

PROGRAM SPOTLIGHT

Mental Health and Well-being

Every mind deserves care, every voice deserves to be heard, and every young life deserves hope

- All centers serving vulnerable children engage part-time psychologists to provide regular mental health awareness sessions and individual counselling.
- Music, dance, yoga, sports, and meditation are integrated into center activities to promote mental wellbeing.
- In 2025–26, CHI partnered with Mpower, an initiative of the Aditya Birla Education Trust, to implement a Mental Health Literacy Program for teachers and a Student Outreach Program for Grades 5–8 at the CHI-Palghar center. Following the success of the partnership, Mpower will extend these programs across all CHI centers in the forthcoming academic year.
- Arts-based activities, supported by Amar Nath Sehgal Pvt. Collection, strengthen social-emotional learning, while awareness sessions with partners such as TribesforGOOD help address mental health-related stigma.

