

NURTURING MINDS: WORLD MENTAL HEALTH DAY AT MODERN SCHOOL

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On 10th October, **Modern Senior Secondary School, Patiala** observed **World Mental Health Day** to promote awareness about emotional and mental well-being.

A special assembly was organized, where students and teachers took a pledge to be kind,

empathy, balance, and mental resilience in daily life. To encourage self-expression, students participated in creative activities such as **poster making, slogan writing, and thought-sharing**, conveying powerful messages about caring for one's mind and emotions.

The celebration served as a gentle reminder that

compassionate, and understanding towards themselves and others.

The event highlighted the importance of

mental health is just as important as physical health, inspiring everyone to cultivate positivity and support within the school community.

