SAS/ACAD/26-27/070 **DATE: 05.10.2026**

ST. ANTHONY'S SCHOOL (CBSE)

DISCIPLINE | DETERMINATION | DEDICATION
(A UNIT OF JEPPIAAR INSTITUTE OF TECHNOLOGY)
AFFILIATION NO: 1931666
KUNNAM, SUGUVARCHATRAM, SRIPERUMBUDUR

Dear Parents,

As part of the **World Mental Health Day Observation – 2026**, St. Anthony's School (CBSE) will be conducting competitions on 06.10.2026 for students in different age groups. World Mental Health Day reminds us that mental health is an important part of overall health and well-being. It encourages us to understand our emotions, manage stress and seek support when needed. For children especially, good mental health supports learning, confidence, healthy relationships and positive development. The competitions aim to encourage creativity, confidence, positive thinking, emotional expression and awareness about mental health.

On 07.10.2026, students from Classes 7–9 will participate in a World Mental Health Day Awareness Rally to spread awareness about mental health, emotional well-being, kindness and support. The programme will focus especially on children's mental health, managing stress and emotions, building confidence, developing positive relationships and seeking help when needed.

The winners of the competitions conducted on 06.10.2026 will be awarded by the Psychologist during the World Mental Health Day programme on 07.10.2026.

We encourage all students to participate enthusiastically and make this meaningful occasion a celebration of mental health, care, kindness and well-being.

WORLD MENTAL HEALTH DAY COMPETITION-2026

S. No.	Category	Competition	Topic
1	Balvatika 2 & 3	Colouring Competition	"Happy Mind, Happy Me"
2	Classes 1–2	Drawing Competition	"My Happy School"
3	Classes 3–5	Poster Making	"Be Kind, Be Respectful, Be Responsible"
4	Classes 3–5	Storytelling Competition	"Situation-Based Storytelling – What Would You Do?"
5	Grades 6–8	Slogan Writing	"Discipline, Respect and Responsibility"
6	Grades 6–8	Role Play	"Peer Pressure, Wrong Choices and the Power to Say NO"
7	Grades 9–10	Debate	"Does Excessive Mobile Phone and Social Media Use Affect Students' Academic Performance and Mental Health?"

General Instructions

1. All competitions are conducted as part of the World Mental Health Day 2026 celebrations.
2. Students must participate only in the competition allotted to their respective category/grade.
3. All entries must be original, creative and prepared by the participating student(s).
4. Participants must strictly follow the topic/theme given for their respective competition.
5. Students should bring the required materials for their competition, wherever applicable.
6. Participants must maintain discipline, decorum and respectful behaviour throughout the competition.
7. Entries and performances will be evaluated based on creativity, relevance to the topic, presentation, originality and overall impact.
8. Participants must complete their work or performance within the time allotted by the organizers.
9. Any form of copying, inappropriate content, offensive language or unfair means will result in disqualification.
10. The decision of the judges will be final and binding. All participants are expected to participate enthusiastically and uphold the spirit of mental health awareness, kindness, respect and responsibility.

JUDGING RUBRICS FOR WORLD MENTAL HEALTH DAY COMPETITIONS

S. No.	Category	Competition	Judging Criteria	Marks
1	Balvatika 2 & 3	Colouring Competition	Relevance to Topic	5
			Colour Combination	5
			Creativity	4
			Neatness & Finishing	3
			Overall Presentation	3
			Total	20
2	Classes 1–2	Drawing Competition	Relevance to Topic	5
			Creativity & Imagination	5
			Drawing Skills	4
			Neatness	3
			Overall Presentation	3
			Total	20

3	Classes 3–5	Poster Making	Relevance to Topic	6
			Creativity & Originality	6
			Message & Awareness Value	5
			Visual Appeal	4
			Neatness & Presentation	4
			Total	25
4	Classes 3–5	Storytelling Competition	Understanding of Situation	5
			Story Content & Creativity	5
			Expression & Voice Modulation	5
			Confidence & Presentation	5
			Positive Message / Learning Outcome	5
			Total	25
5	Grades 6–8	Slogan Writing	Relevance to Topic	5
			Originality	5
			Creativity	5
			Clarity & Impact of Message	5
			Neatness & Presentation	5
			Total	25
6	Grades 6–8	Role Play	Understanding of Theme	6
			Acting & Expression	6
			Teamwork & Coordination	6
			Creativity & Presentation	6
			Message & Social Impact	6
			Total	30
7	Grades 9–10	Debate	Content & Knowledge	6
			Quality of Arguments	6
			Relevance & Supporting Points	6
			Communication & Confidence	6
			Rebuttal & Overall Presentation	6
			Total	30

SAS/ACAD/26-27/070 **DATE: 05.10.2026**

WORLD MENTAL HEALTH DAY OBSERVATION-2026
AGENTA

07.10.2026, 9:30 AM – 12:15 PM

Time	Programme / Activity	Details
8:50 – 9:25 AM	Student Gathering & Assembly	Students assemble at the designated rally area and get organised class-wise.
9:30 – 9:45 AM	Rally Formation – Formal Inauguration of the Programme	Formation of students and formal inauguration of the programme
9:45 – 10:20 AM	Joint School-College World Mental Health Day Rally	Mental Health Awareness Pledge
10:30 – 10:35 AM	Felicitation of the Chief Guest	By the Principal
10:35 – 10:45 AM	MIME Performance	By First-Year College Students
10:45 – 10:50AM	Welcome Address	By Ms. Priya S, Student Counsellor, Jeppiaar Institute of Technology
10:50 – 11:50 AM	Expert Awareness Session	Resource Person: **Mr.Seethalakshmi Sivakumar EMOCARE-MD**
11:50 AM – 12:10 PM	Prize Winners Announcement	Announcement of the winners of the Mental Health Day Competitions-School Students
12:10 – 12:15 PM	Vote of Thanks	By Ms. Priya S, Student Counsellor, Jeppiaar Institute of Technology

"Listen with Heart, Support with Care, Create Change."

Best Wishes from

SAS.