

Report on World Mental Health Day Observation – 2025

Event Title: Courage Over Comfort: Resilience Redefined

Date: 11th October 2025

Venue: Indoor Stadium, NHCE

Time: 2:30 PM – 4:00 PM

Organised by: Counselling Department

Target Group: Teaching and Non-Teaching Staff

1. Introduction

World Mental Health Day, observed globally on October 10th, is dedicated to promoting mental well-being and creating awareness about emotional health.

The Counselling Department of NHCE and NHCM marked this occasion with a rejuvenating session titled “Courage Over Comfort: Resilience Redefined.”

The session aimed to provide a space for staff to pause, reflect, and reconnect with inner calm and emotional strength. Through storytelling, movement, guided relaxation, and art-based reflection, participants were encouraged to rediscover resilience and the importance of self-care.

2. Objectives of the Programme

1. To raise awareness on the importance of mental health and resilience.
2. To help teachers reconnect with calmness, positivity, and inner balance.
3. To introduce practical relaxation and stress management techniques.
4. To foster emotional connection and peer support within the staff community.
5. To encourage self-care and promote a positive institutional environment.

3. Programme Flow

Time	Activity	Description
2:30 – 2:35 PM	Opening Remarks	Welcome and brief introduction to the purpose of the session.
2:35 – 2:37 PM	Context Setting	Reflection on balance, inner strength, and the importance of mental well-being.
2:37 – 2:41 PM	Brief History of World Mental Health Day	Overview of the day’s origin (established in 1992 by WFMH) and its global importance.
2:41 – 2:45 PM	Theme for 2025	Focus on <i>Resilience, Care, and Connection</i> .
2:45 – 2:49 PM	Inspirational Story: Arunima Sinha	Real-life story of courage and determination, illustrating the essence of “bouncing forward.”
2:49 – 2:52 PM	Key Message	Reflection on resilience as transformation through adversity.
2:52 – 2:54 PM	Transition to Activities	Introduction to the relaxation and reflection segments.
2:55 – 3:40 PM	Guided Relaxation Session	45-minute Progressive Muscle Relaxation (PMR) and breathing exercises with sound therapy.
3:40 – 3:55 PM	Art & Affirmation Reflection	Participants expressed their emotions through art and wrote personal affirmations.
3:55 – 4:00 PM	Closing Remarks	Summary of takeaways and gratitude note.
Post-session	Refreshments	Refreshments were served to all participants after the session.

4. Guided Relaxation Session Details (45 Minutes)

Facilitated by: Counselling Department Faculty

The session involved Progressive Muscle Relaxation (PMR), a structured relaxation technique where participants tensed and released specific muscle groups to relieve physical tension and promote mindfulness.

Structure of the Session:

- Breathing and Grounding (5 min): Awareness of breath and posture.
- PMR Cycle (30 min): Sequential relaxation from toes to head.
- Deep Rest & Sound Therapy (10 min): Tibetan singing bowl used to enhance calmness.
- Affirmation Integration (final 5 min): Focus on internalizing calm and peace through positive self-talk.

Participant Response:

- Participants showed visible signs of relaxation and emotional relief.
- Several shared that they felt rejuvenated and lighter after the activity.
- The soothing sound therapy and structured breathing made the experience immersive and effective.

5. Key Takeaways

- Resilience means *bouncing forward* with renewed strength and perspective.
- Regular relaxation practices improve focus, emotional balance, and clarity.
- Mental well-being enhances both personal and professional effectiveness.
- Connection, empathy, and shared reflection strengthen workplace harmony.
- Self-care is a necessity — not a luxury — for sustained performance and peace.

6. Feedback Summary

- Teachers appreciated the blend of motivational storytelling, movement, and relaxation.
- The guided relaxation was particularly well-received, with requests for similar sessions in the future.
- The art and affirmation component helped participants reflect and express positivity.
- Refreshments provided after the session created a warm and informal space for interaction and sharing.

8. Overall Impact

The programme effectively created a serene and reflective environment for the NHCE staff. Participants expressed gratitude for the experience and highlighted the need for more such

initiatives. The combination of motivational dialogue, experiential relaxation, and creative expression reinforced the message that mental health care is integral to overall well-being.

The session concluded with light refreshments and informal interaction, leaving participants refreshed, connected, and motivated to carry forward the spirit of resilience and calmness in their daily lives.

Photographs



