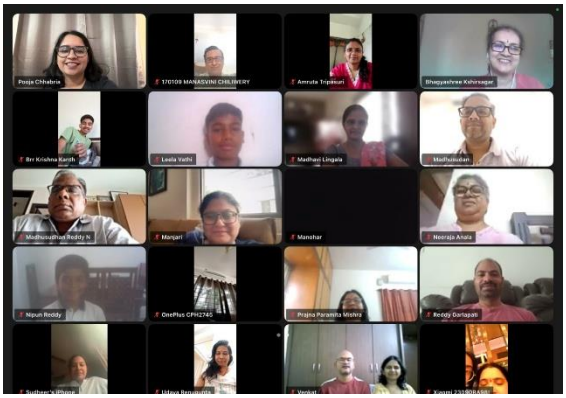
WORLD MENTAL HEALTH WEEK 2026

Mental Health Week 2026 was observed from 27th September,1st to 7th October 2026 with the aim of promoting emotional well-being, encouraging meaningful conversations around mental health, and helping students recognise the importance of caring for themselves and others. A series of engaging initiatives were organised for students across classes, parents, and the wider school community.

The week began with ***Virtual Parent Webinars for Classes IV–XII,*** focusing on age-appropriate parenting concerns, emotional regulation, and navigating parenting in the digital and AI-driven world. The sessions aimed to equip parents with practical insights to better understand their children's emotional needs and support them through the challenges of a changing world.





A Panel discussion titled "Psychology Beyond Therapy: Diverse Careers, Real Impact" was organised for **Psychology students of Classes XI and XII.** The discussion explored the diverse career pathways within psychology, highlighting its applications beyond clinical practice. It provided students with insights into emerging areas of the field, evolving professional skills, and the real-world impact of psychology across different sectors.

Interactive stalls were set up across all school wings, offering students opportunities to engage with mental well-being through age-appropriate, creative experiences. *The themes included "The Feelings Rainbow" for Pre-Primary, "Gratitude Constellation" for Primary, a Self-Reflective Wall and "Take What You Want" Affirmations for Middle and High School, and "Voices of Our Community" for Senior Secondary.* These installations encouraged students to recognise their emotions, practice gratitude, pause for self-reflection, engage with positive affirmations, and appreciate the personal experiences of members of their school community.





Adding a vibrant and thought-provoking element to the week, students of Classes VIII and IX presented a ***Nukkad Natak titled "Mann Ka Mausam; Mann Ka Bahana."*** Through their performance, they highlighted the importance of mental health, the need to acknowledge emotional struggles, and the importance of seeking help when required. The presentation encouraged students to look beyond outward appearances, recognise that everyone may face well-being is important.

Throughout the week, **the school counsellor** also shared ***everyday concepts and practical well-being tips with students, connecting mental health to their daily experiences, emotions, relationships, and choices.*** These brief interactions helped make mental well-being more approachable and reinforced the idea that small, consistent steps can contribute to healthier ways of coping and relating to others.

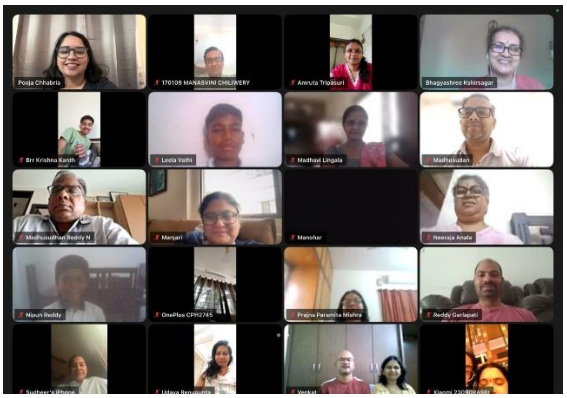
Overall, Mental Health Week 2026 provided a platform for reflection, awareness, dialogue, and participation across different age groups. Through its combination of parent engagement, career exploration, interactive installations, student performances, and practical guidance, the

initiative reinforced the message that mental health is an essential part of everyday life and



that seeking s

upport is a positive step towards well-being.



World Mental Health Week 2026

Mental Health Week 2026 was observed from 27th September,1st to 7th October 2026 with a series of engaging initiatives to promote emotional well-being and encourage open conversations about mental health.

The week began with virtual parent webinars for Classes IV–XII on parenting, emotional regulation, and navigating the digital and AI-driven world. Psychology students of Classes XI and XII participated in a panel discussion titled **"Psychology Beyond Therapy: Diverse Careers, Real Impact,"** exploring diverse career pathways and emerging opportunities in the field.

Interactive stalls across all school wings included **"The Feelings Rainbow"** for Pre-Primary, **"Gratitude Constellation"** for Primary, a **Self-Reflective Wall and "Take What You Want" Affirmations** for Middle and High School, and **"Voices of Our Community"** for Senior Secondary.

Students of Classes VIII and IX presented a Nukkad Natak titled **"Mann Ka Mausam; Mann Ka Bahana,"** highlighting the importance of mental health and seeking help when needed. The school counsellor also shared everyday concepts and practical well-being tips, encouraging students to incorporate small, meaningful practices into their daily lives.

The week reinforced the importance of emotional awareness, empathy, and seeking support, reminding the school community that mental well-being is an essential part of everyday life.