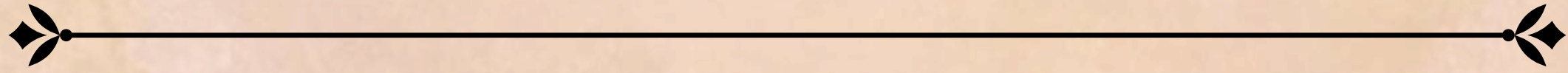


Mental Health Week



The Samatva Committee at SCMHRD organized Mental Health Week 2024, starting on 3rd October, featuring a series of engaging activities aimed at promoting emotional well-being, self-care, and mindfulness. This initiative offered both students and the children from Inspirit the opportunity to explore mental health in a supportive and creative environment.

The week began with activities focused on fostering gratitude and emotional expression. Gratitude cards were exchanged among students, encouraging them to reflect on and appreciate the positive aspects of their lives. A confession box provided a safe, anonymous space for sharing personal thoughts, while doodling boards offered a creative outlet for stress relief.

On the second day, the Inspirit kids participated in a Yoga and Pranayama session, where they were introduced to mindfulness practices that helped them connect with their breath and bodies. These techniques promote focus, calmness, and emotional balance, offering valuable tools for the children to manage their mental well-being.

A movie screening on the third day gave the Inspirit kids an opportunity to unwind while reflecting on themes of resilience and personal growth. The film sparked meaningful discussions, allowing participants to better understand how mental health shapes our life journeys.

The week concluded with a high-energy Zumba and Dance session. The Inspirit kids enthusiastically participated in this fun workout, which promoted physical health, reduced stress, and fostered social connections. The children left feeling uplifted and energized, highlighting the importance of movement for mental wellness.

