

## WORLD MENTAL HEALTH DAY

*“The mind and body are part of the same system.”*

The following thought makes it that much more crucial to take care of our mental states as much as our physical conditions. On 10<sup>th</sup> October, the Junior College of The Bishop’s School, Camp, reiterated the importance of mental health while celebrating World Mental Health Day. The day began with the members of the Psychology Club from classes 11 and 12 going from classes 1<sup>st</sup> to 9<sup>th</sup> to perform activities reinforcing values of empathy and unconditional positive regard.



The members of the Club had thoughtfully devised activities for all students. In the Junior School, they conducted activities that inculcated group tolerance, empathy, and kindness. The students from classes 1 and 2 were asked to write an appreciation letter for their desk partners. This activity ended with elation and good regard for all their friends. Classes 3, 4, and 5 were shown a video reflecting the importance of kindness, followed by making an ‘Empathy chain’, wherein each student wrote the well-being oath and added them to the chain. These interactions were mediated and coordinated by the remedial educators- Mr Elijah Koshy and Ms Joanna Weilson.



For classes 6,7 and 8, Mrs Alifiya Hariyanawala guided the mental health ambassadors to make videos and presentations to help the children understand concepts of individual differences, bullying, alienation, and insecurity, which was followed by group discussions in class.



Being a boys' school, it was necessary to destigmatize the societal norm of 'Boys don't cry' and this was enabled by group discussions and videos in class 9 along with games like word association and journaling, which was coordinated by the School counsellor, Ms Ashana Sayyad.

Thereafter, stalls and games were set in the basement of the Lorna Roberts' Hall. The stalls stemmed from concepts in Psychology in one way or the other: from self-care checklists and checking how depressed a person really is to a myth vs fact BuzzFeed-like quiz and painting strokes on blank canvases, aiming at fostering the positive mental health of the participants.

During the break, students from the club performed a time capsule: transition in the perception of mental health as the centuries pressed on. Dances were choreographed to depict the problems of Schizophrenia in the 1800s, Anxiety in the 1900s, and Depression in the 2000s. Students then displayed various handmade banners with powerful messages related to mental well-being.



Mrs Shriparna Singh, the Psychology Teacher, spearheaded all these events during college hours.

None of the events would have been successful without the able guidance and supervision of our Principal, Mr Shayne McPherson, our Headmaster, Mr Christopher Gaynor, and our Junior College Dean, Ms Madhu Hora.

The event thus ended by reinstating the theme for the year, "Mental Health is a universal human right" and filling all attendees with a tolerable temperament and a sense of empathy and inclusivity.

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