

Report - Insight Club Day

Delhi Public School Gurgaon held the Insight- Psychology Club celebrations on Thursday, 8th August 2019. A month-long activity was planned and conducted encompassing various themes to create awareness on the importance of mental health and well-being. After the inauguration by the Director Principal, the guests and students posted a message, encapsulating their perception of well-being on the wellness board.

The facilitation of guests was followed by a poem recitation and enactment on the topic 'Happy to Be Me'. These self-choreographed enactments focused on the congruence of real and ideal self towards attaining happiness and well-being. The performances were mindful and thought provoking.

A panel discussion was organised on the topic "Adolescent concerns in a changing world." The panelists were a team of our reverent Director Principal Ms. Aditi Misra, Ms. Kalpana Subramaniam, Parent Rep, Ms. Nishtha Bakshi, Clinical Psychologist, Ms. Renuka Fernandes, HOD Counseling department, and two alumni students. Many real-life challenges were discussed; influence of social media, conflict with parents, generation gap, importance of communication, peer pressure and substance abuse, to name a few. A renowned psychiatrist, Dr. Shane Creado spoke to the students via a video recording on the importance of sleep, effects of a distorted sleep pattern and effective ways to deal with it.

Short films on 'Celebrating Individual Differences', made by psychology students of class XI, were screened and well appreciated by the audience. A short clip (made by students of DPS 45, during their summer internship at Fortis, shortlisted for their Instagram page) effectively conveyed the message on the importance of acceptance over stigmatization, that is attached to mental disorders. A photography event was organised for class IX students. Some of the best entries that did justice to the topic- Emotions and Expressions, were displayed in the auditorium.

Director Principal Ms. Aditi Misra emphasized on the importance of communication and earnestly suggested all students to engage in open communication to ensure their well-being. She congratulated the students and the faculty of the psychology department on a successful event. The positive feedback of the audience(students) filled the organizing team with a sense of pride and accomplishment.

The event culminated with the vote of thanks by the student presidents- Insight club- Disha Mukherjee and Manjima Nandi.

It was a delightful experience to be able to attend the event Tabula Rasa hosted by the Insight Club. The respected panel was very open-minded and discussed relevant problems faced by the adolescents of today. They gave very realistic solutions which helped me a great deal. The poems composed by the students were heart-touching and were executed fabulously with the performances presented by the students themselves. The movies were short but sent their messages effectively. Can't wait to see more such events!

- Varnika Khandelwal
IX-J

