

Kendriya Vidyalaya Sayli, Silvassa

REPORT ON CELEBRATION OF MENTAL HEALTH MONTH 2026

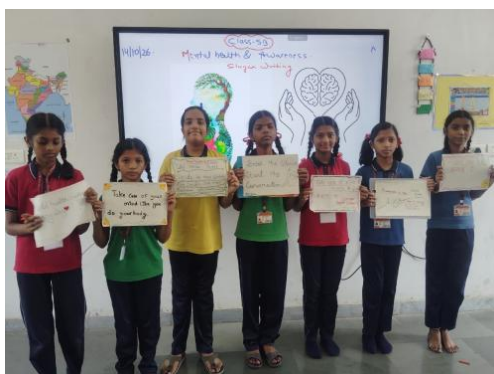
Period: 1 October to 31 October 2026

In accordance with the initiative to celebrate Mental Health Month in Kendriya Vidyalayas, Kendriya Vidyalaya Sayli, Silvassa, organized and planned a series of activities throughout the month of October 2026 to create awareness among students about the importance of mental health, emotional well-being, positive thinking, and a healthy lifestyle.

The objective of the month-long programme was to sensitize students to the importance of mental health, encourage them to express their thoughts and emotions positively, reduce stigma associated with mental health concerns, and promote a supportive and inclusive school environment.

Various creative, literary, and interactive activities were organized for students to encourage their active participation and understanding of mental health awareness. These activities included:

1. **Slogan Writing Competition:** Students composed meaningful and impactful slogans highlighting the importance of mental health, emotional well-being, positivity, and seeking help when needed.



2. **Paragraph Writing Competition:** Students expressed their thoughts on mental health awareness, the importance of emotional balance, stress management, self-care, and the role of family and friends in maintaining mental well-being.



3. **Speech Competition on Mental Health Awareness:** Students delivered speeches highlighting the significance of mental health, the need to overcome social stigma, the importance of discussing emotional difficulties, and the role of empathy and support in promoting psychological well-being.



4. **Painting Competition:** Students participated enthusiastically in a painting activity to express their understanding of mental health through colours, illustrations, and creative artwork. The paintings conveyed messages of happiness, peace, emotional balance, self-care, and awareness of mental health.



The photographs of the activities reflect the enthusiastic participation of students in creative expression and awareness-building exercises. Through these activities, students were encouraged to communicate their feelings, develop empathy towards others, and understand that mental health is an essential component of overall health.

The month-long programme aimed to create an atmosphere in which students feel comfortable discussing their concerns, seeking guidance from teachers and parents, and supporting their peers with kindness and understanding. It also reinforced the importance of maintaining a balance between academic responsibilities, physical activity, recreation, and emotional well-being.

Conclusion

The celebration of Mental Health Month from 1 October to 31 October 2026 provided an opportunity to promote awareness of mental health among students through literary, artistic, and speaking activities. The initiative reflected the Vidyalaya's commitment to the holistic development of students and to fostering a caring, positive, and mentally healthy school environment.

Kendriya Vidyalaya Sayli, Silvassa, remains committed to encouraging students to prioritize their mental well-being, express themselves confidently, seek support when required, and contribute to a compassionate and supportive school community.

I/C Principal

Kendriya Vidyalaya Sayli, Silvassa

