



REPORT

Topic: Let's talk about our Mental Wellbeing & Counseling

Date: 20/7/2023

Classes Covered: 6A, 6B, 6C & 6D

Modality used: Discussion & Audio- Visual

The sessions were conducted with an aim to discuss the concepts of mental health and counseling. Mental health is something that we all have and yet we are at a loss when it comes to understanding how it impacts our daily life. Mental health was discussed from the perspective of wellbeing of the mind, taking care of ourselves and every aspect of our health. A video was shown in order to understand the concept better. Along with that a discussion about counseling at school was also done with the students. This topic was discussed at length so that in case any child feels stressed or upset they are aware that they can ask for help.



