

# Annexure – Mental Health Week / World Mental Health Day (10 October)

## Student Wellbeing & Awareness Program

### 1. Basic Information

- **Academic Session:** \_\_\_\_\_
- **Event:** Mental Health Week / World Mental Health Day
- **Date / Duration:** \_\_\_\_\_
- **Venue:** \_\_\_\_\_
- **Program Coordinator:** \_\_\_\_\_
- **Resource Person / Counselor:** \_\_\_\_\_
- **Prepared By:** \_\_\_\_\_

### 2. Objectives

- To create awareness about **mental health and emotional wellbeing**.
- To help students manage **stress, exam pressure, and anxiety**.
- To promote **healthy relationships and responsible social media use**.
- To provide guidance and support through **counseling and interactive sessions**.
- To involve **parents and senior students** in discussions on mental wellbeing.

### 3. Planning Details

Activity	Date Planned	Responsible Person	Remarks
Planning Meeting			
Counselor Invitation			
Session Schedule Preparation			
Parent Communication			
Student Participation Planning			

### 4. Program Schedule

Date	Activity	Target Group	Resource Person	Venue
	Awareness Session on Mental Health			
	Stress & Exam Pressure Management			
	Healthy Relationships Discussion			
	Social Media Awareness Session			
	Parent Interaction Session			

### 5. Counseling / Awareness Sessions Conducted



## 9. Key Messages Delivered

- Importance of **mental wellbeing and emotional balance**.
- Strategies to manage **academic pressure and stress**.
- Importance of **positive relationships and communication**.
- Responsible use of **digital devices and social media**.
- Encouraging students to **seek help when needed**.

## 10. Observations

- Students actively participated in **interactive sessions and discussions**.
- Awareness about **mental health challenges and coping strategies** increased.
- Parents appreciated guidance on **supporting children emotionally and academically**.

## 11. Outcomes

- Improved understanding of **mental health and emotional wellbeing** among students.
- Increased awareness about **stress management techniques**.
- Strengthened communication between **students, teachers, counselors, and parents**.

## 12. Documentation Maintained

- Photographs of sessions
- Attendance records (students & parents)
- Counselor session materials
- Student feedback forms

Prepared By: \_\_\_\_\_

Reviewed By: \_\_\_\_\_

Principal / Head of Institution: \_\_\_\_\_