

## **Press Release**

**Date: 13/10/2025**

### **DPS Mohali Observes World Mental Health Week with a Focus on Positivity and Emotional Well-being**

Mohali, October 10, 2025: Delhi Public School, Mohali observed World Mental Health Week from October 4 to 10, 2025, through a series of thoughtfully designed activities by the school's Wellness Department. The week-long celebrations aimed at promoting positivity, self-awareness, and emotional resilience among students.

Throughout the week, students enthusiastically participated in engaging initiatives such as "Happy Dance", "Colour Your Emotions", "Spreading Kindness", "Positive Self-Talk Journals", "Slogan Writing – Mental Health Matters", and "Note to Self – Dear Me". Each activity encouraged self-expression, empathy, and mindfulness—core aspects of holistic well-being.

A special interactive session on "Coping with Stress" was conducted by Ms. Aanchal Sharma, Counselling Psychologist from Fortis Healthcare, Mohali. The session provided students with valuable insights and practical strategies to manage stress effectively in their daily lives.

The week-long observance reflected the school's unwavering commitment to nurturing the emotional and mental health of its students. Through such initiatives, DPS Mohali continues to uphold its belief that mental well-being is integral to overall growth, learning, and happiness.



