



Session: 2023-24

Nurturing Minds:

**A Seminar on
Mental Well-being
(Classes: IX to XII)**

The "Nurturing Minds" school seminar on mental well-being was held on 05.08.2023, Saturday with the aim of promoting mental health awareness, providing with coping strategies and fostering a supportive environment for students and staff.

The seminar was conducted by:

Dr. Vaibhav Chaturvedi (MBBS, MD-Psychiatry), Consultant- Psychiatry
at BCM Kokilaben Dhirubhai Ambani Hospital, Indore

The seminar emphasized on the significance of mental well-being in academic success and overall personal development.

