



JKPS

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Mental Health Summit 2024

“Embracing mental health among students is not just about addressing problems; it's about fostering an environment where every student feels supported, understood, and empowered to thrive both academically and emotionally.”

Career Honors in collaboration with You Can Foundation organised a Mental Health Summit 2024 on 24th May at Jawahar Bhawan Trust. The summit was attended by our school Counsellor, Ms. Jaskriti Kaur. The summit welcomed students, principals, counsellors from various schools across Delhi-NCR to engage in panel discussions and receive information from different speakers. The main objective of the session was to address critical issues of mental health among students, with a focus on fostering dialogue and implementing effective strategies for support within educational institutions.

Some of the key topics included academic and personal challenges faced by school students, the intersection of violence and addiction, and exploring how these often co-occur and exacerbate mental health challenges. Along with this the importance of addressing mental health in educational settings, emphasizing the need for comprehensive support systems for students was also discussed.

The summit also highlighted the connection between mental health and physical health, underscoring how mental well-being significantly impacts bodily functions. The experts at the summit discussed at length the importance of following a healthy lifestyle among students and how caffeine overdose and vitamin deficiencies are directly related to overstimulation in young minds and could result in hyperactivity. Additionally, an intriguing session examined the role of clowning and its therapeutic effects on mental health, showcasing its potential to improve emotional resilience and social connectivity.

In conclusion, the Mental Health Summit 2024 served as a pivotal moment for addressing the pressing mental health issues facing students in educational settings. By bringing together educators, counsellors, and experts, the summit facilitated important conversations and knowledge sharing aimed at implementing effective strategies for support.

