Mental Health Week Celebrations (Class VIII)

'When you take care of yourself, you're a better person for others. When you feel good about yourself, you treat others better. — Solange Knowles

According to World Health Organisation- **Health** is a state of complete physical, mental and social well-being and not merely the absence of disease and infirmity.

The definition highlights the importance of **Mental Health**- It can impact our thoughts, actions and interactions. It empowers us to navigate challenges, build meaningful relationships and make informed decisions. Maintaining positive mental health is crucial in stabilising constructive behaviour, emotions and thoughts.

Mental health plays an important role in increasing children's productivity, enhancing their self-image, and in improving relationships. Children with good mental health feel loved, safe and secure in their environments and also feel happy and positive about themselves.

With this thought in mind, DPS Gurgaon joined hands in celebrating the spirit of World Mental Health Day on October 10th, 2023. Students of class VIII penned down some thoughtful and insightful write-ups on the topic of 'Perpetuating Positivity' with the help of templates like 'I am grateful for…', 'Happiness to me is…', 'I can make a happy classroom by…', 'The biggest gift I have is…'

It was an insightful activity for the children as they learnt the essence of mental health to have a happy and successful life.