



**THE BISHOP'S CO-ED SCHOOL, UNDRI
JUNIOR COLLEGE**

Report on World Mental Health Day

Minds Matter, Every Day! 'Mental Health is a Universal Right'

On the **10th of October 2023**, The Bishop's School, Undri witnessed an insightful and empathetic event organized by the **Junior College students of the Psychology Department to commemorate World Mental Health Day**. This year's theme, "**Mental Health is a Universal Right**," underscored the importance of mental health for all individuals across the globe.

The event began with an enlightening seminar where students discussed the global mental health crisis and its impact on diverse populations. It emphasized that mental well-being is not a privilege but a fundamental human right that should be accessible to everyone.

Furthermore, the students conducted activities, providing practical strategies for managing stress and anxiety. They also stressed the significance of de-stigmatizing mental health issues to promote open conversations.

A significant part of the event was dedicated to awareness campaigns in the campus, where students shared informative posts and resources, spreading the message of mental health as a universal right.

Overall, The Bishop's Co-Ed School, Undri, Junior College students successfully celebrated World Mental Health Day, educating and advocating for the idea that mental health is an essential and universal right that everyone should embrace. They left a lasting impact on the community, emphasizing that it's crucial to prioritize mental well-being, not just on one day but every day.

Report by-



Ms. Sakshi Baiji

Mental Health Day Activity Conducted by the Students of the Junior College Psychology Department

