

Course
&
Test Series

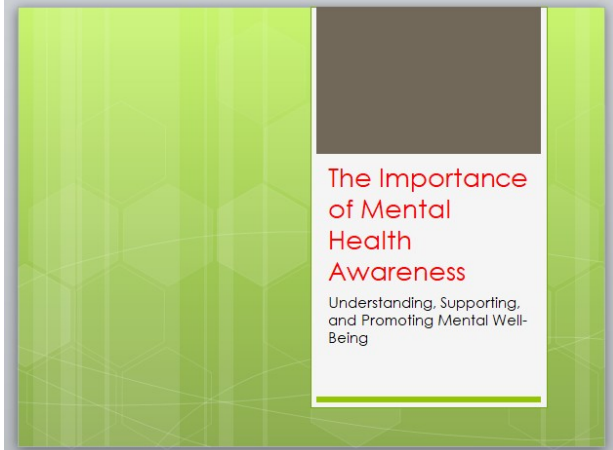
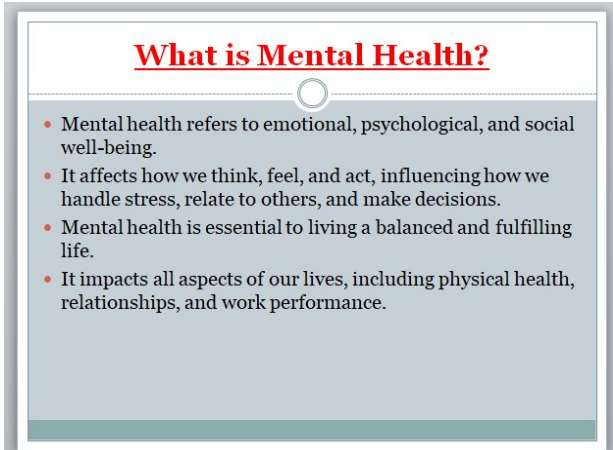

Self-Made Assignment - MS Power Point

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The Power of Mental Health Awareness

-  **CBSE**
-  **ICSE**
-  **NTSE**
-  **Banking & Insurance**
-  **Central Govt. Service**
-  **State Govt. Services**
-  **LAW Entrance**
-  **MBA Entrance**
-  **Railways & Metro Services**
- ...many more**

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	<p>Slide 1: Theme - Austin</p>
	<p>Slide 2: Theme - Civic</p>
	<p>Slide 3: Theme - Adjacency</p>

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<div style="border: 1px solid gray; padding: 10px;"> <p style="text-align: center;"><u>SIGNS OF MENTAL HEALTH ISSUES</u></p> <ul style="list-style-type: none"> Mood swings or changes in behaviour Withdrawal from friends or activities Difficulty concentrating or making decisions Drastic changes in eating or sleeping habits Feelings of hopelessness or guilt </div>	<p>Slide 4: Theme - Apothecary</p>
<div style="border: 1px solid gray; padding: 10px;"> <p style="text-align: center;"><u>WAYS TO PROMOTE MENTAL HEALTH</u></p> <ul style="list-style-type: none"> Self-care practices: Exercise, mindfulness, and relaxation techniques. Seek professional help: Therapy, counselling, and medication when necessary. Build supportive relationships: Surround yourself with positive, understanding people. Community outreach: Support organizations that promote mental health awareness. </div>	<p>Slide 5: Theme - Angles</p>
<div style="border: 1px solid gray; padding: 10px;"> <p style="text-align: center;"><u>Conclusion</u></p> <ul style="list-style-type: none"> Mental health is as important as physical health. Early intervention and support can lead to better outcomes. Together, we can break the stigma and create a more supportive, understanding world for mental health. </div>	<p>Slide 6: Theme - Waveform</p>