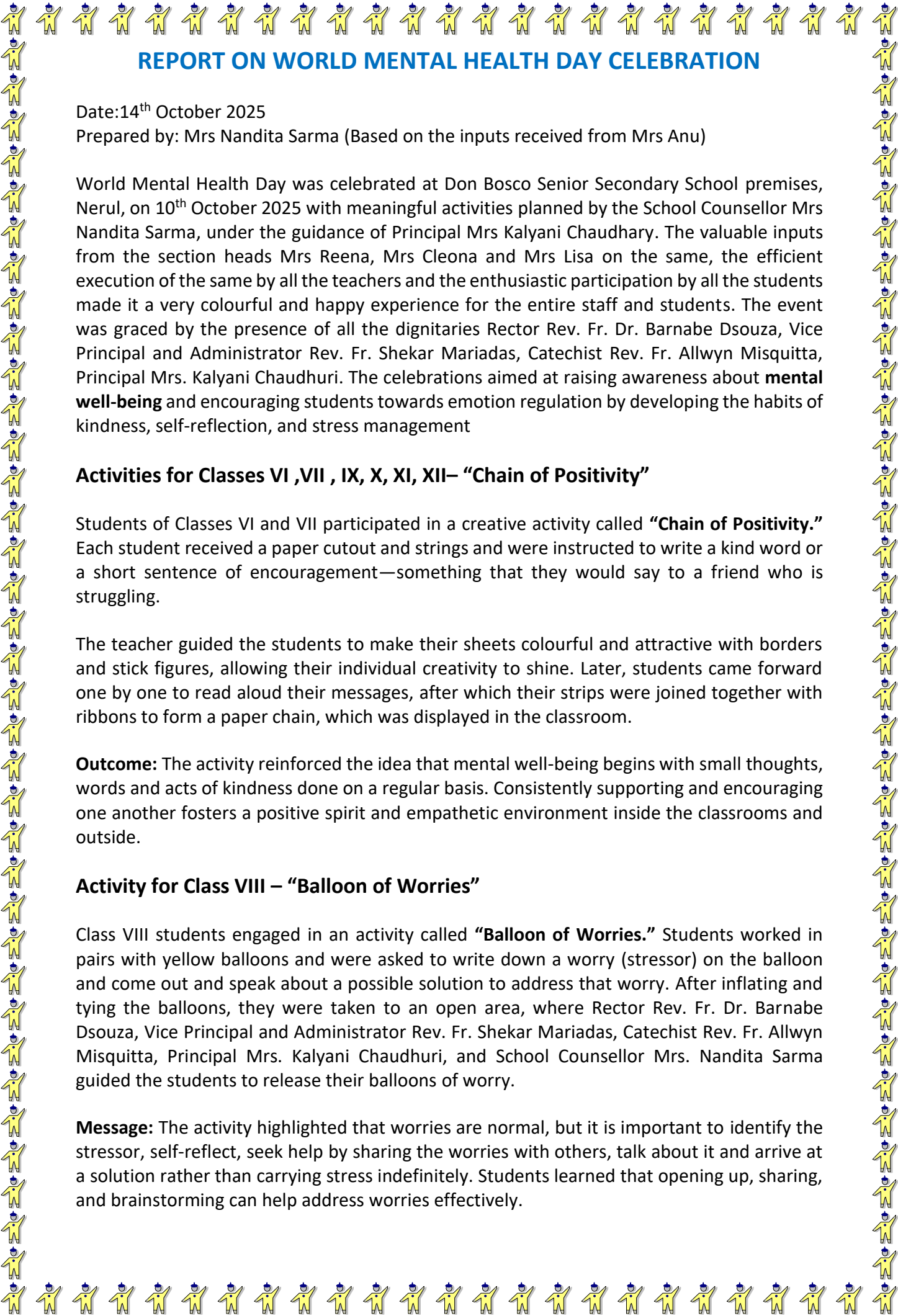




REPORT ON WORLD MENTAL HEALTH DAY CELEBRATION

Date: 14th October 2025

Prepared by: Mrs Nandita Sarma (Based on the inputs received from Mrs Anu)

World Mental Health Day was celebrated at Don Bosco Senior Secondary School premises, Nerul, on 10th October 2025 with meaningful activities planned by the School Counsellor Mrs Nandita Sarma, under the guidance of Principal Mrs Kalyani Chaudhary. The valuable inputs from the section heads Mrs Reena, Mrs Cleona and Mrs Lisa on the same, the efficient execution of the same by all the teachers and the enthusiastic participation by all the students made it a very colourful and happy experience for the entire staff and students. The event was graced by the presence of all the dignitaries Rector Rev. Fr. Dr. Barnabe Dsouza, Vice Principal and Administrator Rev. Fr. Shekar Mariadas, Catechist Rev. Fr. Allwyn Misquitta, Principal Mrs. Kalyani Chaudhuri. The celebrations aimed at raising awareness about **mental well-being** and encouraging students towards emotion regulation by developing the habits of kindness, self-reflection, and stress management

Activities for Classes VI ,VII , IX, X, XI, XII– “Chain of Positivity”

Students of Classes VI and VII participated in a creative activity called “**Chain of Positivity.**” Each student received a paper cutout and strings and were instructed to write a kind word or a short sentence of encouragement—something that they would say to a friend who is struggling.

The teacher guided the students to make their sheets colourful and attractive with borders and stick figures, allowing their individual creativity to shine. Later, students came forward one by one to read aloud their messages, after which their strips were joined together with ribbons to form a paper chain, which was displayed in the classroom.

Outcome: The activity reinforced the idea that mental well-being begins with small thoughts, words and acts of kindness done on a regular basis. Consistently supporting and encouraging one another fosters a positive spirit and empathetic environment inside the classrooms and outside.

Activity for Class VIII – “Balloon of Worries”

Class VIII students engaged in an activity called “**Balloon of Worries.**” Students worked in pairs with yellow balloons and were asked to write down a worry (stressor) on the balloon and come out and speak about a possible solution to address that worry. After inflating and tying the balloons, they were taken to an open area, where Rector Rev. Fr. Dr. Barnabe Dsouza, Vice Principal and Administrator Rev. Fr. Shekar Mariadas, Catechist Rev. Fr. Allwyn Misquitta, Principal Mrs. Kalyani Chaudhuri, and School Counsellor Mrs. Nandita Sarma guided the students to release their balloons of worry.

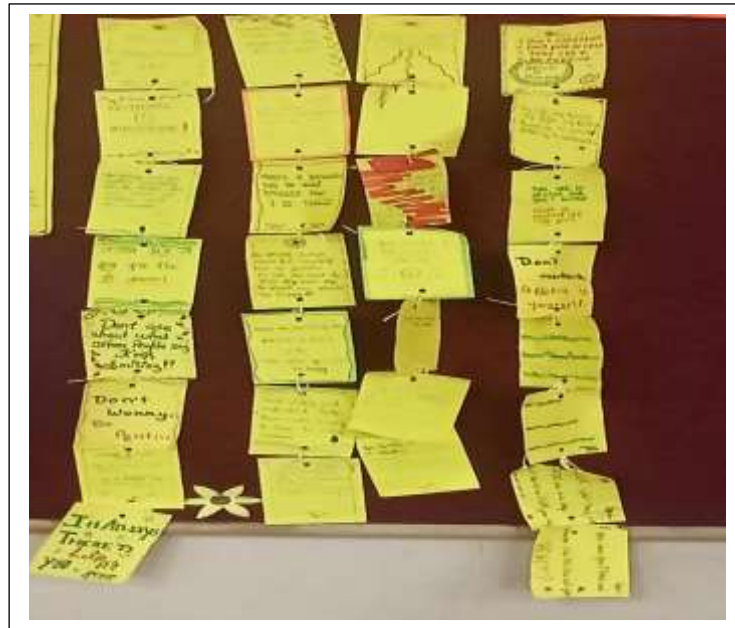
Message: The activity highlighted that worries are normal, but it is important to identify the stressor, self-reflect, seek help by sharing the worries with others, talk about it and arrive at a solution rather than carrying stress indefinitely. Students learned that opening up, sharing, and brainstorming can help address worries effectively.

Conclusion

The celebrations were enjoyed by all students, and the colourful paper chains and balloons gave the school premises a festive and vibrant look. The event successfully promoted awareness about mental health and equipped students with practical and creative strategies for kindness, reflection, and stress management.

PHOTOGRAPHS

Class: VI & VII



Class: VIII



