

J.P.M. SENIOR SECONDARY SCHOOL FOR THE BLIND

SESSION – MENTAL HEALTH AWARENESS FOR ADOLESCENTS.

BY - LIGHTS

PROGRAMME NAME – STEP UP 'N' SPEAK

DATE : 21ST AUG 2026.

A programme STEP UP 'N' SPEAK was organized by LIGHTS with technical support of the Institute of Human Behaviour and Allied Sciences (IHBAS) for our school students of class IX and XI . Its focus was on Communication, self-expression, brain health, emotional regulation, peer support and healthy coping strategies. The pressing issues like POCSO awareness, and Cyber Bulling were also discussed.

Following School staff participated in the above mentioned workshop along with the team of LIGHTS.

1. Mrs. Bhupinder Jeet Kaur Lamba – Counsellor
2. Mrs. Seema Arora – Asstt. Teacher
3. Ms. Aaliya Taskeen – SET
4. Mr. Ashutosh Pandey – Asstt. Teacher
5. Ms. Farheen – Asstt. Teacher
6. Mrs. Suman Singh – Librarian

HOS

JPMSSS


Vice-Principal
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