

M.K. DAV Public School, Daltonganj Observes Mental Health Awareness Week with a Focus on Student Well-being

The Institution observed Mental Health Awareness Week from 5th to 10th October 2026 as part of its efforts to prioritise and support emotional well-being among students. In keeping with the observance of World Mental Health Day on 10th October, a special awareness session was organised for the students of Class XII on 8th October 2026. The initiative was conducted in response to the communication received from the District Health Society, Palamu, with the aim of bringing informed conversation on mental health into the school environment.

The session featured Dr. Ashish Kumar, Psychiatrist and Dr. Sunil Kumar, Clinical Psychologist who interacted with the students on matters concerning mental health and emotional well-being. Their presence gave the programme a professional dimension enabling students to approach the subject through informed guidance rather than common assumptions. The interaction also created a comfortable setting in which young learners could recognise the importance of seeking appropriate help when emotional or psychological concerns arise.

Speaking on the rationale behind such initiatives, the Honourable Principal, MRS. INDRANI CHATTERJEE, observed that a school has an important role in helping students understand that mental well-being is an essential part of a healthy life. She emphasised that adolescents often encounter pressures that may not be immediately visible and that informed awareness can help them respond to such situations with a better sense of perspective. She further noted that conversations on mental health should find a natural place in school life so that students learn to regard professional guidance as a responsible step rather than something to be avoided. She added that timely awareness can help students recognise emotional difficulties early and seek appropriate guidance without hesitation. Such interactions, she noted, can also help reduce the stigma often associated with seeking help.

The programme served as an opportunity for the senior students to engage with a subject that directly concerns their stage of life. The Institution's participation in Mental Health Awareness Week also reinforced its concern for the well-being of students alongside their academic development.







