## Mukkad Matak;

Promoting Positive Well-Being

- 17th December 2022 -



Students of grades 10 and 11 of Health and Mind Club performed a Nukkad Natak on 17th November. Through this engaging street play, students highlighted the need to talk openly about mental health and wellness and learn ways to support friends if they have a mental health concern.





We hope that the Nukkad Natak is a step towards creating awareness and educating our student community on the importance of mental health.

