

SESSION WITH THE COUNSELLOR- A REPORT

*“What mental health needs is more sunlight, more condor, and more unashamed conversations.”
— Glenn Close*

With this thought in mind, Suncity School organised an interactive session with the school counsellor for the PYP students on Monday, 7th October 2024. The focus of the session was to raise awareness about World Mental Health Day which is celebrated on 10th of October every year. The programme began with an introduction by students on the importance of maintaining good mental health after which the School Counsellor, Ms. Yatika Bhardwaj, carried the discussion forward while focusing on the brain and the impact that it has in influencing our mental health.



Ms. Bhardwaj emphasized upon the importance of maintaining good mental health for all to enable us to lead productive lives. This was followed by discussions and self-reflection about experiencing different feelings and how these feeling need to be acknowledged in order to maintain mental wellness. The importance of talking about feelings with caregivers, teachers and friends was underscored as a means of giving an acceptable outlet to our negative emotions. Relaxation techniques like deep breathing and engaging in recreational activities were discussed to regulate the experience of intense feelings. Lastly, the importance of incorporating kindness and helping behaviour was encouraged and its influence on emotional health was discussed.



The session concluded with the honourable Head of School, Ms. Nandita Mathur, emphasising on the school's mission to ensure good mental health for all students to empower them to successfully cope with life's challenges, fully realize their potential, learn well and work well.