

From Small Steps to Stronger Bonds

October at GAET Counselling Centre was all about connection, care and community.

Through meaningful discussions, movement-based learning, and cultural celebration, students explored how growth happens when we learn together. Every activity this month strengthened our belief that nurturing the mind, body and heart creates lasting learning.

The Power of Us

This year's Mental Health Week carried a powerful reminder "Community: Supporting Mental Well-being Together." Students discovered how empathy and shared experiences can uplift even the toughest moments. Through guided reflections and interactive activities, they explored that seeking help isn't a sign of weakness, but of courage and self-awareness. The sessions encouraged everyone to pause, unplug and reconnect not with screens, but with one another. The week became a celebration of simple joys: a smile exchanged, a conversation that made someone feel heard, a quiet act of kindness that made a big difference.



Occupational Therapy in Action

This month's focus on Paediatric Occupational Therapy transformed everyday movements into milestones of growth. Students engaged in activities that built balance, focus and coordination from simple stretches to fine-motor challenges, discovering how the body and mind work hand in hand. Each small step became a moment of achievement. Children learned that strength isn't just physical; it's emotional too. Through encouragement and practice, they grew more confident in their abilities one purposeful movement at a time.

Mithai Mela - A Sweet Celebration of Culture and Connection

Nothing brings people together like food and our Mithai Mela did just that! The air filled with warmth and the aroma of tradition as students brought in sweets from their home states from Payasam to Pinni, Sondesh to Sukhdi, Zalibya to Balushahi. Each treat carried a memory, a flavour of culture and a connection to family. What made this event special was how it encouraged children to share their roots proudly while discovering the diversity around them. It was a celebration of belonging where learning, tradition and togetherness came alive in the most delightful way.



Impact Meter

Impact Meter – September 2025



100+

students participated in wellness and therapy-based learning sessions



85%

engagement observed during Mental Health Week's interactive reflections



Noticeable improvement

in focus, coordination, and confidence among students in Occupational Therapy sessions



10+

regional sweets shared during Mithai Mela, promoting diversity and social inclusion

As October comes to a close, we're reminded that our greatest strength lies in what we build together kindness, support and shared purpose. Every smile, every helping hand and every effort to understand one another makes our community stronger and more compassionate.

Warm Regards,
GAET Counselling Centre