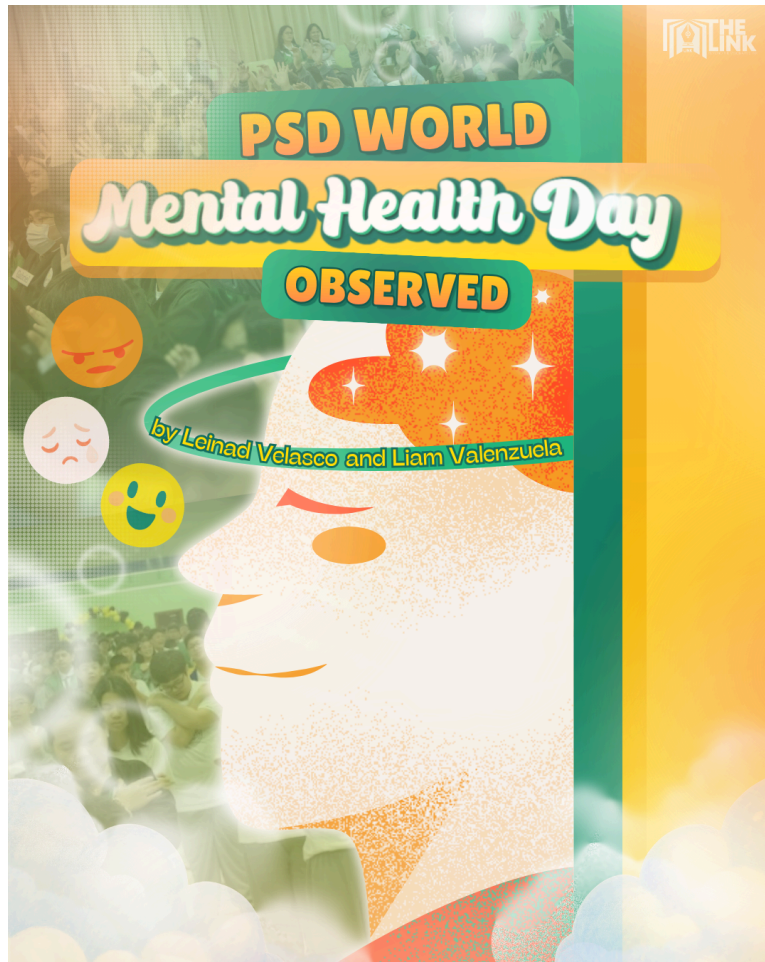




PSD World Mental Health Day Observed

by Leinad Velasco and Liam Valenzuela

Philippine School Doha's **Office of Guidance Services** celebrated *World Mental Health Day* under the theme '*Lived Experiences Heard: Real Voices, Real Change*' at the Edgar V. Bondoc Gymnasium on October 11. The occasion also served as the official launch for the guidance office's new **Project SHINE** initiative.

The program opened with remarks from **J.D. Alexander S. Acosta**, who highlighted the institution's commitment to student well-being assuring their worth and that their whole self is valued as their presence ensures PSD remains a safe school environment stating that

"Your whole self is valued, and your presence and existence in our school would give you an assurance that our school is a safe school."

The core of the celebration was the introduction of **Project SHINE**, an institutional framework designed to guide students toward personal growth and psychological resilience. To ignite

school-wide participation, the Office of Guidance Services introduced a series of creative departmental challenges, each requiring them to utilize 40 percent recycled materials.

The developmental challenges are tailored by department:

Department	Developmental Challenge
Nursery - K2	<i>'Little Seeds, Big Hearts'</i> initiative by creating a Kindness Tree and Growth Tree.
Grade 1 - Grade 3	<i>Collaborative Class Coat of Arms</i>
Intermediate Department	<i>'Mindset in Motion'</i> by constructing a giant coping cube to practice psychological resilience.
Junior High School Department	<i>Structural Class Purpose Pillar</i>
Senior High School Department	<i>'Architect of Tomorrow'</i> by drafting a unified class manifesto.

The event maintained its momentum with a performance from the **JHS Dance Club**, who led the attendees in a dance session. Following the routine, **Dr. Mary Grace E. Singson** introduced guest speaker **Ms. Abegail Fernandez**, who facilitated a mental health workshop focusing on emotional regulation, self-compassion, and practical coping techniques. The session concluded with a guided yoga and mindfulness exercise, allowing students to practice physical relaxation and stress relief methods.

The celebration concluded with **Dr. Caridad Cañete**, **Dr. Noemi Formaran**, and **Ms. Alma Erac** awarding certificates and tokens of appreciation to the guest speaker. Delivering the official vote of thanks, Erac expressed gratitude to the organizers and participants, noting that the gathering filled hearts with powerful insight, renewed empathy, and a deeper understanding of one another mentioning that:

"Our hearts have been filled with powerful insight, renewed empathy, and a deeper understanding of one another."

World Mental Health Day is marked globally every October to raise awareness and reduce social stigma around mental wellness. Schools around the world use the annual observance to promote open dialogue, support student well-being, and build safer learning environments.