



DELHI PUBLIC SCHOOL, SECTOR 45 GURGAON

The Peer Educators of class XI conducted a session on “**Wellness Begins Within**” for students of classes IX & X on 15th & 22nd April’25 respectively. The session was designed to create awareness about the importance of self-care, emotional balance, and holistic wellness.

The Class XI Peer Educators, guided by the school counselors, connected with their juniors in an approachable and engaging way, emphasizing that wellness is not just about physical health, but also includes mental, emotional, and social well-being.

The session began with an introduction to the concept of wellness and how it starts from within. The Peer Educators shared tips on building self-awareness, managing stress, developing a positive mindset, and practicing mindfulness. Activities such as group discussions, reflection exercises, and simple breathing techniques were included to make the session interactive and impactful.

Students of classes IX & X participated enthusiastically and appreciated the friendly, non-judgmental environment created by their seniors. Many shared their own experiences and asked questions, making the session more engaging and meaningful. Feedback collected after the session revealed that students felt motivated and better informed about ways to take care of their well-being.

For Class XI Peer Educators, the experience was equally enriching. It gave them an opportunity to demonstrate leadership, communication, and empathy—essential life skills of today.

Overall, the session was a step forward in building a supportive school environment. It reinforced the idea that when students support one another, true wellness flourishes from within.

