

St. Cecilia's Public School
Mental Health Week Celebration
(4th – 10th October 2025)

St. Cecilia's Public School celebrated Mental Health Week from 4th to 10th October 2025. As an initiative by the Central Board of Secondary Education (CBSE) to promote mental well-being and emotional resilience among students, a series of activities were organized throughout the week. These activities aimed at raising awareness about the importance of mental health, fostering self-awareness, and encouraging students to adopt healthy ways of coping with challenges.

Day 1: 3rd October 2025 (Friday)

The week commenced with breathing exercises for all students. Preparatory Stage students practised short mindful breathing for 3 minutes, while Middle and Secondary Stage students engaged in 5-minute guided breathing sessions during the zero and fifth periods. These exercises helped students relax, focus, and begin their day with calmness and clarity.

Day 2: 6th October 2025 (Monday)

The second day continued with breathing exercises followed by engaging activities:
- Cooking Without Fire Competition (Classes IV & V): Students showcased their creativity by preparing nutritious dishes using millets and other healthy ingredients, promoting awareness of good eating habits for mental and physical health.-

Street Play (Classes IX to XII): Senior students performed a Nukkad Natak on the theme "Body Image and Social Judgment," depicting the psychological, emotional, and physical impact of societal stereotypes; emphasizing acceptance, empathy, and self-worth.

Day 3: 8th October 2025 (Wednesday)

The day focused on mental and physical well-being through the following:
- A Yoga session was conducted by the Yoga Teacher for the Middle Wing, demonstrating simple postures to relieve stress and improve focus.
- Students of Classes VI to VIII participated in Poster Making, Slogan Writing, and Logo Designing Activities on the theme of Mental Health Awareness. The creative expressions reflected their understanding and concern towards emotional balance and empathy in daily life.

Day 4: 9th October 2025 (Thursday)

The final day concluded with meaningful sessions:

- A Workshop for Class X on Handling Pressure and Expectations was conducted, providing students strategies to manage academic stress and communicate openly with parents and teachers. Madam Principal's gracious presence was truly encouraging throughout the entire celebration. Her words inspired students to develop a positive attitude, manage emotions mindfully, and value the importance of maintaining a healthy and balanced mind. Ma'am emphasized that true growth happens when mental well being is given equal importance as academics.

The week-long celebration successfully promoted the message that mental health is a shared responsibility—of individuals, peers, teachers, parents and families. Communication of one's thoughts with parents and loved ones is one of the key aspect boosting mental health. The activities encouraged students to prioritize mindfulness, develop resilience, and support one another in building a positive and inclusive school environment.

The celebration served as a reminder that a healthy mind is the foundation of holistic growth, aligning with CBSE's vision of nurturing well-rounded, emotionally intelligent learners.