



Bal Bharati
PUBLIC SCHOOL
NTPC KHARGONE

An Institution of the Child Education Society (Regd.), Delhi

CLUB ACTIVITY

REPORT

Name of Club: AEP Club

Name of Activity: Promoting Mental Health

Day & Date: Friday, 27th June, 2024

Title: AEP Club Report on Promoting Mental Health for Classes IX & X

Objective:

The objective of the AEP (Adolescent Education Programme) Club's initiative is to promote mental health awareness among students in Classes IX and X. Through a skit presentation, the club aims to explore the changes during adolescence and their effects on mental health, emphasizing peer group dynamics.

Students will collaborate to create and perform skits that depict various scenarios related to adolescence and mental health. Each skit will focus on different aspects such as peer pressure, body image issues, academic stress, and emotional well-being. The skits will be tailored to reflect the experiences and challenges faced by their respective peer groups.

Learning Outcomes:

1. Students will gain a deeper understanding of mental health issues, including their causes and effects, through active participation in creating and performing skits.
2. Students will develop empathy towards their peers' struggles and challenges, fostering a supportive and understanding environment.
3. Through scriptwriting and acting, students will enhance their communication skills, including verbal and non-verbal expression, active listening, and teamwork.
4. Students will brainstorm solutions to the issues presented in the skits, encouraging critical thinking and problem-solving skills.
5. The collaborative nature of the activity will strengthen bonds within peer groups, promoting a sense of belonging and support among students.