

HAPPY HOURS

A wellness session organized for the ancillary staff by H&M Club.





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H&M | 2022

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Health and Mind Club conducted a wellness session for the ancillary and support staff. It is important to spread awareness with everyone around us including our helping hands.



Students reminded the blue uncles and aunties to take care for their mental health. They successfully understood what the green ribbon signified and became a part of our small initiative to promote mental health for all!





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Everyone present appreciated the concert that grade 11 put up for them. The games and music session made the staff feel relaxed and helped them take a break from their busy lives.



They sang, spoke, and their laughter genuinely warmed our hearts.