



ARMY PUBLIC SCHOOL MIRAN SAHIB



DAY AND DATE: THURSDAY , 9 OCT ' 25

WORLD MENTAL HEALTH DAY CELEBRATION

Resource person- Mr Vansh Binaloch, Counsellor and Executive Outreach PR

Teacher Incharge- Ms Paramjeet Kour (PGT Psychology)

Ms Tania Gill (Special Educator)

Objectives - To emphasize the importance of mental health, promote emotional wellbeing, and equip students with strategies to manage stress effectively in their daily lives.

- To mark the occasion, the school organized interactive sessions for both senior and junior classes.
- The session helped younger students understand emotions, self-care, and the importance of sharing their feelings
- Both sessions included a variety of interactive activities designed to promote self-reflection, mindfulness, and positive thinking. These activities encouraged students to prioritize their mental wellbeing and adopt a balanced approach to life.

The celebration successfully spread the message that mental health is as important as physical health, and reinforced APS Miran Sahib's commitment to nurturing emotionally strong and resilient individuals.

