INTERNATIONAL SELF CARE DAY

On 24th July, a thoughtful initiative was held in the high school building to observe **International Self-Care Day**, led by the **Psychology Department**. Students of **Classes 9 and 10** took the lead in promoting the importance of self-care in everyday life. Class 10 conducted a special morning assembly, offering insights into what self-care truly means and why it is often ignored in our fast-paced routines. They emphasized that caring for oneself—emotionally, mentally, and physically—is essential for overall well-being. Meanwhile, Class 9 students set up creative stalls featuring **handmade bookmarks, bands, stickers**, and **posters** with uplifting self-care messages. These items gently reminded everyone that even the smallest acts—a kind word, a pause, or a positive thought—can have a powerful impact. The initiative encouraged both students and staff to embrace mindfulness, compassion, and small moments of self-kindness, making the day both meaningful and memorable.