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## **Mental Health Day**

**“Anything that’s human is mentionable, and anything that is mentionable can be more manageable. When we can talk about our feelings, they become less overwhelming, less upsetting, and less scary.”**

**-Fred Roger**

World Mental Health Day is observed on 10 October every year, with the overall objective of raising awareness of mental health issues around the world and mobilizing efforts in support of mental health. At Ridge Valley School our team of Educators and Wellness experts relentlessly strive to ensure that our children have a happy learning environment and a mindful co-existence in the peer space. This year’s World Mental Health Day, on 10 October, comes at a time when our daily lives have changed considerably as a result of the COVID-19 pandemic. The past months have brought many challenges for students, adapting to taking classes from home, with little contact with teachers and friends, and anxious about their futures.

Addressing this State of Mental Health both amongst children and educators the Well Being Team at RVS in partnership with the Digital Media Team presented a short story in which the senior children enacted the impact that the “new normal” is having upon the mental health of children and adults and how overwhelming the current situation of living in fear, living with unknown and living in isolation is having upon one and all. At the end of the video there was an interactive session during which the children opened and talked about how they are feeling and how they want to overcome this moment of delusion and unpredictability. They came up with suggestions like how physical activity and good family time may help them in facing the current adversity.

At the end of the session children participated in a slogan writing activity on Padlet where they penned their slogans on how they promise to help and heal themselves.

Meeting in "General" 01:32:51

Stop spotlighting

Mind Matters



Mody Suryawanshi

Type here to search

18:25 12-19-2023

This screenshot shows a Zoom meeting interface. The main content area displays a presentation slide titled "Mind Matters" with a logo of three vertical bars. A person's video feed is visible in the foreground, partially overlapping the slide. To the right of the person, there is a logo for "WORLD LEADING EXCELLENCE" and a "World Mental Health Day" logo featuring a globe and people holding hands. The Zoom toolbar at the top includes a "Stop spotlighting" button and a "Leave" button. The Windows taskbar at the bottom shows the search bar and system tray.

Meeting in "General" 01:35:58

Request control

Stop spotlighting

Show participants

RENDERGIANTS PRESENT

# AADAT SI JEENE KI

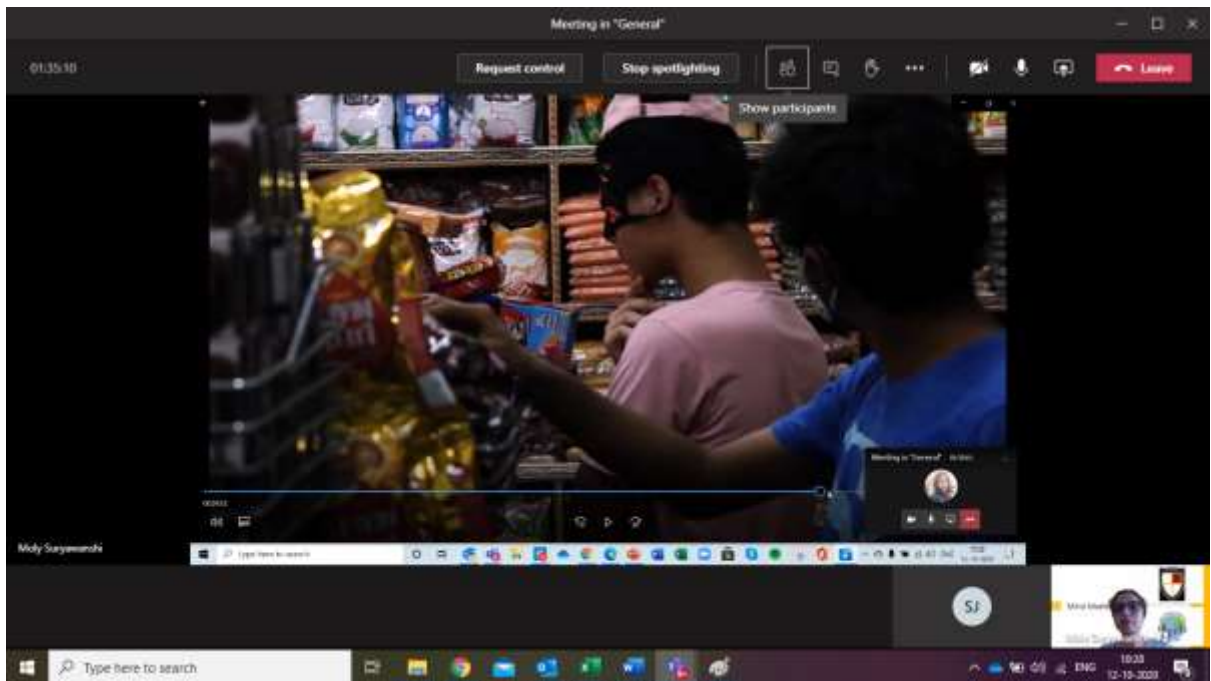
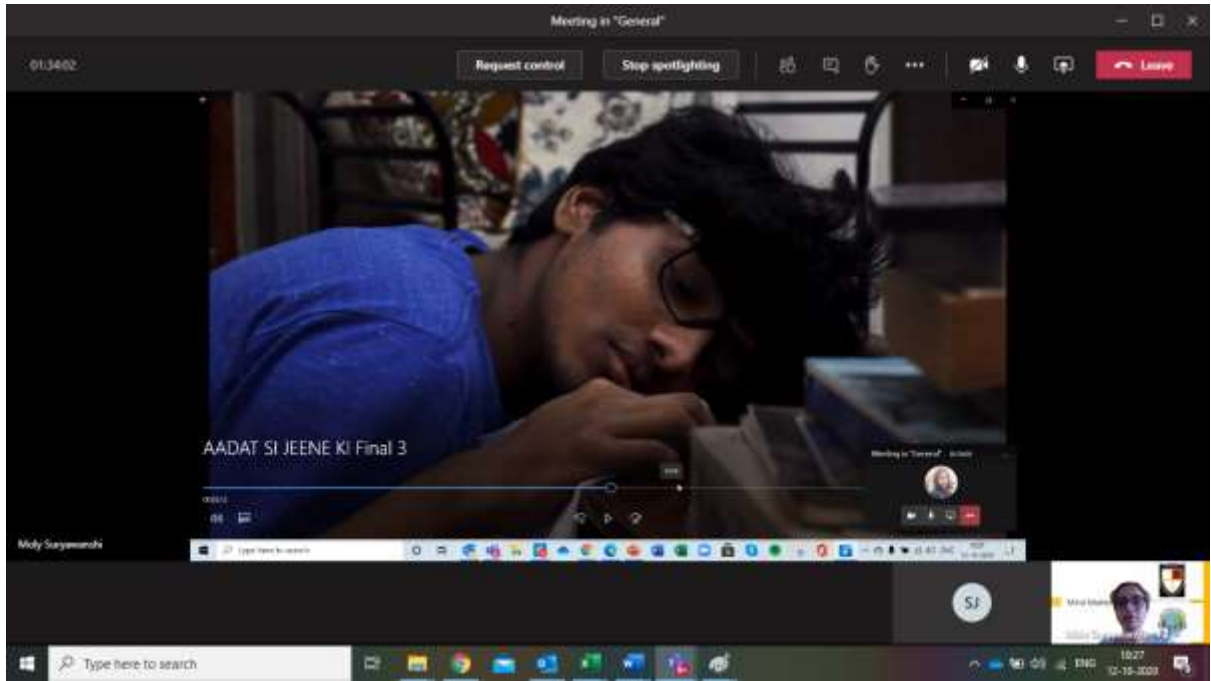
AADAT SI JEENE KI Final 3

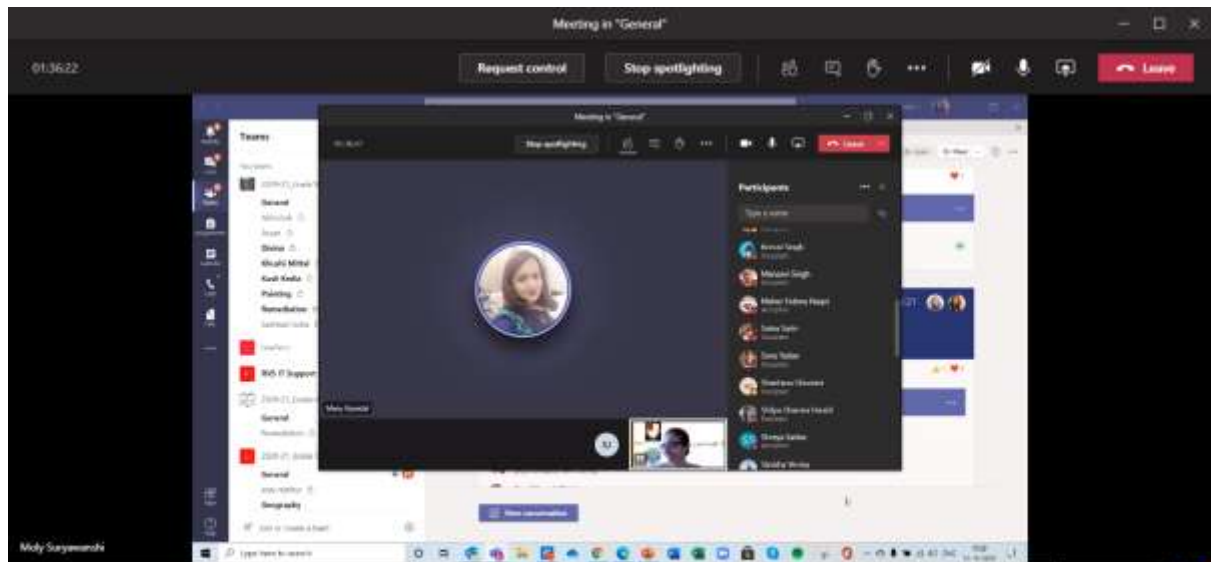
Mody Suryawanshi

Type here to search

18:23 12-19-2023

This screenshot shows a Zoom meeting interface during a video playback. The main content area displays a video player for "AADAT SI JEENE KI Final 3". The video title is "RENDERGIANTS PRESENT AADAT SI JEENE KI". A progress bar is visible below the video player. The Zoom toolbar at the top includes "Request control", "Stop spotlighting", and "Show participants" buttons. A small video thumbnail of the person is visible in the bottom right corner. The Windows taskbar at the bottom shows the search bar and system tray.





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Meeting now

Gargi Mitra · 9:07 AM  
I think [redacted] is

"Taking care of our inside feelings."

navyaa mittal · 9:08 AM  
Mental Health is the way we react to things that occur in real life. The way we feel things. The way we let our moods control our decisions.

Mannan Sharma · 9:08 AM  
Mental Health- Mental health means to show our emotion and psychological actions.

Maisha Bagchi · 9:09 AM  
mental health is validating the way you feel at all times.

Saina Sarin · 9:09 AM  
The mind state / set of being from our inner emotions and how we react is called **EMOTIONAL HEALTH**

Swara Kansal · 9:10 AM  
Mental Health means to me that the reactions we give to emotions, thinking, thoughts, feelings, social wellbeings, etc

Rakesh Sharma · 9:12 AM  
मानसिक परिपक्वता, मानसिक संतुलन, मानसिक व सांवेगिक सामंजस्य आदि

Sana Yadav · 9:12 AM  
ma'am can you share the link of the video as i am unable to see your screen?

Saina Sarin · 9:14 AM  
yes ma'am

navyaa mittal · 9:18 AM  
Moly Kameswari