

World Mental Health Day

Dear Students,

The World Health Organisation recognises the 10th of October as World Mental Health Day.

On the occasion of the same, the Psychology Department of Sanskriti School will be conducting interactive activities with the students of Senior School (9th to 12th) in order to spread awareness regarding Mental Health.

Date: The 12th of October, Monday

Time: The CTIP Period (7:30 AM to 7:55 AM)

Venue: Google Meet

Classes: 9th-12th

The following three activities will be conducted for the students of Senior School:

1. Crossword (9th and 10th Grade Students)

The Crossword Activity will be conducted by the Psychology student volunteers of 11th Grade.

Although this crossword will require the students of the 9th and 10th grades to have basic knowledge with regards to mental health, no prior preparation will be required.

To help make the crossword activity more engaging, we will be timing each section that completes the crossword. The section which completes the crossword in the least amount of time will be declared the winner of their grade.

2. Quiz (11th and 12th Grade Students)

The Quiz will be conducted by the Psychology student volunteers of 11th Grade.

The Quiz will be centred around concepts and ideas which relate to Mental Health. The questions will be generic and no preparation will be required for the quiz.

The student volunteers monitoring and organising the quiz in each section will be in charge of asking the questions and discussing the answers to each question.

3. The Expression Series

This will be an activity conducted for all the students in Senior School (9th-12th).

It will be a non-compulsory activity for which we will be accepting submissions reflecting upon the theme of “**Mental Health**” through various media (Art, Music, Dance, Writing etc.).

These will be collected and reviewed by the 3 Teacher In-Charges (Ms. Anupama Dhawan, Ms. Apranta Somayaji, and Ms. Sana Kapur) and the 4 Student In-Charges. All shortlisted entries will be collated and published online, either in the form of a PDF/Newsletter on the School Website or through certain other media.

You may mail your entries to the following Email IDs:

9th Grade- 4307@sanskritischool.edu.in (Divyansh Shah)

10th Grade- 8630@sanskritischool.edu.in (Aashi Verma)

11th Grade- 7973@sanskritischool.edu.in (Pranjal Misra)

12th Grade- 4272@sanskritischool.edu.in (Aahil Singh)

We look forward to your active participation!

Thank you !