

WORLD MENTAL HEALTH WEEK CELEBRATION



"The strongest people are not those who show strength in front of us but those who win battles we know nothing about."

Making every heartbeat resonating with the palpitations of good mental health, APS Akhnoor celebrated 'World Mental Health Week' from 4 Oct, 2023 to 10 Oct, 2023 by conducting harmonious symphony of activities like Poster Making, Relaxation Techniques, Positivity Board Making, Nukkad Natak etc. From unraveling the secrets of good mental health to the actions and expressions coated with messages of well-being, students empowered the young minds with awareness and knowledge that will shape their choices for years to come. Sowing the seeds of information on importance of good mental health, APS Akhnoor cultivated a culture for happier and healthier generations. The celebration of 'World Mental Health Week' is a reminder that mental health is just not a privilege but a fundamental human right, a treasure to be cherished and nurtured.

"Let's paint the world with the colours of empathy, understanding, and kindness. Together, we can create a society where mental health matters and no one feels alone."