personal control, purpose of life and independence).



**Anjali Awasthi**

Mother of Anvisha Awasthi  
Class IV-E

The term 'mental health' is used to determine the absence of mental disorders. It is a condition of wellbeing whereby each person realizes their potential and can deal with life change & uncertainty. Good mental health results in proper mental functioning that results in being productive in activities, healthy and good relationships with others and ability to cope and adapt to adversity.

People have started addressing mental health issues. And this open and free discussion on mental health was promoted by the World Federation for Mental Health as they declared 10th October as World Mental Health Day. This day is celebrated to spread awareness about mental health issues, educate people about mental health problems and impart the knowledge to seek help from mental health doctors.

An individual can work on improving his/her health by eating healthy, reducing screen time, indulging in physical activities that bring pleasure & peace, and sleeping peacefully. So, let's be open about it and help each other in addressing mental health issues.

## PROMOTING EMOTIONAL WELL-BEING AND AND SELF-CARE AMONG STUDENTS

Mental health has become a pressing concern in today's fast-paced world, especially with the rise of deadly diseases and ongoing conflicts. The mental well-being of children has garnered global attention, given the significant roles played by school and home environments in their lives.



**Himani Sahni**

Mother of Hiten Sahni  
Class III-D

To foster awareness about children's mental health, it is crucial for parents and school stakeholders to collaborate.

Here are a few steps that can be formulated through joint efforts:

### 1. Providing a Safe and Joyful Space:

- Adults have a responsibility to ensure children feel safe both physically and emotionally.
- Children need to know that their voices are heard, and they have unwavering support.

### 2. Organizing Self-Care Campaigns:

- Collaborate with parents as important stakeholders to share ways of maintaining mental well-being.
- Create opportunities for co-participation, involving both children and parents in fun activities like yoga, art therapies, games, and more.



## THE UNDERRATED ART OF QUITTING

How many times have you heard the phrase “winners don’t quit”? Perhaps, you hear this every day from your friends, parents, and teachers while encountering obstacles in their daily life. Indeed, in some situations, persistence is the key to winning. For instance, when learning a new and complicated mathematical formula or equation, one cannot expect to ace all the questions in the first go. One must fail or at least reattempt multiple questions to perfect their skill. However, there are also many situations in life, where excessive persistence not only leads to negative mental health, but also diminishes one’s academic and professional life.



**Dr. Mandira Mishra**  
PhD (Psychology)  
University of Wollongong, Australia

This is especially the case when students undertake a subject that does not interest them, or for which they do not possess a specific type of aptitude. For instance, many parents and students like to believe that regardless of personal interest, all high scoring students must enroll themselves in science courses, as it guarantees a high paying and “safe” career. When the motivation to choose a field of study is such, burnout is quick. This is because it is harder to repeat information which simply does not interest you. Furthermore, upon facing failure, the thought at the back of one’s mind always remains “I never wanted to do this in the first place”. On the other hand, if students pick subjects of their liking, they wish to talk about their study topics outside of academic life, and repetition of information does not feel like a burden. As a result, if you are stuck with courses that you simply do not enjoy, work on identifying alternate study courses which you will cherish. When you do that, you will maximise your productivity and achievement.

The rule of beneficial quitting also applies to any friendships, relationships, or social exchanges that drain you emotionally. If most of the conversations that you are having with a particular friend feeling tiring, cumbersome, or insulting, it is the right decision to quit and distance yourself from that person. Although minor arguments should be worked through, if a friendship repeatedly requires you to exhaust your mental resources (involves negativity, complaints, feelings of being stuck, body shaming, one-sidedness), then it is very wise to quit that friendship.

In our culture, the importance of persisting against all odds is greatly emphasized. However, my message to you is whether you are stuck in a toxic relationship, friendship, academic stream, or career, do not be afraid or feel guilty while quitting. An intelligent person always scans a situation and deduces whether staying somewhere is beneficial or not. An unconventional message I like to tell my students and therapy clients, is to not let your ego come in between your happiness and a better, alternative path of life. As a result, I encourage you to proudly exit toxic and unnecessarily exhausting situations to lead a happy, successful, and fulfilling life.



# THE ROLE OF MEDIA IN FOSTERING HOLISTIC CHILD DEVELOPMENT IN INDIA

In today's digital age, media plays a pivotal role in shaping the overall development of children. In the context of Indian culture, social relations, aspirations, cognitive development, behavioural development, life skills, creative skills, and written and oral skills, media can have a profound impact. However, it's essential to emphasize that parental supervision is needed to ensure that media exposure remains positive and constructive for a child's growth.

**Cultural Awareness** : Media, in all its forms, is a powerful tool for introducing children to the rich tapestry of Indian culture. Television shows, movies, books, and online content can educate children about the diverse traditions, languages, festivals, and art forms that make up India's cultural heritage. Exposure to such content fosters cultural awareness, tolerance, and an appreciation for India's unity in diversity.

**Social Relations** : Through media, children can learn valuable lessons about social interactions and relationships. Television programs and books often portray characters navigating friendships, family dynamics, and conflicts, offering insights into empathy, communication, and problem-solving. These narratives can help children develop social and emotional intelligence, which are vital skills in building healthy relationships.

**Aspirations and Cognitive Development** : Media can inspire children and ignite their aspirations. Biographies, documentaries, and success stories of individuals who have overcome challenges can motivate children to dream big and work hard to achieve their goals. Furthermore, educational content and interactive apps can enhance cognitive development by stimulating critical thinking and problem-solving skills.

**Behavioural Development** : Media content, especially age-appropriate programming, can instill positive values and behaviours in children. Shows that promote honesty, kindness, respect, and environmental consciousness can influence a child's moral compass. However, it is crucial for parents to monitor the content and ensure that it aligns with their family's values.

**Life Skills** : Media can be a valuable resource for teaching life skills. Educational programs can introduce children to essential topics such as financial literacy, time management, and decision-making. Additionally, media can expose children to various professions and industries, broadening their horizons and helping them make informed career choices in the future.

**Creative and Communication Skills** : Media offers children numerous opportunities to develop their creative and communication skills. Drawing, writing, storytelling, and even creating videos or music can be outlets for self-expression. Engaging with media can inspire children to explore their creative talents and enhance their written and oral communication skills.

**Parental Supervision** : While media has the potential to contribute significantly to a child's holistic development, parental supervision is paramount. Parents should actively engage with their children, discussing the content they consume and guiding them towards age-appropriate and educational material. Setting time limits and encouraging a balanced use of media with other activities is also crucial to ensure that children's overall development remains well-rounded.

Media has the power to positively influence various aspects of a child's development. However, this influence must be wielded with caution, as the content a child consumes can have a lasting impact. Parents play a vital role in guiding and supervising their children's media exposure, helping them make the most of this powerful tool for holistic development.



**Dr. Aahana Chopra**

Asst. Professor  
Kalindi College, University of Delhi



## A POEM OF HOPE

In life's grand scheme, let's understand  
mental health is crucial, hand in hand  
a balanced mind, where peace does dwell  
in its embrace, we all fare well.

But sometimes, storms may cloud our view  
breaking the calm, leaving us askew.  
Don't be afraid to seek a hand,  
help is here, it's always grand.

In this journey that we embark upon  
It's okay to ask for help, don't shun that.  
For in support, we find our way  
towards mental health, and a brighter day.

Don't bear the burden on your own,  
reach out to others, you're not alone.  
Together we can mend, and find our way  
towards mental health, where brighter days stay.

While we can't lose our demons  
We can learn to live above them...

Vaibhav Sinha  
X-D



## BREAKING THE SILENCE

In our minds, feelings run deep,  
Deep down to the spine.  
Mental health, a secret we all keep,  
Inside we fight, without a sound,  
Behind our smiles, A hidden battleground.

Yet in the shadow, strength is found,  
With which we always fight around,  
Asking for help, we start to heal,  
Our wounded hearts, our mind reveal.

Break the stigma, we all understand,  
Together we'll hold each other's hand,  
Accept the highs and lows we face,  
In the shelter of mind, we find our space.

Together we'll heal, together we'll persist  
In the landscape of our mind, we'll coexist  
For the world within our heads, there's always  
light,  
Mental health's importance, a cause we'll unite

Vaishnavi Jaiswal  
IX-C

## MENTAL HYGIENE

Mental Health Awareness is an effort to reduce mental illness and mental health conditions by sharing our personal experiences.

Mental health is an important issue that should be given more attention. It is estimated that one in four adults will experience some form of mental illness in their lifetime. Mental Health includes our emotional and social wellbeing. It affects how we feel, think and act. It also helps in determining how we handle stress, relate to others and make choices.

Taking care of our mental health is just as important as taking care of our physical health. When our mental health is not in good shape, it can lead to problems in all areas of our life. Mental illness can affect anyone, no matter their age, gender or background. If you or someone you know is struggling with mental health, don't hesitate to seek help.

Aarush Dhyani  
VII-B



## THE WAY I HEAR YOU

I hear you, when you can't hear yourself,  
I hear you, when I'm in the sky,  
I hear you, when I'm at my lowest,  
I hear you, when I am in need of help.  
I hear you, your voice, you in peace,  
I hear you, although you're asleep in heaven,  
I hear you.  
I hear you, when I'm asleep,  
I hear you when I'm learning,  
I hear you when I'm crying.  
I hear you when nobody is speaking  
Anxiety maybe a weakness...  
But it would never defeat me.

Aaryahi Dandriyal  
VIII-D



## AN ODE TO SANITY

Be aware of Mental Health,  
It is said that health is wealth.  
Don't think of here and there,  
It's all about your mental care.  
Smoking is injurious to health,  
It also causes loss of wealth.  
Bad effect of thinking bad  
One remains always sad  
Some of them even became mad.  
Think always positive;  
Never think of any negative.  
Be aware of headache and brain stroke,  
With stress of brain blood chokes.  
Be kind and think high,  
Less use of gadgets and Wi-Fi.  
Always care of health and wealth,  
Be aware of Mental Health.

Akash Singh  
VIII-E

## SPEAK UP, REACH OUT, END THE DOUBT

Mental health is a crucial factor in this fast pacing world. Anxiety, depression, trauma, eating disorders and a lot more are kinds of mental health illnesses that are not physically visible.

We do not know how many people suffer in silence and it might be someone you know or love. This is an important issue because it can get worse and could lead to self-harming. During Covid -19, many people suffered from my anxiety, depression, trauma etc.

We can use our voice to spread awareness about mental health issues which some of us are facing in the present moment. Taking care of one's mental health is an essential thing for our wellbeing and how we influence the people around us. Speak, use your voice, and fight for mental health awareness! Someone rightly said "A healthy mind is the greatest treasure to find."

Samaira Sharma  
VI-D





# TAKE CARE OF YOURSELF BEFORE ANYTHING ELSE

Mental health is paramount for overall well-being, influencing how we think, feel, and behave. It directly impacts physical health, contributing to a robust immune system and reduced risk of chronic illnesses. Positive mental well-being enhances emotional resilience, enabling effective coping with life's challenges. A healthy state of mind fosters productivity and optimal performance in personal and professional endeavours. Strong mental health is instrumental in building and sustaining positive relationships, fostering communication and empathy. It significantly contributes to one's quality of life, allowing the experience of joy, satisfaction, and a sense of purpose. Prioritizing mental health can lead to reduced healthcare costs by preventing the development or escalation of mental health disorders. A mentally healthy population contributes to social cohesion, empathy, and community well-being. It forms the foundation for personal growth, learning, and responsible decision-making. Recognizing the importance of mental health is not only an individual obligation but also a collective necessity for building a healthier and more resilient society.

Aditri Keshri  
XI-D

# THE STRUGGLING MIND

It feels cold and numb.  
My hands are shaking.  
Sadness in me spreads like wildfire,  
and I brace myself with a little speech.

The pain coils up in my chest  
and when the disgusting feeling  
creeps again I take a look at my  
scarred wrists.

The night seems like it will never end,  
the insecurities come to taunt you  
and past will stay and haunt you.

Take a look at me one last time,  
I tell the mirror.  
Breathe the reflection tells me.

While my soul whimpers for help.

Lakshika Grover  
X-E





# LET'S TAKE A MOMENT TO PRACTICE MINDFULNESS

Mental health has become an increasingly important topic in today's fast-paced world, affecting people of all ages. As a class 9th student, it's essential to recognize the significance of mental health and its impact on our lives.

In recent years, the stigma surrounding mental health issues has significantly decreased. We now understand that just as we care for our physical health, we must also take steps to nurture our mental and emotional well-being. It's crucial to remember that mental health encompasses our thoughts, feelings, and behaviors, and it can be influenced by various factors, including stress, relationships, and life experiences. The pressures of academic life, social expectations, and the uncertainty of the future can weigh heavily on students, making it essential for us to prioritize our mental health. Engaging in open conversations about our feelings and seeking support from friends, family, or mental health professionals is a step in the right direction.

Self-care practices like meditation, exercise, and maintaining a healthy work-life balance can significantly contribute to mental well-being. Recognizing the signs of mental health issues in ourselves and others is equally important to ensure timely intervention and support. As students, we should actively promote awareness of mental health issues, break the silence around them, and foster a more compassionate and understanding society. By doing so, we can help create an environment where individuals can seek the help they need without fear or hesitation, ultimately leading to healthier, happier lives for all.

Vansh Malhotra  
IX-B





# THE LOST MIND

Behind every lost mind is a torn heart

Within every shattered mind, mental health is the start

Lost in the abyss of obscurity and relentlessly bawling all around.

Panicking around in search of solace in this self-interested cosmos

The primary concern is, can he reclaim his soundness of Mind?

After all, he is the one with torn heart and a lost mind.

Behind every lost mind is a force of pressure

And he's teetering on the brink of death under the weight of relentless pressure

Amidst every burdened soul, pressure's an artistic measure

Behind every healing mind, is a load of patience

Amidst each recovery psyche abundant patience you'll find.

And he the one with lost mind and torn heart must follow that path.

Hannah Goel

IX-B



# IT'S OKAY NOT TO BE OKAY!



Well, let's begin with understanding what 'Mental Wellbeing' is.

According to WHO, it is a "state of mind that enables people to cope with the stresses of life, realize their abilities, learn & work well, and contribute to their community". If I were to put it in simple words, mental well-being means feeling good about yourself and the world around you and being able to get on with life in the way you want.

Mental well-being is an integral part of our overall health. Many times society thinks of health as something biological and physical: the condition of our bodies, how healthy we eat, the physical exercise we do, but a key component of health is missing from this. It's mental well-being, which encompasses our inner workings and the way we describe how we are in our lives.

People who face mental health issues are often characterized. Labels of being too violent than the rest because you're mentally un-well, being called cowardly because you have anxiety issues or being told to "snap out of it" when you're going through depression are put on people who are at the most vulnerable stage of their life.

If someone around you is struggling with their mental health, you should approach them in a calm manner and ease them into a conversation. Make sure to be respectful, compassionate and empathetic to their feelings by engaging in reflective listening. Please avoid criticizing or raising your voice at them and talking too much.

Remember silence and pauses are ok, be a good listener and make eye contact with a caring approach. Don't forget that gentle kindness can go a long way

Chinmayi Chawla  
XII-C







## THE REALM OF THE MIND

In the realm of the mind, where thoughts roam free,  
A delicate balance is key to serenity.  
Society's treatment, a crucial decree,  
For mental health, we must all see.

The whispers in the brain, that echo and refrain,  
Can be silenced with care, and love profound.  
The shackles of stigma, we must break away,  
And seek help, before the darkness descends.

The mind is a garden, that needs tending with grace,  
And nurturing, to bloom in its place.  
The seeds of self-care, we must sow with care,  
And water them well, so they can flourish there.

The breeze of acceptance, we must let blow,  
And embrace the journey, as it unfolds below.  
The strength of community, we must find,  
And lift each other up, with a healing mind.

The path to wellness, is not always clear,  
But with courage and love, we'll persevere.  
For mental health, we must all take a stand,  
And work together, hand in hand.

Shuchita Kadwal  
IX-C

## IT'S OKAY TO ASK FOR SUPPORT...

Mental health is a state of mental well-being that enables people to cope with the stresses of life, realise their abilities, learn well and work well, and contribute to their community. Students' mental health is negatively impacted by the atmosphere that has been created by the pressure to perform well academically and the high expectations of society and parents. However with the help of teachers and their peers along with undaunted support from the parents they can reach to the greatest heights. The film 'Taare Zameen Par' portrays the tormented life at school and at home of a child with dyslexia and his eventual success after his artistic talents are discovered by his art teacher at the boarding school is a perfect example of what even a little support can do.

Tashvi Jain  
XI-C

## MINDS MATTER...

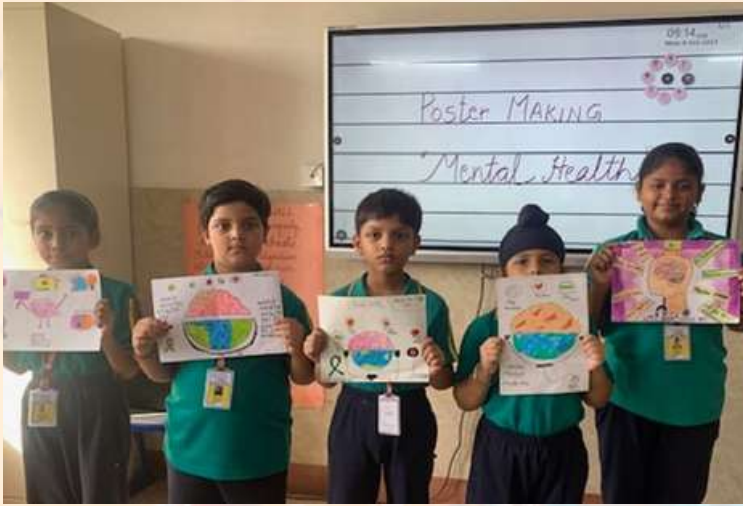
Mental and physical health are interconnected with each other. If one's physical health goes bad, it can affect one's mental health.

Just like we take care of our career we have to take care of our Mental and Physical Health. Mental and Physical Health will grow just like our habits and behaviors. Relationship between mind and our body is very important for a good life.

**"Mental Health is equivalent to Physical Health."**

Ashi Gupta  
IV-E





**Smile Big,  
Stress Less,  
Laugh More.**







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# मानोदृष्टि



**“Taking care of your mental health is an act of self-love.”**



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