

FROM AWARENESS TO ACTION: CELEBRATING MINDS THAT MATTER

Students at AMS. P Obul Reddy Public School led a powerful three-day observance of World Mental Health Day from October 8-10, embodying the theme "Break the Silence. Find Your Voice. Reach Out." The event series fostered a school-wide culture of empathy and open communication.

The celebration featured a solidarity walk, grade-specific reflective workshops from pre-primary to Class 12, and energetic flash mobs. The highlight was the launch of 'The Unspoken Script' - an anonymous support platform inaugurated by the principal. Interactive stalls including the Gratitude Tree, Mindful Moments Corner, and Let It Go Balloon Pop allowed students to experience mental wellness practices firsthand. Student-led skits powerfully addressed themes of emotional masking and building support systems.

Through these multi-faceted initiatives, students developed practical coping strategies and a stronger sense of community. The successful implementation of 'The Unspoken Script' has created a sustainable channel for ongoing mental health support, ensuring the conversation continues beyond the event dates.

