

Mental well-being

-Workshops and Activities

Parents

- Post covid check in: A reflective workshop for parents to address increased screen time and to maintain a healthy routine and communication.
- Play is the way: To build academic skills using games
- Parenting Styles and Effective Communication.
- Study skills: For parents of classes 1&2, 5&6.



Students

- Mental Well-being classes:
 - Screen time
 - Bullying with cyber-bullying,
 - Saying No and Listening to No
 - Study Skills & Time Management
 - Sexuality and Relationships
 - Effective Communication
 - Career Assessment
 - Emotional Literacy
- Theatre workshop for students on consent by SriLakshmi Maam.
- Session conducted by School Doctor on health, hygiene, bodily changes in boys and girls with Class VI
- Career Counselling and Career Talks by eminent personalities, universities and organizations.
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Teachers

- **Monthly workshop on “Self and professionalism” by Ms. Gloria Burrett.**
- **Essence of education, professional and institutional responsibilities: Circle Time;**
- **Workshops on team building;**
- **Revisiting circle time practices by Mental Health Department**