

HEALTH AND WELL BEING

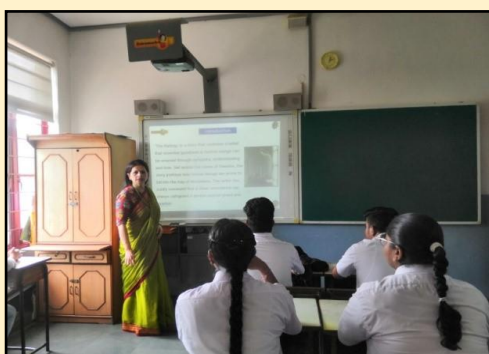
SHISHU SATHEE PROGRAM

It is a part of counselling cell in M.M. Public School that focuses on student's mental health. In MMPS, student undergoes individualized and group counselling session. It gives them a safe time and place to talk to school counsellor which helps students to resolve complicated feelings and recognize unhelpful patterns. In these sessions students identify and address underlying issues contributing to their mental health.

Through this program HOS Mrs. Rooma Pathak aims to empower each child to lead a thriving life with a balance of mind, body and soul.

At M.M. Public School, the main focus goes on—

- Academic support, including organizational, study, and test-taking skills;
- Goal setting and decision-making;
- Career awareness, exploration and planning;
- Education on understanding self and others;
- Peer relationships, coping strategies, and effective social skills;
- Communication, problem-solving, and conflict resolution;
- Substance abuse education;
- Sex education;
- Individual and small-group counseling;
- Individual/family/school crisis intervention;
- Conflict resolution;
- Professional development;
- Consultation, collaboration and teaming; and
- Program management and operation





PSYCHOLOGICAL BOOST PROJECT (PBP)

BOOST is the result of a cooperative effort between different stakeholders in the field of health research, dissemination, education, and policy making. Through the development of an innovative approach, M.M. Public School aims to promote mental health and well-being in the young. Mental well-being is central to population health and well-being. Not ensuring mental well-being can place a great burden on the Individual and society. Therefore, it is important to promote prevention interventions that create resilience with long-lasting effects.

Boost project is a combination of training, personality development and fun activities to help students in building resilience and promote positive coping techniques.

During PBP sessions inspirational talks and interactive sessions are organized for students by speakers and alumni across the nation.

Interaction with dignitaries motivate students and motivated students are more able to adapt learned content to new situation.



***Honorable President
Dr. Pranab Mukherjee***



***Honorable Chief Minister
Ms. Sheila Dikshi***



***Honourable President
Smt. Droupadi Murmu***



Mr. Oscar Fernandes(Union Cabinet Minister of Transport, Road and Highways)



Dr. Kiran Bedi (Ex IPS Officer and Social Activist)



Mr. Dinesh Singh(Former V.C. Of Delhi University)



Ms. Hasleen Kaur (Femina Miss India)



Shri K.K. Venugopal (Attorney General of India)



Ileana Citaristi (Padam Shri recipient Odissi Dancer)



Mr. Prasanna Kumar(Loksabha Member)



Dr. J.P.S. Sawhney (Head of Cardiological Department, Sir Ganga Ram Hospital)



Mr. Ashish Nehra (Cricketer)



Ruskin Bond (Poet)



Dr. Haleema Sadia



Dr. R.K. Kotnala

The alumni's talk session helps students in acquiring knowledge from their seniors who are at present most inspired thinkers & it equip them with a deep understanding of everyday affairs of life.



ADVOCATE CHIRAG



DR. PRABHAT JHA



CYBER SAFETY PROFESSIONAL

LIFE SKILLS

We in M.M. Public School are promoting mental health & wellbeing from preoperational stage.

As we continue to navigate through the modern-day challenges brought about by rapidly evolving technology, globalization, and most recently, a worldwide pandemic, the necessity of equipping our younger generations with practical life skills has never been more glaringly apparent.

M.M. Public School focuses on teaching essential life skills alongside academic subjects. Some key life skills include:

1. **Communication Skills:** Effective verbal and written communication.
2. **Critical Thinking:** Problem-solving, decision-making, and analytical skills.
3. **Collaboration:** Working well in a team, cooperation, and interpersonal skills.
4. **Time Management:** Prioritizing tasks and managing time efficiently.
5. **Emotional Intelligence:** Understanding and managing one's emotions and empathy for others.
6. **Financial Literacy:** Budgeting, understanding money, and basic economic concepts.
7. **Digital Literacy:** Navigating technology, online safety, and information evaluation.
8. **Health and Wellness:** Basics of nutrition, physical fitness, and mental well-being.
9. **Meditation and Mindfulness:** To promote calmness and clarity of mind.
10. **Resilience:** Coping with challenges, adaptability, and perseverance.
11. **Problem Solving:** Approaching problems methodically and finding creative solutions.



CONFLICT RESOLUTION



GOAL SETTING



OVERCOMING FEAR



TIME MANAGEMENT



BODY OWNERSHIP



MINDFULNESS



TEAM WORK



COLLABORATION

Senior students volunteer their services for little MMPIANS, which develops cognitive , inner emotional and psychological wellness among students.



BUDDY SYSTEM

The buddy system in M.M. Public School typically involves assigning students a partner to support each other, fostering a sense of companionship, safety, and teamwork. It's often used during field trips or other activities to ensure students have someone to rely on.

These skills contribute to students' overall development and prepare them for success in various aspects of life.

Teaching functional life skills is crucial for empowering individuals to lead independent and fulfilling lives. These skills are particularly important for individuals with disabilities or special needs as they contribute to increased autonomy and inclusion in society.



Functional Life Skills refer to the practical abilities and knowledge that individuals need to navigate daily life successfully. These skills are essential for independent living and often include:

1. **Personal Hygiene:** Knowing how to maintain cleanliness and personal grooming.
2. **Nutrition and Meal Preparation:** Understanding basic nutrition and being able to prepare simple meals.
3. **Money Management:** Budgeting, handling money, and making financial decisions.
4. **Household Chores:** Performing tasks such as cleaning, laundry, and basic home maintenance.
5. **Time Management:** Organizing tasks, setting priorities, and managing time effectively.
6. **Communication Skills:** Expressing oneself clearly and understanding others.
7. **Problem Solving:** Identifying issues and finding practical solutions.
8. **Transportation Skills:** Navigating public transportation or driving safely.
9. **Safety Awareness:** Being aware of personal safety and emergency procedures.
10. **Social Skills:** Interacting with others, building relationships, and understanding social cues.



Teaching functional life skills in the school is crucial for empowering individuals to lead independent and fulfilling lives. These skills are particularly important for individuals with disabilities or special needs as they contribute to increased autonomy and inclusion in society.

Remedial classes are additional instructional sessions or courses designed to provide extra support to students who are struggling with specific academic subjects. These classes aim to help students catch up to their peers by addressing gaps in their understanding or skills. Remedial education is often offered in various forms, including:

1. **Math Remediation:** Extra classes to improve mathematical skills.
2. **Reading and Writing Support:** Assistance for students struggling with literacy skills.
3. **Language Remediation:** Focused on improving language proficiency.
4. **Study Skills Classes:** Teaching effective study habits and organizational skills.
5. **Specialized Intervention Programs:** Tailored support for students with learning disabilities.
6. **Test Preparation Courses:** Helping students prepare for standardized tests.
7. **English as a Second Language (ESL) Programs:** Supporting non-native speakers in language acquisition.

Remedial classes are intended to bridge the gap between a student's current academic level and the expected proficiency. They play a crucial role in providing personalized attention and support for students who need it.

MENTAL HEALTH (PARENTS, STUDENTS AND TEACHERS)

UNLEASH YOUR TRUE POTENTIAL TO

REACH HIGHER----- →SEE FURTHER----- →SHINE BRIGHTER

MMPS regularly conduct seminars for students, parents and teachers to help them work on the constraints & concerns which have multiplied and become apparent especially due to current crisis arising after COVID19 outbreak.

Counselling Department of M.M. Public School provide parental counselling sessions to help promote healthy relationships between parents and children like positive parenting, Handling adolescence etc.

The counsellor and coordinator regularly keep in touch with the students and parents to ensure that they are there when required. The counselling workshops organized by M.M. Public school helps the students to become aware and unleash their hidden

skills. It is not about being perfect, it is about putting efforts for the transformation to happen.

MMPS has extended its outreach to teaching and non teaching staff, conducting overall work-life balance to understand and support mental health of all employees.

MMPS keeps organizing workshops like COPING WITH STRESS, EMOTIONAL MANAGEMENT, and EHICS AND INTEGRITY etc. for all staff members.



PARENT TEACHER CONSULTATION

Parents also hold consultation with the Teachers/counsellor/coordinator and share their concerns about the progress of their wards and plan special academic projection if needed.

