



# mind celebrations

PLEDGE

I give importance to my mind as much as I do to my body.

I focus on my Mental health preventively.

I ask myself, how am I really feeling each day.

And its okay to not to feel okay, sometimes.

It's natural to get help for my mind like I do for my body.

I devote time to my mental fitness and hygiene like I do for physical hygiene  
(brushing and taking a bath).

I renew and refuel my energies that harmonize work and life.

I reach out to one person to ask how they are feeling and share my learning.

I believe in the power of each one to reach one to build an Emotionally safe world.

*Kanan c*

Dr. Kanan Khatau Chikhal

*Gurdarshan s*

Gurdarshan Singh

Signature of Commitment