

As a part of celebrating World Mental Health Day, the Orchid school kickstarted celebration for an entire month starting from 10th Oct, 2023. The day began with an enlightening PowerPoint presentation session by our 'Wholesome Wellness Coordinator' Mrs. Priyanka Salagare she introduced the vital aspects of mental and physical well-being to the primary students.

One of the highlights of the day was a deep breathing practice, focusing on inhaling positive thoughts, and exhaling negative thoughts and feelings. This guided mindfulness exercise helped the young students learn how to manage their emotions and reduce stress, instilling a sense of calm and self-awareness.

Furthermore, a surprise Zumba session for the students was conducted. It was a fun and energetic way to promote physical fitness and boost their mood. The children danced and moved to the beat, enjoying themselves while also learning how physical activity can positively impact mental health.

A 'Quality Circle Time' session on mindfulness was conducted by Mrs. Priyanka Salagare for the primary domain teachers. The emphasis of this session was to make teachers practice and understand mindfulness and its importance using activities involving sensory awareness and mind-body connection.

Ms. Monalisa Kar, our Wellness Counselor apprised the secondary and senior secondary students with the importance of mental and physical well-being. In her PowerPoint presentation she emphasised that seeking support is a sign of inner strength, not weakness. The presentation was followed by a group discussion wherein personal journey stories and experiences were shared.

On 11th Oct 2023, Ms. Shraddha Ashokan our Wellness Counselor shared her insights on mental and physical well-being with the middle domain students through a video and a sing-along song session. The event was lively and zestful as the children sang their heart out through a song while learning the positive impact of singing on elevating the mood. The emphasis of this two-day event was to make the students understand the significance of mental and physical health and how it intertwines with our overall well-being.

The Orchid School Wellness Counselors – Mrs. Priyanka Salagare, Ms. Shraddha Ashokan, and Ms. Monalisa Kar will be conducting mental wellness activities for the entire staff and students of each class across the entire month. The Orchid School's on-going activities related to the World Mental Health Day are designed to increase awareness about the vital role mental health plays in our overall health and well-being.

The activities conducted on 10th and 11th October 2023 not only educated the students and teachers about the importance of taking care of their mental and physical health but also made it an enjoyable experience. It served as a reminder that maintaining a balance between the two is crucial for a happy and healthy life. The Orchid School's commitment to nurturing the well-being of its students was evident on this World Mental Health Day.





