



**DE SALES ACADEMY**

Affiliated to CISCE New Delhi KA 308/ ICSE & ISC

# World Mental Health Day 2024

"Mental Health is a Universal Human Right"





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Every year on October 10, the world comes together to mark World Mental Health Day, a global initiative that calls attention to the importance of mental well-being. This year, the theme is "Mental Health is a Universal Human Right." This powerful theme resonates with each of us, urging us to recognize mental health as a fundamental part of human dignity.



Rev. Fr. Bijesh Thomas OSFS  
Principal

At De Sales Academy, we believe in the holistic development of every student, ensuring that their mental health is just as important as their academic success. The pressures of modern life, intensified by technology, social expectations, and academic competition, have increased the need for emotional resilience. Our goal is to create a supportive environment where every student feels heard, understood, and valued.

As we celebrate World Mental Health Day, I urge our students, teachers, and parents to remember the following:

1. Mental health is for everyone: No one is immune to mental health struggles. Just as we care for our physical health, our mental well-being requires attention and care. It is okay to seek help when needed.
2. Fostering a culture of openness: As a community, let us work together to break the stigma surrounding mental health issues. Conversations about emotions, feelings, and struggles should be encouraged, not shied away from.
3. Support systems are vital: Whether it's a friend, a teacher, a counselor, or a family member, having a support system can make all the difference. At De Sales Academy, our dedicated staff, including our counselors, are here to offer guidance and support to every student.
4. Balance is key: Academic achievements are important, but not at the cost of mental peace. We encourage our students to maintain a balance between their studies and personal well-being. Taking breaks, engaging in extracurricular activities, and practicing mindfulness are just a few ways to manage stress.

In line with this year's theme, our school will be conducting a series of workshops and activities, aimed at raising awareness about mental health and providing students with tools to manage stress, anxiety, and other challenges. The wellness of our students, staff, and community is our top priority, and we are committed to creating an environment where mental health is seen as a universal right for all.

On this World Mental Health Day, let us all pledge to take a step towards prioritizing mental well-being, recognizing that every individual has the right to live with peace, happiness, and a sound mind. Together, we can build a compassionate and empathetic community at De Sales Academy, where every individual feels supported and empowered.