

STUDENTS SESSION ON “MENTAL HEALTH AWARENESS”

Sessions were organized on “Mental Health Awareness” by Enrich organization in association with “Live Love Laugh foundation”, for classes 9th to 12th.

Trainers were Ms. Jaspreet Kaur and Ms. Priya from Enrich life organization.

The session covered issues of stress, Anxiety, Depression in context of Adolescence and growing up and students were made aware of how to identify and seek help.

