

GURU TEGH BAHADUR 3RD CENTENARY PUBLIC SCHOOL

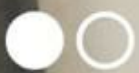
POSTER & SLOGANS

ON

MENTAL HEALTH

Class VIII





REDMI NOTE 6 PRO
MI DUAL CAMERA



World Mental Health day

Slogans

- ☆ Don't be ashamed to share your story
- ☆ Mental health is preserved wealth
- ☆ Recovery is an evolution not a miracle
- ☆ Peace of Mind allows positive mental health
- ☆ Mental illness is not a personal failure
- ☆ Mental illness is just a temporary part
- ☆ A healthy mind signifies a healthy body



October 10

Yashant 8/1
Roll no. 7

To Be
HEALTHY
MENTAL
WELLNESS
PLAYS
A
ROLE

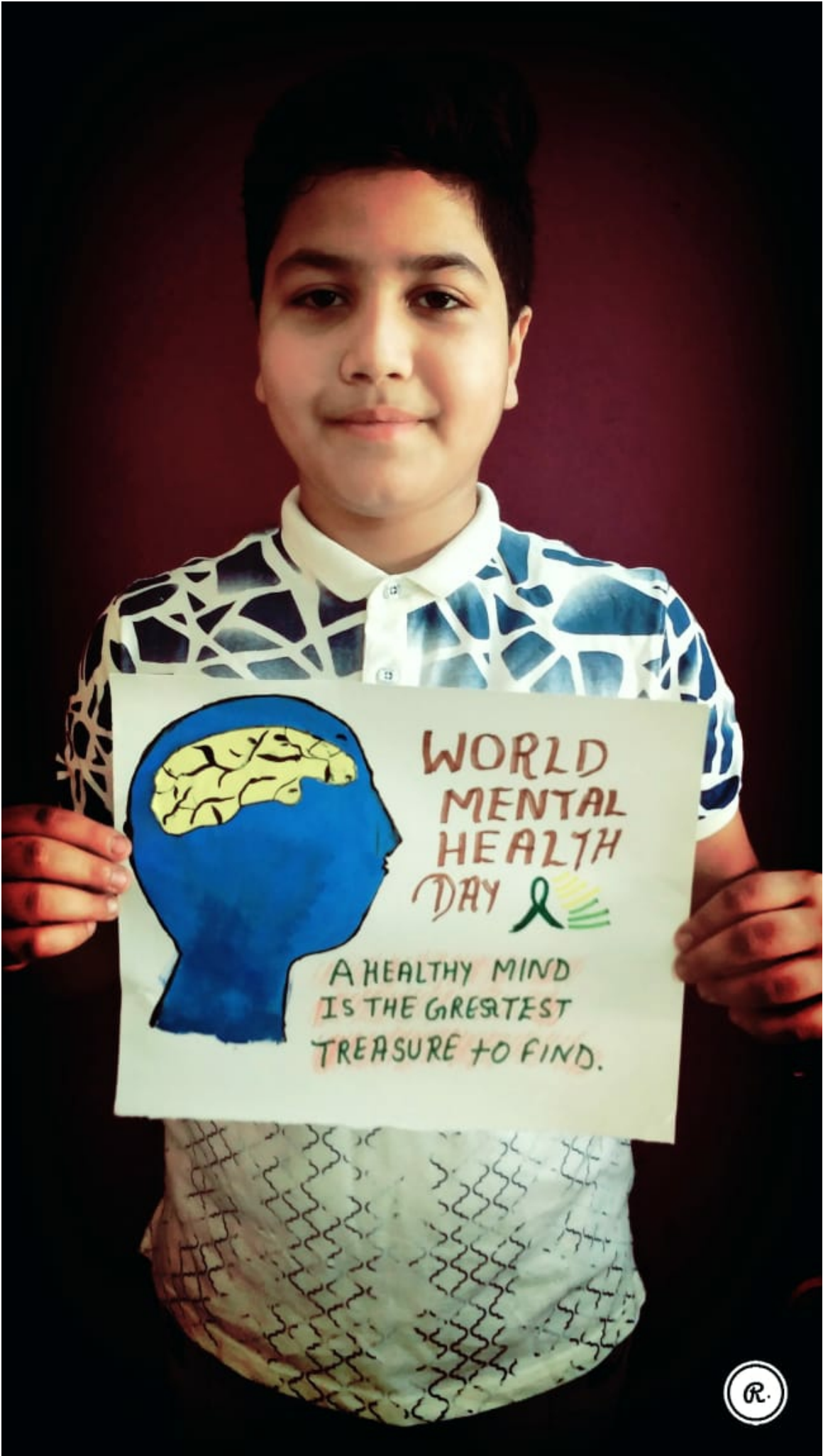


WORLD
MENTAL HEALTH DAY



THROW
OUT
YOUR
INNER
SCARY
EMOTIONS
AND...

FEEL
THE
INNER
PEACE!



WORLD
MENTAL
HEALTH
DAY



A HEALTHY MIND
IS THE GREATEST
TREASURE TO FIND.



BE HAPPY... MENTALLY

DON'T WISH IT WERE EASIER,
WISH YOU WERE BETTER

NO ONE IS PERFECT,
THAT'S WHY PENCILS HAVE ERASERS.



SMILE RELAX
THINK POSITIVELY

MOVE FORWARD

BELIEVE IN YOURSELF

SURROUND YOURSELF

WITH FRIENDS AND FAMILY

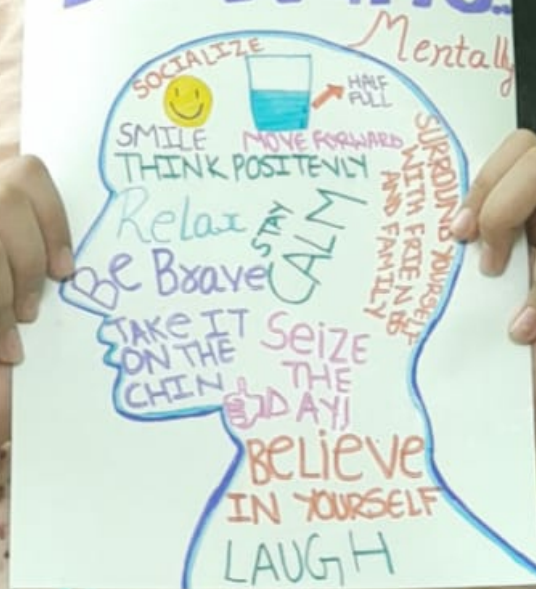
LIFE IS TOUGH BUT SO ARE YOU

NO PAIN, NO GAIN, HEALTH FOOD, WON'T MAKE YOU LAME.

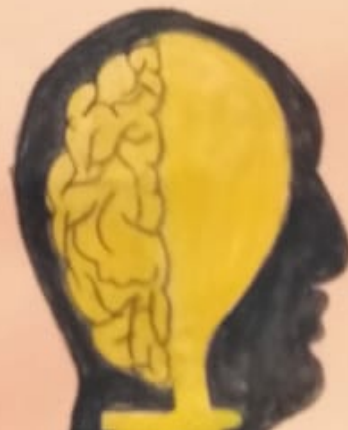
EAT WELL, FEEL WELL TO GET HEALTH AND REMAIN SAFE FROM ILLNESS.



Be Happy



A healthy mind,
is the greatest
treasure to find.....



BE HAPPY.....

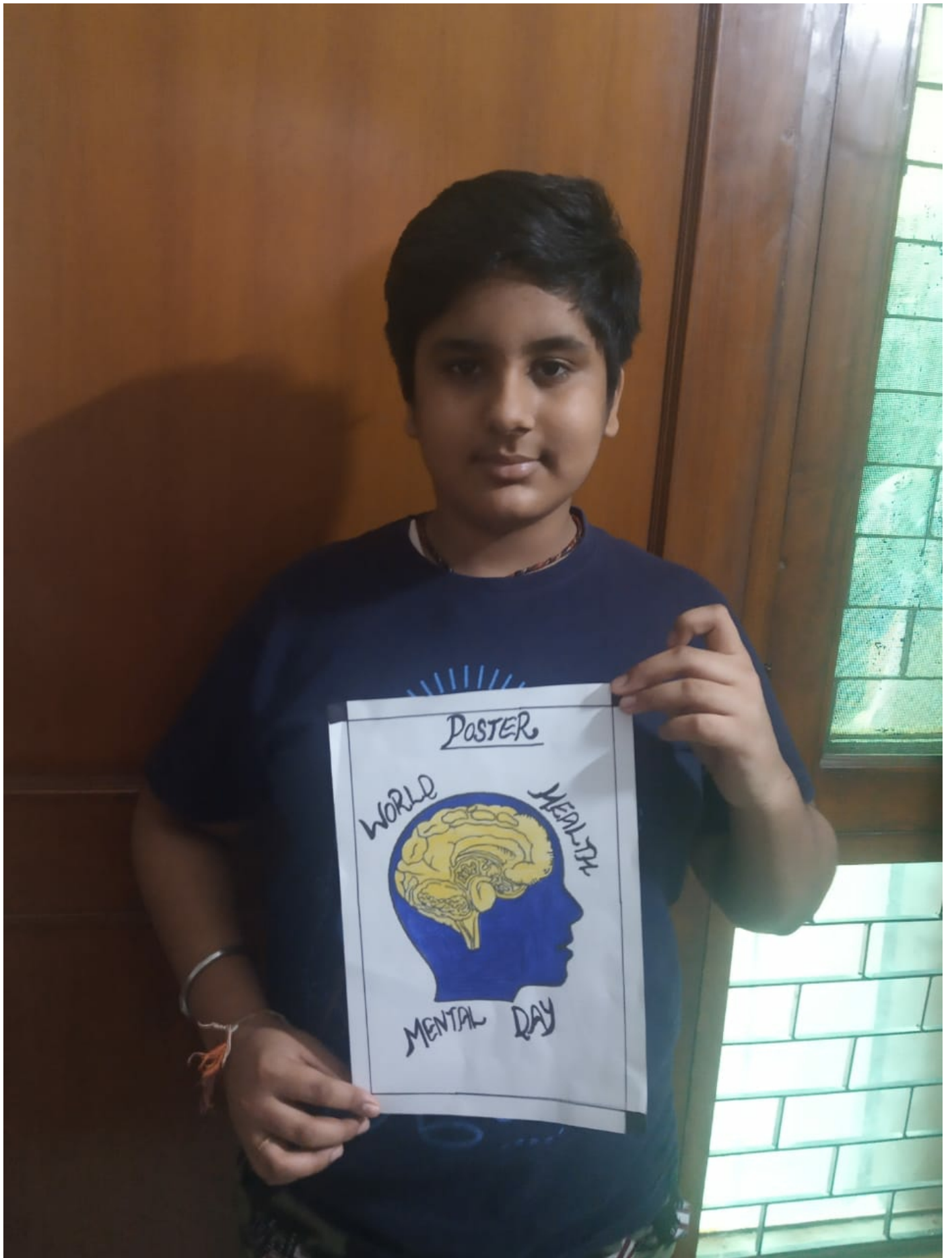
Mentally

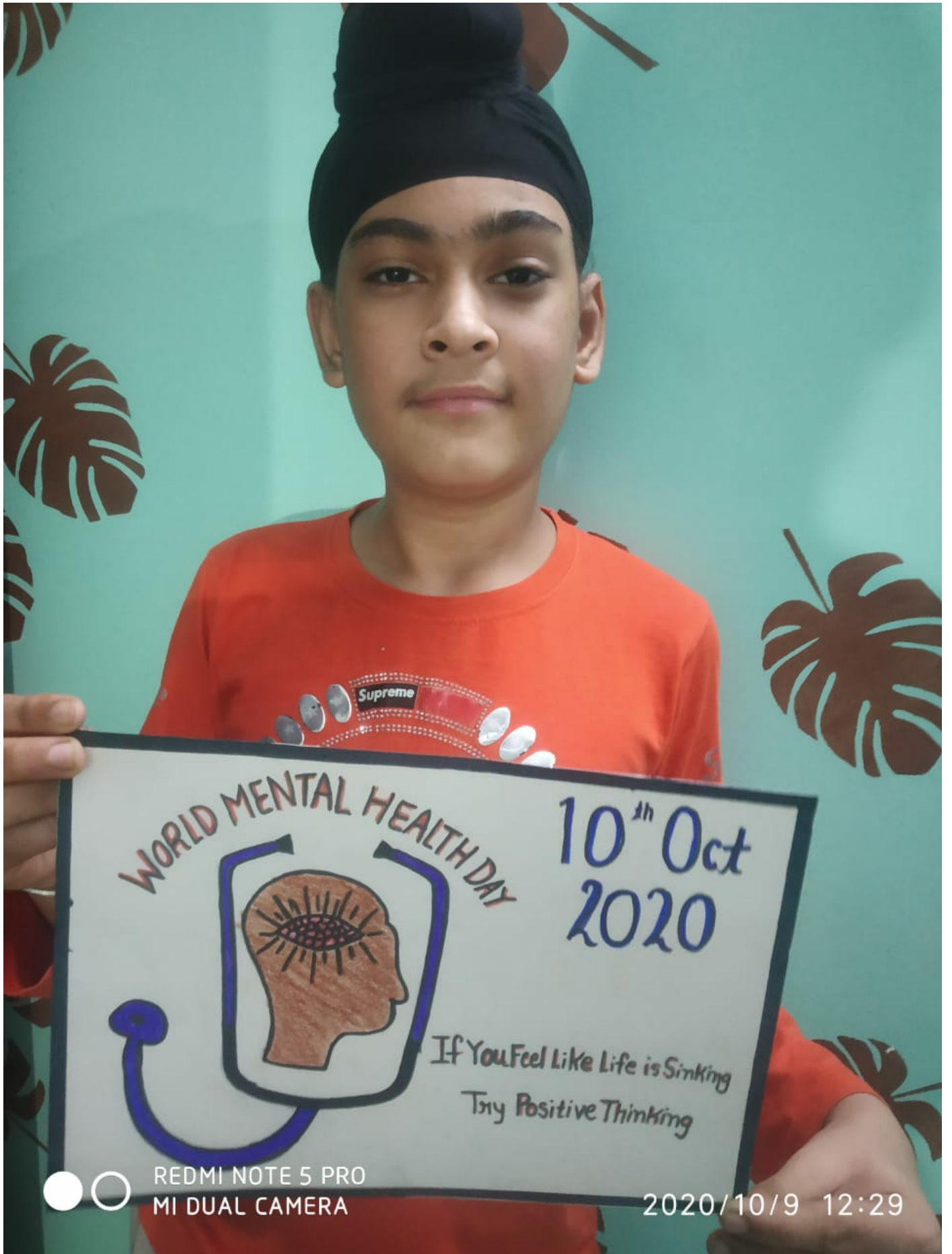
SMILE
THINK POSITIVE
SOCIALIZE...
Move Forward...
Stay Calm
RELAX!!!
TAKE IT ON CHIN!!
Seize the Day
Be brave...
=mc

Mental Health

is Just
Important As
Physical Health

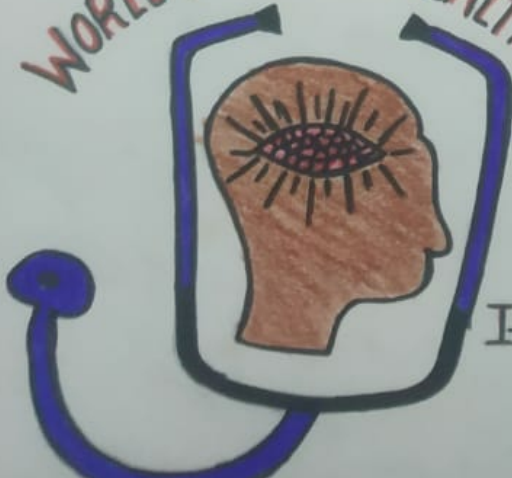






WORLD MENTAL HEALTH DAY

10th Oct
2020

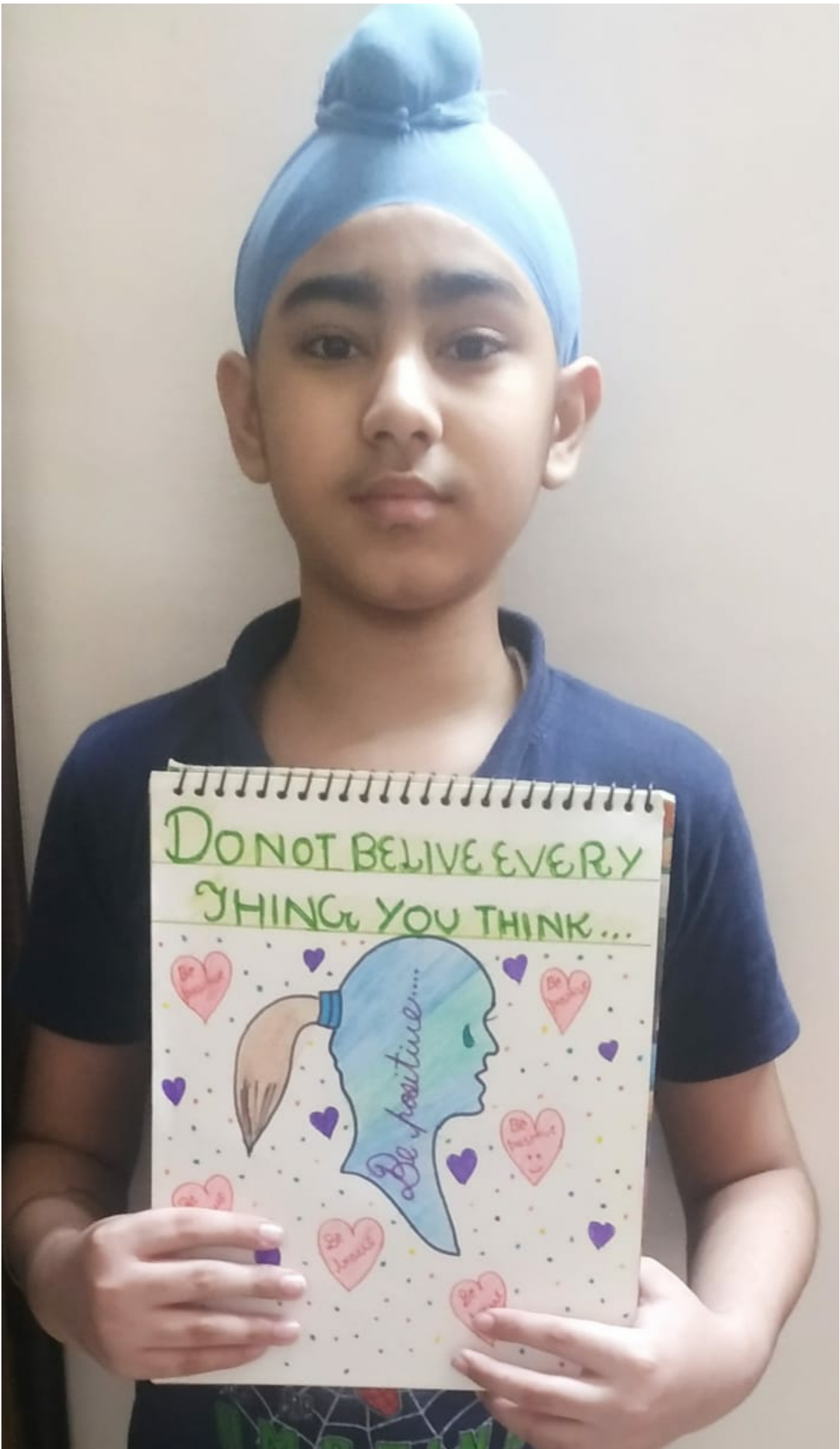


If You Feel Like Life is Sinking
Try Positive Thinking

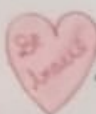
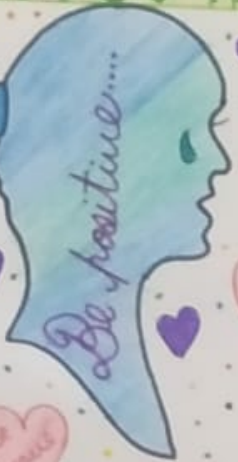


REDMI NOTE 5 PRO
MI DUAL CAMERA

2020/10/9 12:29



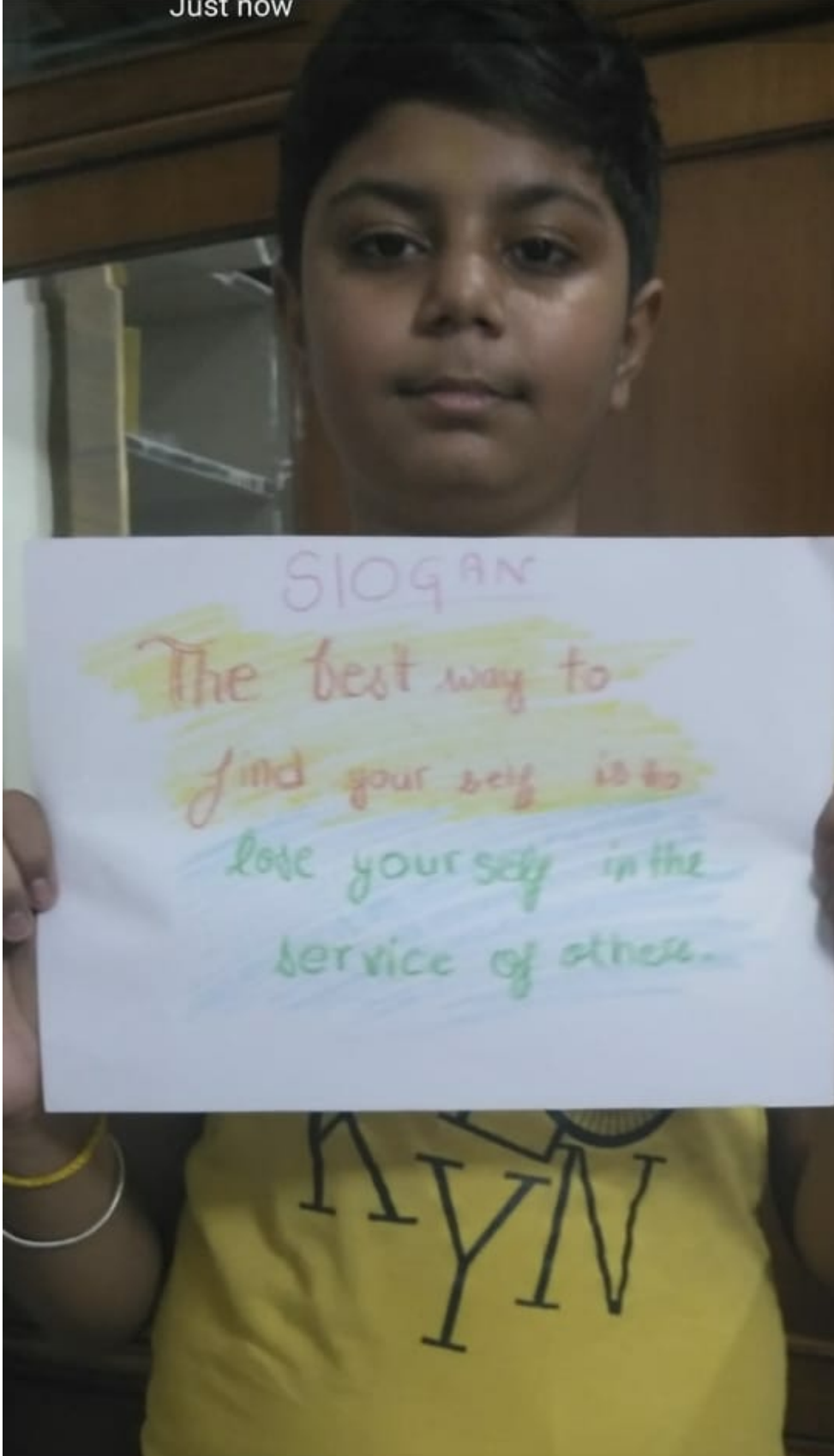
DO NOT BELIEVE EVERY
THING YOU THINK...





You

Just now



you make

A hand-drawn poster on white paper with a pink top border and a blue bottom border. The poster is divided into several sections by lines. At the top left, there is a drawing of a person's head and shoulders with the words "STAY CALM" written in a cloud-like shape above it. Below this, the words "AND SMILE INSIDE" are written vertically along the person's body. In the center, the text "WORLD MENTAL HEALTH DAY" is written in a simple font. To the right of this text is a green awareness ribbon with "WFMH" written on it. Further right is a black silhouette of a human head in profile, with a yellow brain inside. At the top right, there is a quote: "A healthy mind, is the greatest treasure to Find" with a small red butterfly sticker above it. At the bottom left, there is a quote: "think Like a Proton Always Positive" with a yellow smiley face sticker below it. At the bottom right, there is a quote: "DAILY STRESS Can Leave your HEALTH A MESS" with a small yellow butterfly sticker below it.

STAY CALM

AND SMILE INSIDE

WORLD MENTAL HEALTH DAY

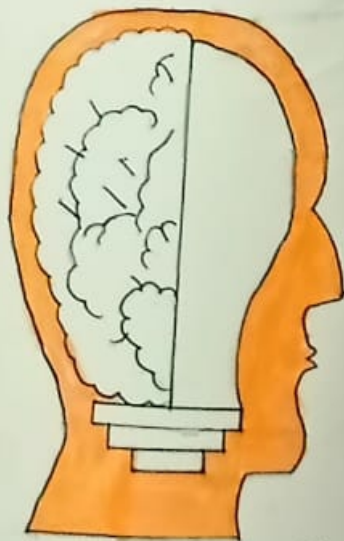
WFMH

A healthy mind, is the greatest treasure to Find

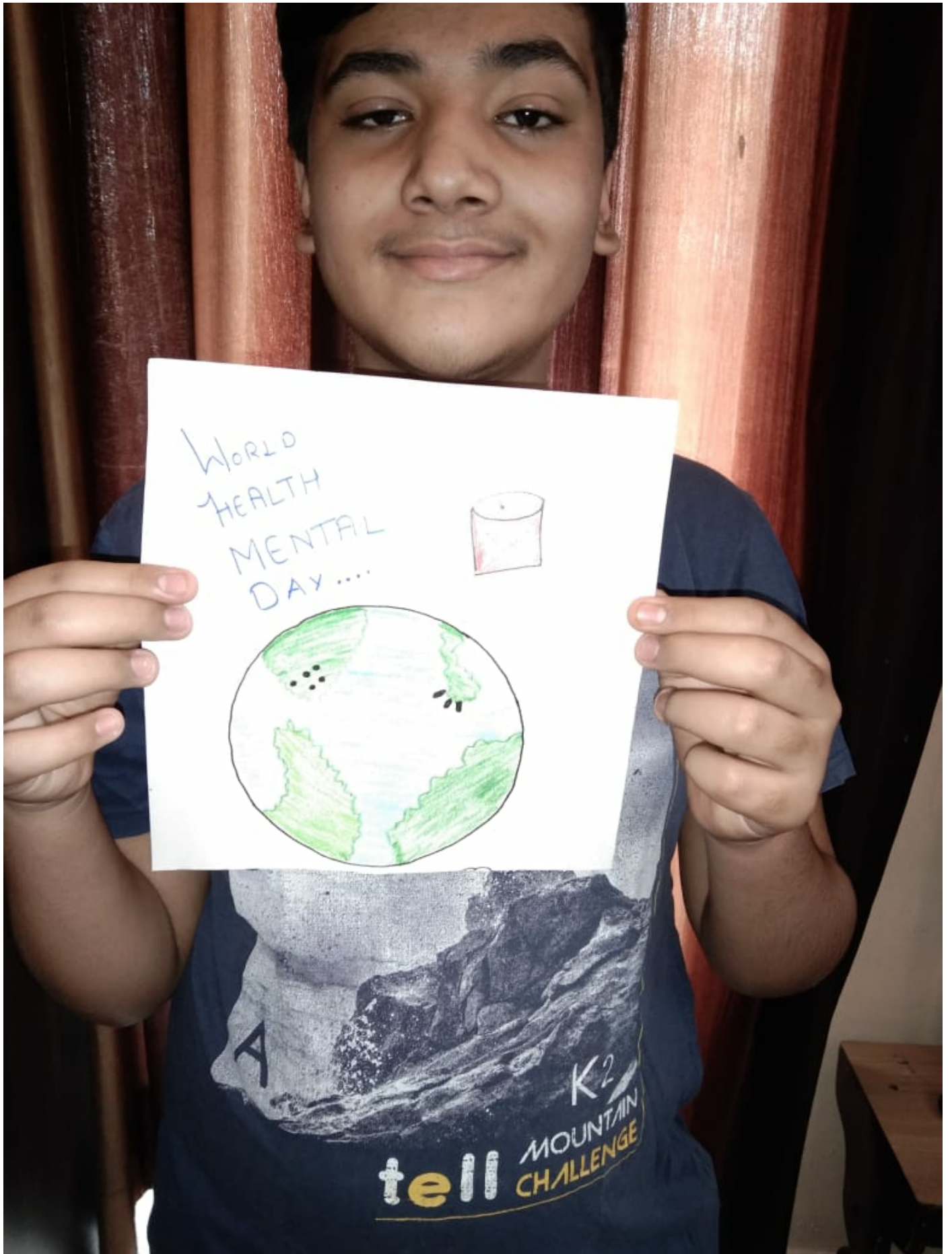
think Like a Proton Always Positive 😊

"DAILY STRESS Can Leave your HEALTH A MESS"

A healthy
mind, is greatest
treasure to find.



World Mental Health Day



WORLD
HEALTH
MENTAL
DAY ...

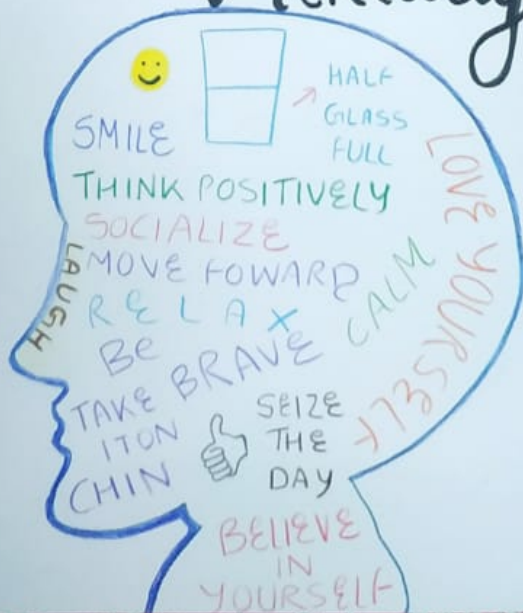


tell MOUNTAIN CHALLENGE K2

BE HAPPY

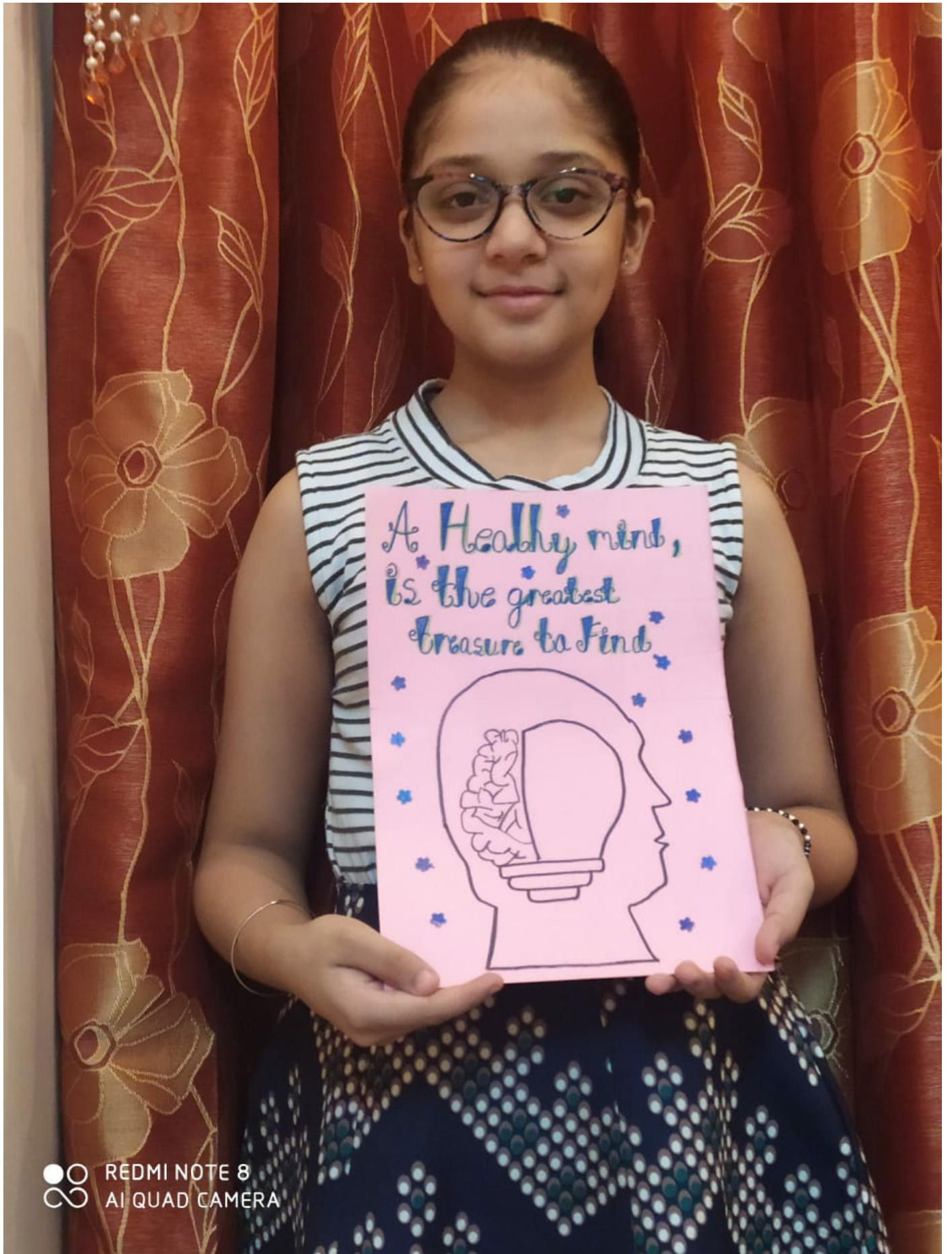
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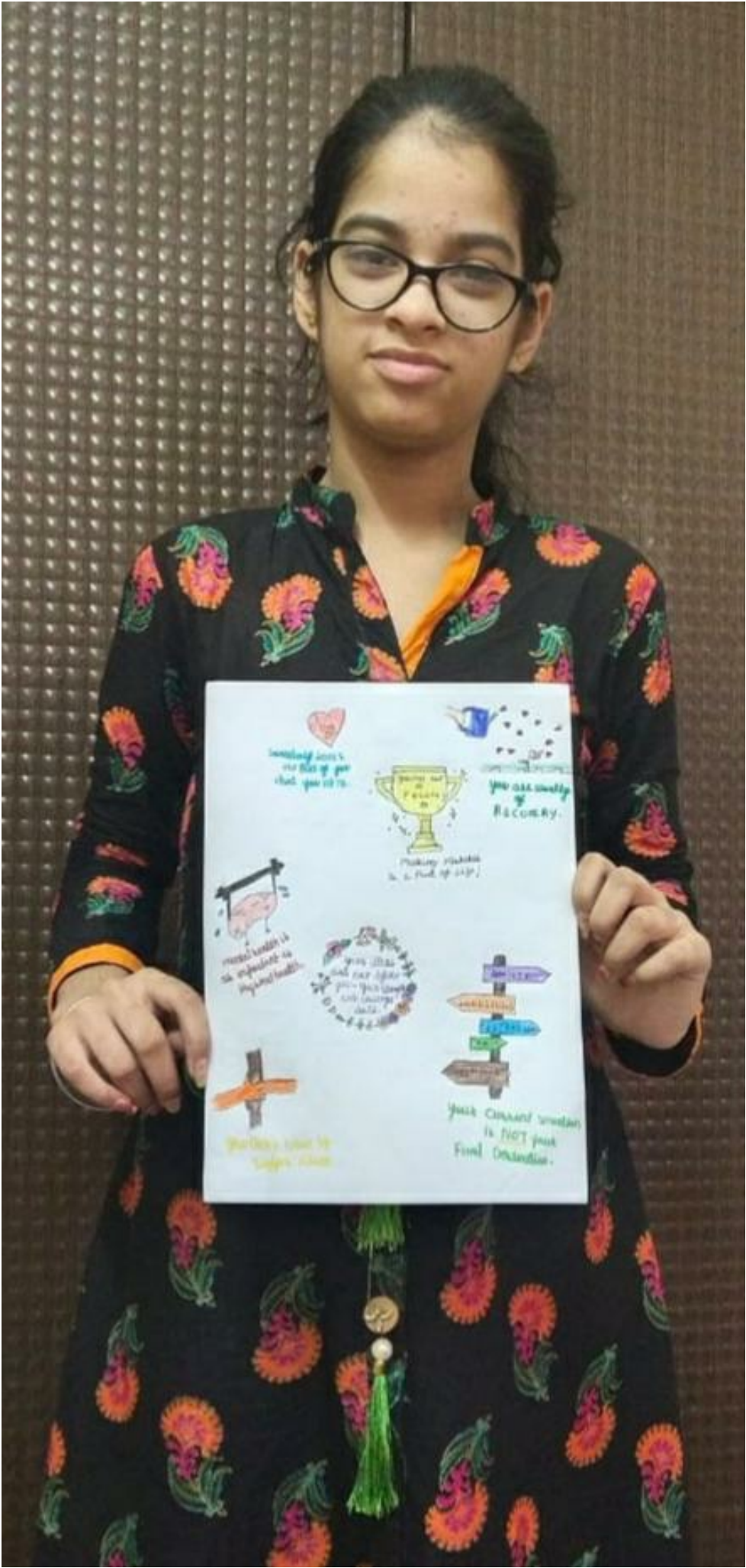
Mentally

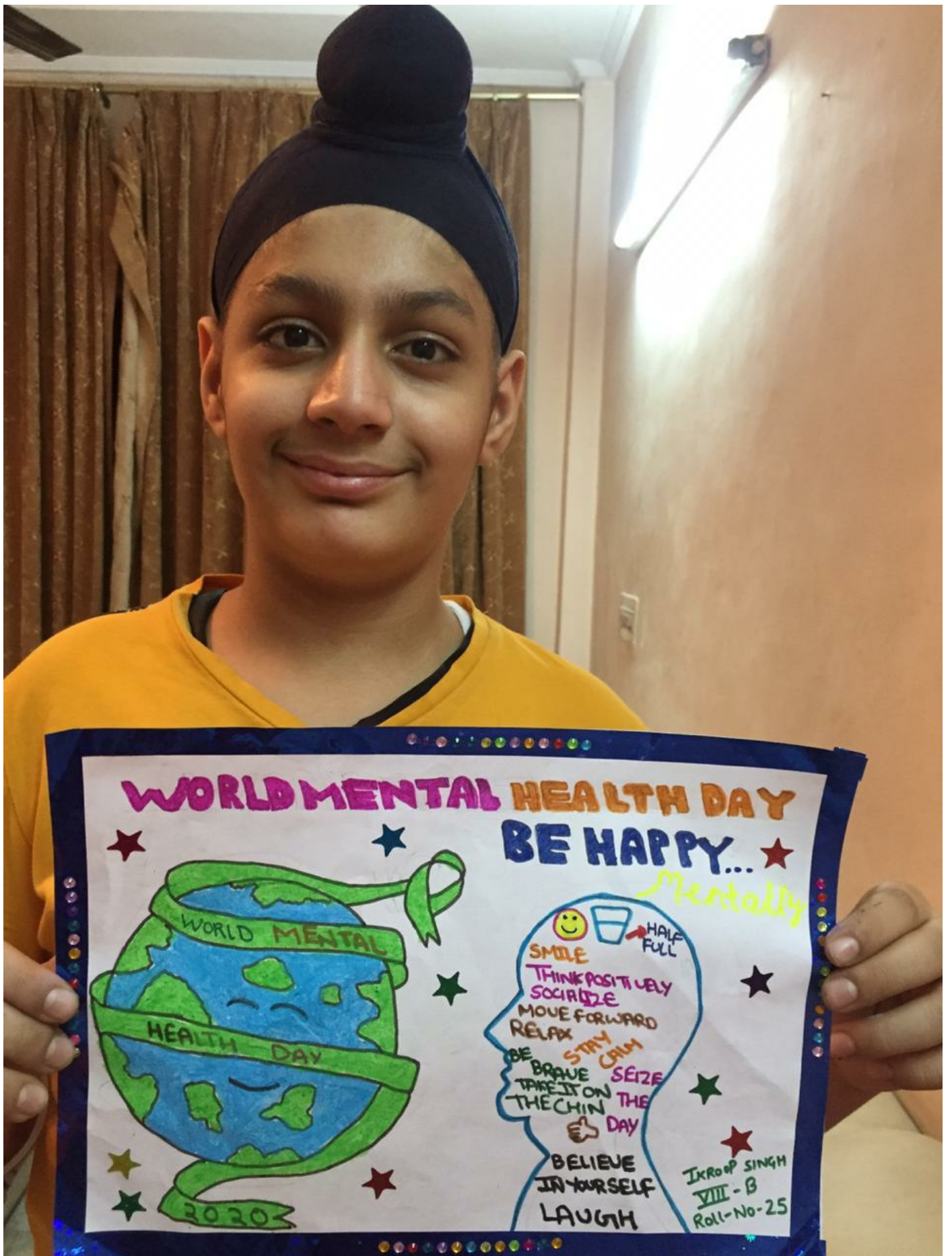




A HEALTHY MIND IS
GREATEST TREASURE TO FIND



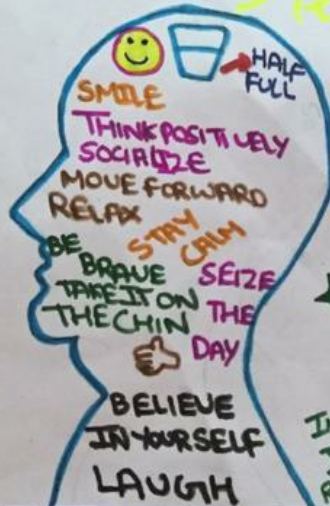




WORLD MENTAL HEALTH DAY

BE HAPPY...

Mentally



Jitroop SINGH
VIII - B
Roll-No-25

66 MENTAL HEALTH AWARENESS

Happiness is inside you,



You don't have to
look for it....!!"

N-MEHAR KAUR
C-8B
R.No.-27



MENTAL HEALTH

MAKE MENTAL HEALTH PRIORITY

IF WEALTH IS LOST

NOTHING IS LOST

IF HEALTH IS LOST

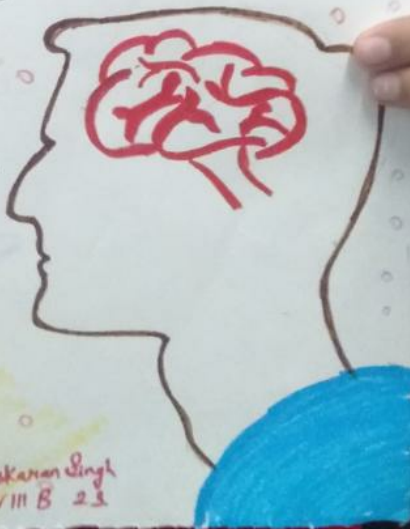
SOMETHING IS LOST

A HEALTHY MIND IS

GREATEST TREASURE

PAIN IS REAL

BUT SO IS HOPE



Jaskaran Singh
VIII B 23

A HEALTHY MIND
IS THE GREATEST



TREASURE TO
FIND

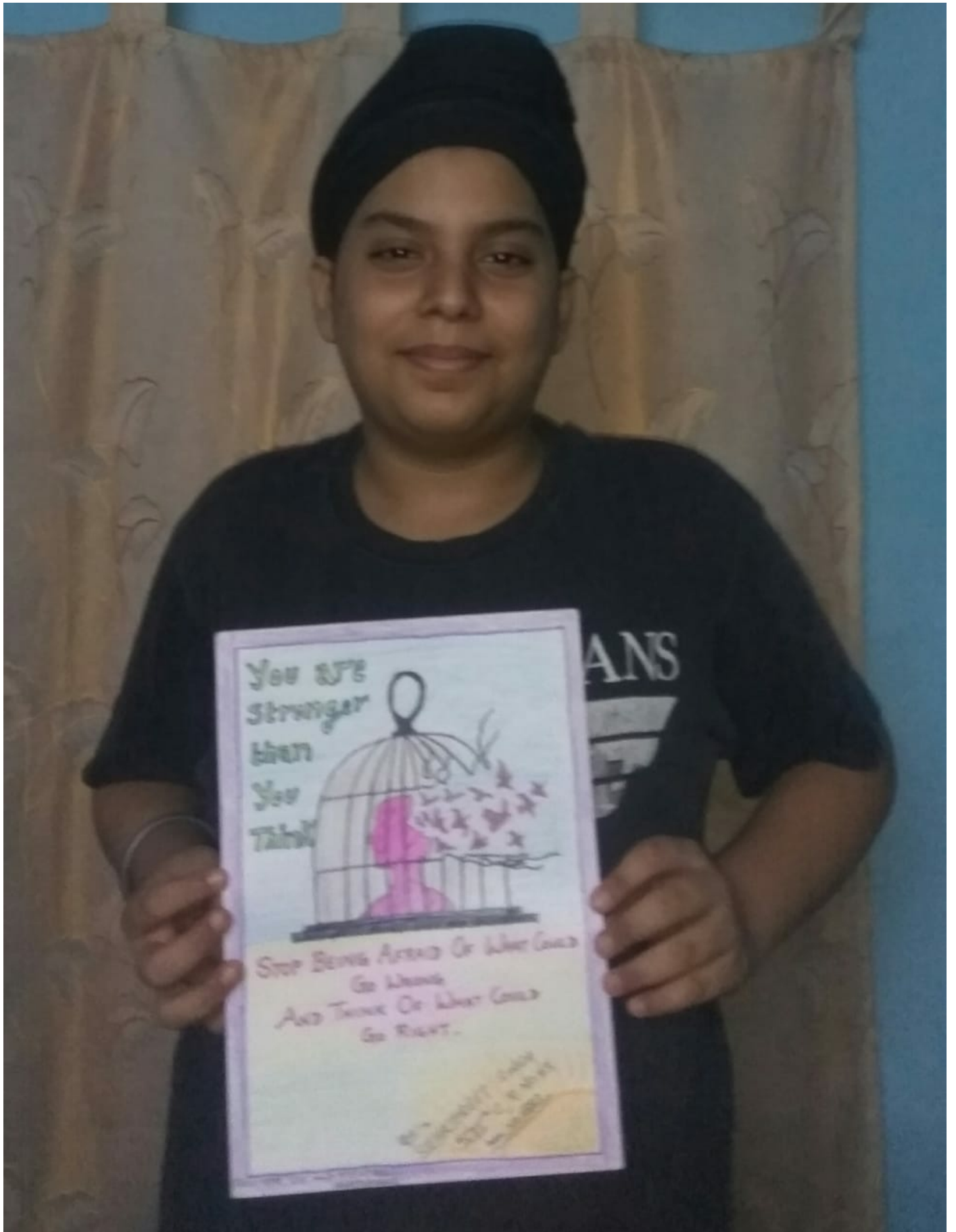
Shreyal Kaur
20.01.20
9.8



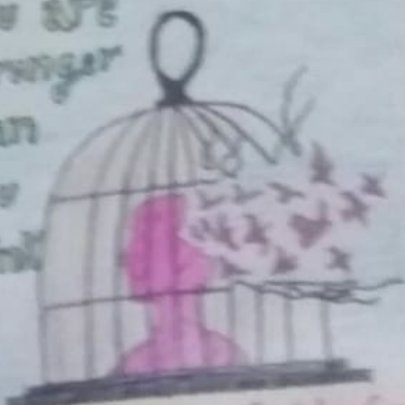
A Healthy mind,
is the greatest
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WORLD MENTAL HEALTH
DAY

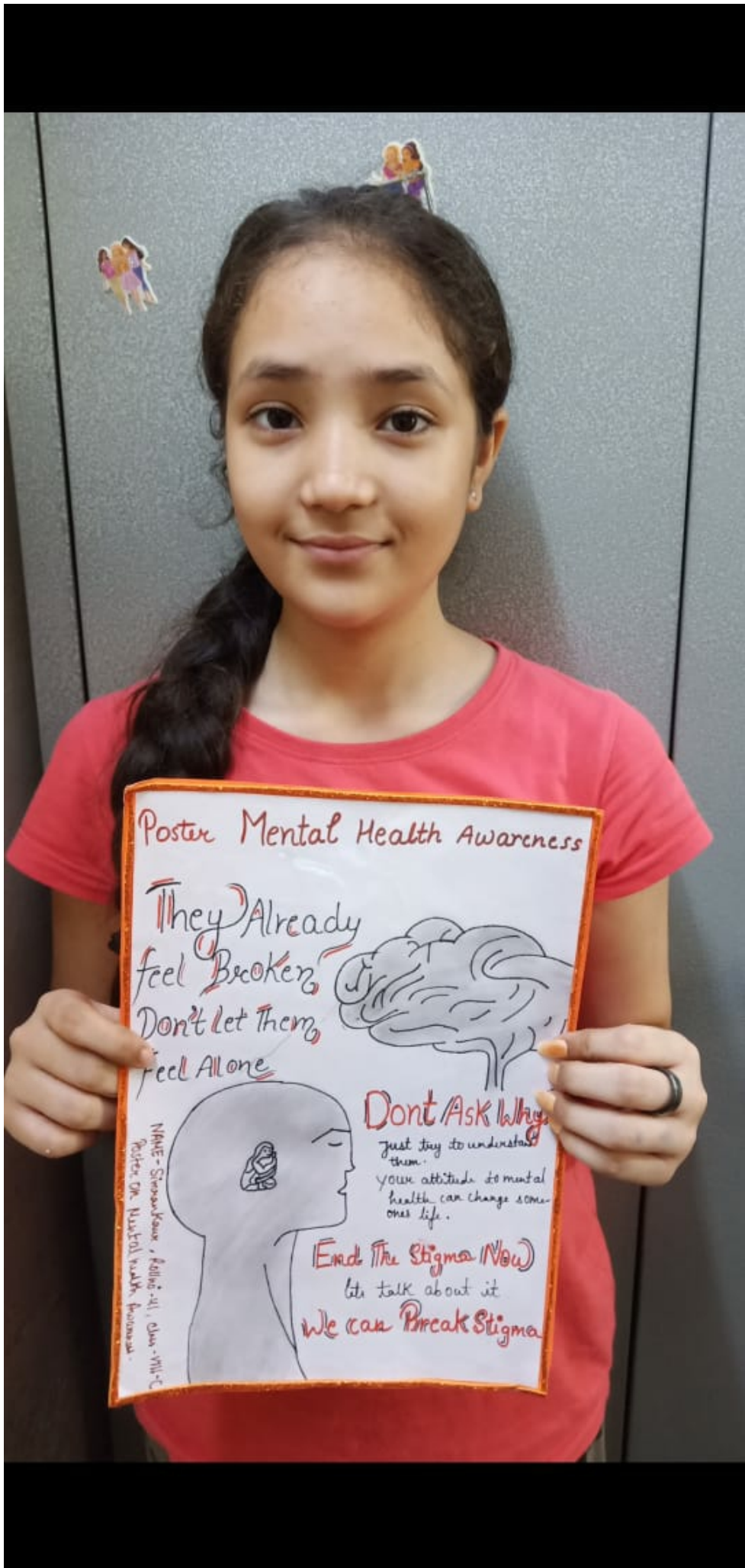


You are
stronger
than
you
think



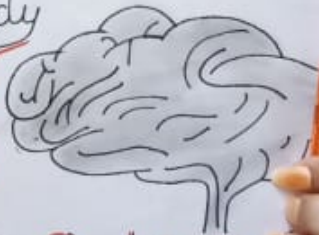
Stop being afraid of what could
go wrong
and think of what could
go right.

Go wrong and think of what could
go right.



Poster Mental Health Awareness

They Already
feel Broken,
Don't let Them
feel Alone

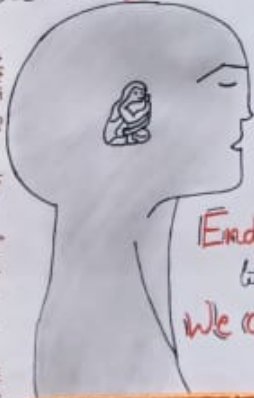


Don't Ask Why

Just try to understand
them.
your attitude to mental
health can change some
ones life.

End The Stigma (Now)

lets talk about it
We can Break Stigma



NAME - SrinuKane, Rollno - 11, class - 11th-C
Poster On Mental health Awareness

THROW
OUT
YOUR
INNER
SCARY
EMOTIONS
AND...



FEEL
THE
INNER
PEACE!

To healthy
As a whole
Mental wellness

Plays a role



MENTAL HEALTH

MAKE MENTAL HEALTH PRIORITY

IF WEALTH IS LOST

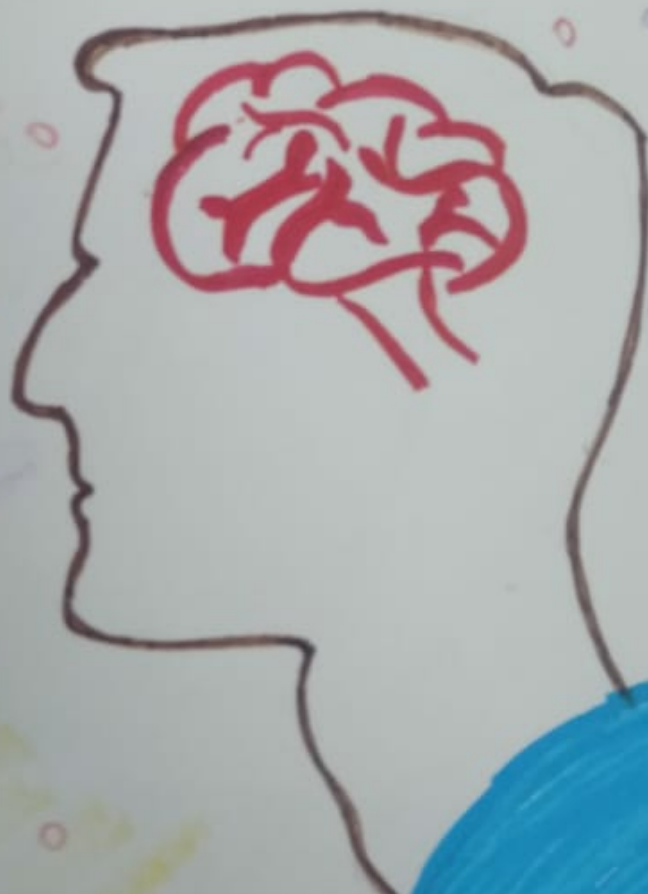
NOTHING IS LOST

IF HEALTH IS LOST

SOMETHING IS LOST.

A HEALTHY MIND IS
GREATEST TREASURE

PAIN IS REAL
BUT SO IS HOPE



Jaskaran Singh
VIII B 23.

A HEALTHY MIND
IS THE GREATEST



TREASURE TO
FIND

Bramjot Kau
Roll No - 9
8-B

Don't Believe Everything You

THINK





I CARE

You matter



World MENTAL
HEALTH DAY



LET'S Change the
way WE ALL think and
act about MENTAL
HEALTH

SLOGAN ON HEALTH MENTAL DAY

KEEP CALM AND

STAY

POSITIVE ONLY

DON'T THINK YOU CAN'T DO IT,

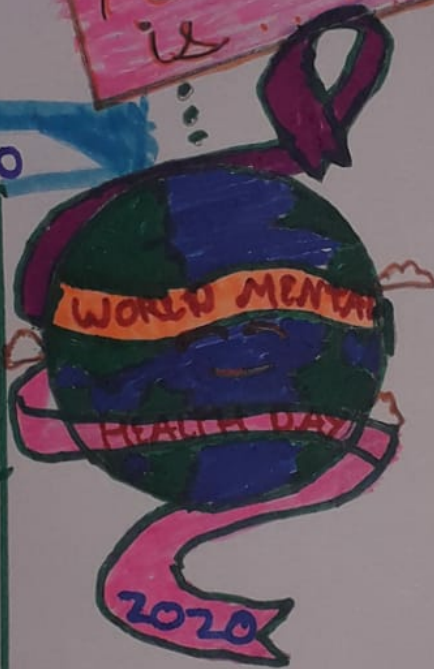
You

CAN DO IT

ON SATURDAY
10th October
is

2020

A healthy mind,
is the greatest
treasure to find



“ TO BE HEALTHY
AS A WHOLE

MENTAL
WELLNESS
PLAYS A

ROLE ”

Topic → MENTAL HEALTH



Take 3
deep breaths

You are
Stronger
than
You
Think



STOP BEING AFRAID OF WHAT COULD
GO WRONG
AND THINK OF WHAT COULD
GO RIGHT.

By
SEHATPREET SINGH
VIIIth C, R. No. 43
Adm. No. 4882

mental health
awareness



MENTAL HEALTH

