



DELHI PUBLIC SCHOOL KAMPTEE ROAD, NAGPUR



WORLD MENTAL HEALTH DAY CELEBRATION

THEME: IT'S OKAY TO SPEAK

09TH OCTOBER, 2026

Delhi Public School Kamptee Road, Nagpur observed World Mental Health Day on 10th October, 2026, to promote awareness about mental health and emphasise the importance of emotional well-being among the students. The theme, 'It's Okay to Speak', highlighted the significance of expressing feelings, sharing concerns and seeking support without the fear of judgement.

As a part of the celebration, the students of Grade VIII presented a Nukkad Natak. The street play addressed common mental health concerns faced by the students, including stress, anxiety, peer pressure, loneliness and difficulties in expressing emotions. Through realistic situations and impactful dialogues, the students demonstrated how suppressing feelings and ignoring emotional difficulties could affect an individual's well-being.

The performance emphasised the importance of reaching out to trusted adults, parents, teachers, school counsellors and friends during challenging times. It also highlighted the need to listen without judgement, show empathy, respect others' feelings and offer support to those experiencing emotional distress. The students conveyed that difficult emotions are a normal part of life and that seeking help is a sign of strength rather than weakness.

The Nukkad Natak served as an engaging and meaningful medium to encourage open conversations about mental health. It reinforced the message that everyone deserves to be heard, understood and supported, while inspiring the school community to create an emotionally safe and compassionate environment where the students feel comfortable sharing their concerns. It encouraged everyone to break the silence surrounding mental health and uphold the powerful message, 'It's okay to SPEAK'.



DELHI PUBLIC SCHOOL

KAMPTEE ROAD, NAGPUR



It's Okay to Speak – Every Feeling Matters!

Students presented a meaningful skit on “It’s Okay to Speak” before their fellow students, highlighting the importance of expressing emotions openly. Through their thoughtful performance, they encouraged everyone to share their feelings rather than keeping them bottled up. The skit emphasised the value of listening, understanding and supporting one another. It conveyed a powerful message that speaking up is a sign of courage and that every voice deserves to be heard.