



## THE BISHOP'S CO-ED SCHOOL, UNDRI

### JUNIOR COLLEGE

#### WORLD MENTAL DAY PROGRAMME 2022 "LET'S WALK THE TALK!"

On October 10, 2022, a World Mental Health Day awareness program was conducted at Junior College of The Bishop's Co-Ed School, Undri, for its staff and students. The World Health Organization (WHO) recognises World Mental Health Day on 10 October each year. The theme of this year's World Mental Health Day was 'Make mental health and well-being for all a global priority'.

With this philosophy in mind, the Junior College students at The Bishop's Co-ed School, Undri, took upon themselves to celebrate and spread the cause of World Mental Health Day among their peer-group. They used '*Gemeinschaftsgefühl*' as a tool to celebrate and raise awareness of mental health.

Alfred Adler, a famous psychologist, emphasized the idea of '*Gemeinschaftsgefühl*' as being the key to good mental health. *Gemeinschaftsgefühl* is a German term meaning 'social interest' - a feeling of community, an orientation to live cooperatively with others, and a lifestyle that values the social interaction and engagement as a way towards greater good rather than being absorbed in one's own isolated interests and desires.

Students of psychology and other streams at the Junior College enthusiastically participated and conducted an hour and a half long program. They showcased the importance of mental health and emotional well-being. Expressive and experiential vignettes of what positive mental health and resilience could look like were highlighted. Signs and symptoms that one needs to look out for when it comes to compassionate self-care and recognising difficulties in others were creatively presented. Age-appropriate attitudes and stigma associated with 'help-seeking' behaviours, were engagingly deconstructed.

In utilizing these expressive media of collective singing, relatable skits and dialogues to convey the universality of felt emotions at the adolescence 'stage of life' journey, an inescapable awareness of the of acceptance and complexities of the issues faced, resilience and help seeking options available today for the youth were demonstrated. Most importantly, the use of humour without belittling or undermining the gravity of these experiences, was a delicate balance that was successfully managed by the students throughout the program.

Special care was taken in the presentation of the program to create an accurate and 'easy to reference' smorgasbord of palatable information with regards to psychological and mental health concepts. The World Mental Health Day program was creatively based on ISC syllabus framework for class XI and XII, which in turn also helped the

students apply their learning and create engagement and feedback from their peers.

In addition, every Junior college student was given a handmade card with a unique motivational quote, to create a sense of belonging and visibility. The students also expressed gratitude to the JC teachers and all Heads of school by presenting them with handmade cards. The ethos of the day was aimed at rejuvenating and reiterating the promise of making the JC experience a rich, holistic and nurturing one. Overall, the World Mental Health Day event encouraged an atmosphere of mental health awareness, belonging, togetherness, and an attitude of gratitude among its Junior College members.

Report by:

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## JUNIOR COLLEGE MENTAL HEALTH DAY CELEBRATION



Benefits of yoga and well-being



Students engaging the audience with a song



Student audience singing along



Overcoming rejection in friendship



A perspective on teen break-ups



Dancing through the dark alleys of social-media



The power of transformation from within



Whose wisdom do I borrow- A counselor or friend?