

WELLBEING STALL



16TH NOVEMBER 2022

The Wellbeing stall was put up by the students who distributed Bookmarks, awareness pamphlets, green ribbons and interactive activity sheets to help their peers unplug and unwind from the daily grind. The session concluded with a shared activity, "My Green ribbon Champion" where the students highlighted the names of their mental health champion to make the green ribbon board highlight mental health awareness.





Let us continue to grow the movement and show how together we can change the narrative around mental health from a whisper to a conversation.