

REPORT ON INTRODUCTION TO MENTAL HEALTH

‘The mind and the body are not separate. What affects one, affects the other.’

A peer education session on ‘An Introduction to Mental Health’ in association with Huesofthemind NGO, was conducted on 25th February 2021 for Grade IV and V.

As a part of the session, the peer educators of Grade X, visited the classes and sensitised the students about the importance of mental health in their life. They advised the children to remain positive and resilient during these tough times instead of ruminating on the negative thoughts.

The peer educators conducted some interesting activities for the children. Through the activity, ‘Spidey Senses’, the students were reminded to acknowledge the beautiful things around them and to be grateful about them. They encouraged the students of Junior School to be ‘Mental Health Superheroes’. As superheroes, they were motivated to share their own feelings and as well as understand the feelings of others. The students responded to all the activities with utmost enthusiasm and felt great after participating in them.

Throughout the session, the peer educators not only delineated the importance of physical health to the students but also laid stress on emotional and mental well-being. The students understood that if they are not mentally healthy, they will not be able to find solution to the problems around them. The peer educators guided them and gave few tips to relax their minds. The students thoroughly enjoyed the session.

