

The Psychology Department observed **World Brain Day and International Self-Care Day** on 22nd July'26 by organising an interactive awareness programme based on the theme **"Explore • Experience • Express."** The counselling room was transformed into a vibrant learning space with engaging stalls on *Brain Health, Self-Care, Emotions, Kindness & Connection, and Meet Your School Counsellor*. The stalls were thoughtfully designed and presented by students of **Classes V–VIII and XI–XII**, who actively interacted with students and teachers, shared practical ways to care for the mind and brain. Students from various classes enthusiastically participated in the activities, explored simple self-care practices, and learnt about healthy brain habits and emotional well-being. The event also helped students become familiar with the counselling room as a safe and welcoming space where they can seek guidance and support whenever needed. Overall, the programme successfully promoted awareness, encouraged meaningful conversations, and reinforced the importance of self-care, kindness, and mental well-being in everyday life.

