



MAHARAJA AGARSAIN PUBLIC SCHOOL

a Cambridge International School

Ashok Vihar, Phase-IV, Delhi-110052

WORKSHOP ON MENTAL HEALTH AWARENESS BY ANON GLOBAL FOUNDATION

24.4.23



“Health requires healthy food”. Every child has the right to critical mental wellness and skill enhancement. To ensure equitable access to opportunities for promoting mental health building life skills of the children, workshop was conducted for class 1 students by Ms.Arati Girdhar from Anon Global Foundation. The students participated enthusiastically in discussions ranging from finding happiness, personal hygiene, and importance of healthy food in their lives. She interacted with students, played quiz on healthy and junk food. Students understood the physical, mental and emotional benefits of eating healthy food. This workshop included interactive activities and discussions along with friendly competition with prizes to help students gain a deeper understanding of the topic and put it into practice. Work shop was culminated with a Thumbs up /Thumbs down song on good health habits, thereby motivating learners to make healthy eating habits and live a happy and healthy life.

