D.A.V. PUBLIC SCHOOL

19, Sitaram Nagar, Velachery, Chennai - 42
Plot No. 131, 132, 130 & 135, Bhuvaneswari Nagar, 2nd Main Road, Velachery, Chennai - 42

REPORT ON THE MENTAL HEALTH AWARENESS & WELLNESS FAIR

Inspired by the continued emphasis on promoting Mental Health and Wellbeing by C.B.S.E. and the School's Student Wellbeing initiative, D.A.V. Public School, Velachery organised The Mental Health Awareness and Wellness Fair on Saturday, 1 August, 2026 at the Main School during the first Parent Teacher Meet 2026.

The Fair was inaugurated by the Principal, Mrs. Sujatha M, who appreciated the overwhelming participation of the Student Ambassadors and encouraged the students to understand the importance of Mental Health in their everyday lives. She visited all the stalls, interacted with the student presenters, and commended their efforts taken through Creativity, Confidence, and Commitment in spreading awareness on such a significant topic.

The event was thoughtfully planned and executed by the students of Std. VIII and IX, who enthusiastically showcased the significant aspects of Mental Health and Wellbeing in the respective Information Booths. Every Booth was designed to educate visitors through interactive activities, demonstrations, games, displays, and take-home resources, making learning both meaningful and enjoyable.

The Fair featured ten Interactive Booths:
Mental Health First Aid Booth
Sleep Hygiene Lab
Self-Esteem Mirror Corner
Laugh Therapy Zone
Food for Mood Booth
Friendship and Healthy Relationships Corner
POCSO and Bullying Awareness Booth
Special Needs and Crisis Support Corner
Emotional Wellness Booth
Memory and Concentration Lab

Students confidently explained concepts using creative techniques and prepared informative takeaways, including bookmarks, affirmation cards, gratitude notes, self-care reminders, wellness trackers, and awareness materials, enabling visitors to continue practising healthy habits beyond the event.

The Fair received an overwhelming response from all the stakeholders, who visited the stalls throughout the day. Parents appreciated the innovative approach adopted by the school in promoting Mental Health Awareness and praised the students for their knowledge, confidence, teamwork, and excellent presentation skills. The interactive nature of the booths encouraged meaningful conversations between students, parents, and teachers on Emotional Wellbeing and Mental Health.

The event provided students with a valuable platform to develop essential Life Skills such as Communication, Leadership, Collaboration, Creative and Critical Thinking, Empathy, Responsibility, and Problem Solving. It also strengthened their understanding of the importance of supporting one another, seeking help when needed, and maintaining a healthy balance between physical, emotional, and Mental Wellbeing.

The Mental Health Awareness and Wellness Fair successfully achieved its objectives by creating awareness, reducing stigma surrounding mental health, encouraging healthy coping strategies, and fostering a culture of empathy, inclusion, kindness, and resilience within the school community.

The programme concluded on a positive note, nurturing not only Academic Excellence but also the Holistic Development of every child.

MENTAL HEALTH AWARENESS & WELLNESS FAIR - 01.08.2026















