

## Orientation on Mental Health for Teenagers

An orientation program on mental health for teenagers was organised for our students on 4th, June. The guest speakers for the session were, Yashpreet Kaur, Gargi Vashishtha and Mohtasham Hussain enlightened the students about social anxiety and how to cope with it, the interactive session also focused stress management, coping strategies, and recognizing signs of mental illness to break the stigma together!



