

WORLD MENTAL HEALTH DAY CELEBRATION

World Mental Health day is observed on 10th October every year, it was observed for the first time on 10 October 1992 and was started as an annual activity of the World Federation for Mental Health and is supported by world health organisation. The day is officially commemorated every year with the objective of raising awareness of Mental health issues around the world and mobilizing efforts in support of mental health. Our mental health is just like our physical health, everybody has it and we need to take care of it.

Institute of Vocational Studies organised Slogan Writing Activity on the occasion of World Mental Health Day on 9th October 2020. The activity was conducted to explore the writing skill and spread awareness among the students. Students of B.Ed and D.El.Ed from each house participated in this activity under the guidance of our respected principal Madam Dr. Mandira Gupta. This was planned and organised by Ms. Sangeeta Kaushik and Ms. Nahid Raees on Digital platform MS Team from 2:20 to 3:00 pm.



The event was started by putting light on the importance of Mental illness. Various significance and the importance of this day were discussed in the beginning of the activity. After that the students were given instruction for participating in the events.

This activity encouraged the students to spread awareness on how to nourish our mind and cope up with mental health. They showcased their talent by writing slogans in both Hindi and English language and recited their two-line self-made slogans on the digital platform. The participants transformed their thoughts on paper, and expressed their creativity through wonderful quotations. Such activities help students to know about various initiatives regarding their own wellbeing.



The digital World Mental Health day celebration was an informative experience for the students as well as the teachers. It made us understood the importance of being mentally fit and live a healthy life. Large number of participations made the event more encouraging and fun activity.