

## **D.A.V. PUBLIC SCHOOL, VELACHERY, CHENNAI-42**

**ACADEMIC YEAR 2025 - 2026**

### **REPORT ON MENTAL HEALTH WEEK CELEBRATION (4<sup>th</sup> – 10<sup>th</sup> OCTOBER 2025)**

Mental Health Week 2025 was observed at D.A.V. Public School, Velachery, Chennai - 42 from 4<sup>th</sup> to 10<sup>th</sup> October 2025, aligning with the global observance of World Mental Health Day on 10<sup>th</sup> October. The theme for this year was “Community: Supporting Mental Well-being Together.”

The week-long celebration aimed at creating awareness and promoting emotional well-being among students, teachers, and parents, in accordance with the objectives of the National Education Policy (NEP) 2020 and the National Curriculum Framework for School Education (NCF-SE) 2023. The activities were conducted under the framework of the Manodarpan initiative launched by the Ministry of Education, Government of India, focusing on a Whole School Approach to mental well-being.

A series of engaging and age-appropriate activities were conducted across all classes from Pre-KG to Std. XII, promoting positive mental health, empathy, gratitude, and resilience.

Students of Pre-KG to Std. II expressed emotions through smiley badges, storytelling sessions and role-play on “Feeling Happy Inside.”

Std. III to V participated in poster making, slogan writing, and guided mindfulness activities to understand emotional expression and friendship.

Std. VI to VIII engaged in interactive discussions on “You Are Not Alone”, relaxation techniques, and group art activities fostering self-awareness.

Std. IX to XII attended workshops on stress management, digital wellness, and positive coping strategies. Peer leaders conducted awareness talks on emotional resilience and seeking help without hesitation.

Teachers and parents participated in a sensitization session focusing on collaborative support for adolescent well-being and communication strategies at home and school.

The week culminated with a special assembly on 10th October, where students presented skits, songs, and reflections highlighting the importance of compassion, mental strength, and community support.

The celebration of Mental Health Week 2025 at D.A.V. Public School, Velachery, reaffirmed the school’s commitment to nurturing emotionally balanced, empathetic, and confident learners — true to its vision of holistic education and well-being for all.