

ACTIVITY CALENDAR MONTH (OCTOBER) 2021-22

DAYS →	MENTAL HEALTH DAY	INSTRUCTIONS	TEACHER INCHARGE FOR ACTIVITY	REPORT SUBMISSION BY
CLASS ↓	(Activities to be conducted in 1st week of OCTOBER)			
III	CLASS TEACHER WILL SPEND 5-7 MINUTES TALKING GOOD HABITS TO ACHIEVE BEST MENTAL HEALTH- must show short videos, ppts and thoughts			
IV				
V				
VI				
VII				
VIII				
IX				
X				
XI	WORKSHOP (8.10.21 TO 9.10.21) time table will be adjusted for the workshop for two days	Guidance and Counselling Team will organise a workshop for XI standard which must include- I Meditation and relaxing techniques. II Conselling session - it is disease which can be cured easily III Start a Conversation techniques IV Stratergies to identify people who need help.	UPASANA SHARMA MA'AM & RAJESH MA'AM	HIMANI MA'AM