

## Report - Visit to Govt. Higher Secondary School Bhour Camp

The Interact Club of APS Jammu Cantt under the 'Community Service Outreach Program' hosted a successful session on '**Mental Health Awareness**' in Govt. Higher Secondary School Bhour Camp on 28-05-24. Three students along with two teachers (Mr. Ashish and Ms. Taruna) visited the school. The session was led by students of Interact Club Vineet, Gauri and Yash. They presented information on various mental health conditions including Anxiety, Depression, Stress and ADHD. They emphasized the fact that mental health is just as important as physical health and encouraged open communication about these issues. The session incorporated interactive elements like discussions, games, and engaging activities for students. Students also actively shared their experiences.

This awareness session proved to be a valuable learning experience for students of both the schools. It not only empowered students but also encouraged them to seek help when needed. This collaborative effort under 'Community Service Outreach Program' aligns perfectly with the Interact Club's mission to create a more supportive environment, where mental well-being is recognized as equally important as academic success.

