

PSBB SENIOR SECONDARY SCHOOL, SIRUSERI

WORLD TRAUMA DAY

“If we are to nurture and heal, we must admit that the wounds exist”

World Trauma Day is observed on 17th October, with the main objective to learn how to avoid traumatic injuries and how to recover from them in unfortunate situations. It serves as a reminder to the importance of saving and protecting lives during emergencies. This day also highlights the increasing rate of accidents and injuries causing death and disability across the world and educates people on avoiding these traumatic events.

There are several types of trauma that must be addressed such as Bullying, Early childhood trauma, Medical trauma, Loss of a loved one, Physical abuse, Mental abuse, Mental illness etc. The **Apollo Shine Foundation** had organized an event on Trauma, to create awareness among the students on how to cope with them. The Health & Wellness club members attended this programme virtually on 16th Oct., 2021.

The event started with an invocation. “**DON'T BE A BULLY**” was the first item which was an amalgam of both dance and narration in between. It was an eye-opening performance by the students of Sri Sankara Vidhyasharam.

The next event was a skit on “**Pandemic Trauma**” staged by Sunshine Senior Secondary School, which talked about how many people were losing their loved ones due to the Novel Coronavirus by not following proper guidelines given by the government.

The skit on “Road Safety” enacted by Sri Sankara Senior Secondary School, highlighted the importance of following proper traffic rules. Defying the rules can result in the death of a life, especially a breadwinner, leading to a lot of stress among the family, resulting in poverty.

It's a sad fact that each year hundreds and thousands of families go through such traumatic situations, that can be easily avoided by simply following a set of simple rules. At the end of the day, it is our responsibility to ensure our safety and those around us because there is a limit to what the government can do.

The programme came to a close with the Deputy Commissioner of Police, Traffic Planning, Mr. V.K. Surendranath addressing the audience. He advised the students to follow the traffic rules especially the teenagers while riding a two-wheeler with a pillion. He stressed on the rider and pillion investing in a helmet and other safety

gears .The event was an eye opener to those who did not value the simple rules implemented by the government. It also brought an awareness on the importance of mental health .Mental illness shouldn't be ridiculed and must be addressed as any other physical disability. The whole session was informative ,reiterating the fact that a disciplined mind is the safest inbuilt mechanism to deal with trauma.

Don't be a Bully



Rules of the Road are Rules for Life



Shutterbugs

VINAYA VIII B1

P. LAKSHYAVIII B1

PSBB, SRS-

Health&Wellness Club