



Mental Health Session

Date – 17th August, 2023

Heal the Mind, Heal the Heart. Mental Health Matters: Today, Tomorrow, Always.

Mental Health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices.

Students' mental health in school is a crucial part of the education system. Adani Public School, Mundra organized Mental Health Session for students of classes X and XII.

Ms. Rupa Kapoor a Development Professional and a former member of National Commission for Protection of Child Rights (NCPCR) and In - charge of Child Psychology and Child Protection, Pan India took the session on Mental Health for students.

In her session she covered the following points:

- Child Rights
- Issues faced by children in schools
- Identification of problems in children
- Symptoms to identify children with mental problem
- Understanding Mental Health of children
- Dealing with stress

She also gave various important tips to reduce the stress. Some of the tips for students were to:

- Practice meditation
- Spend time in nature and with friends
- Get enough sleep
- Switch off your phones
- Writing a letter to the loved ones.
- Develop a routing

It was an enriching and interactive session. Special thanks to Director Ms. Ami Shah and Principal Dr. Mayur Patadia for arranging such sessions and motivating them.



