

We are thrilled to share that Ahalia Hospital commemorated World Mental Health Day with an inspiring English Elocution competition centered on the topic "How Schools Can Promote Mental Health." Our very own Josephite, Eva Vinod from Grade 8, showcased her exceptional talent and passion for mental wellness, emerging victorious among a competitive field of 30 students from various international schools. Her hard work and dedication truly shone through, and we couldn't be prouder of her achievement!

As parents and students, it's vital to recognize the importance of mental health in our school environment. This event not only highlighted the role of educational institutions in fostering mental well-being but also encouraged our young minds to express their thoughts and ideas. Let's continue to support our students in becoming advocates for mental health, helping to create a nurturing and supportive atmosphere for everyone. Congratulations to Eva for her remarkable win, and thank you to Ahalia Hospital for leading such an important conversation!

