



BLUE BIRD HIGH SCHOOL
**MANODARPAN- MENTAL
HEALTH AND WELLNESS CLUB**



VISION

To provide culturally competent, holistic, and wellness focused services that **promote** children's social-emotional development, **prevent** development of mental health challenges, and **address** social-emotional problems that currently exist.

MENTAL HEALTH

Look after your mental health. Spend time each week to practice some self care



EXERCISE

Engage in regular cardiovascular exercise



BREATHE

Take time to breathe and slow down



HYDRATION

Keep topped up regularly through the day to help your brain and body out



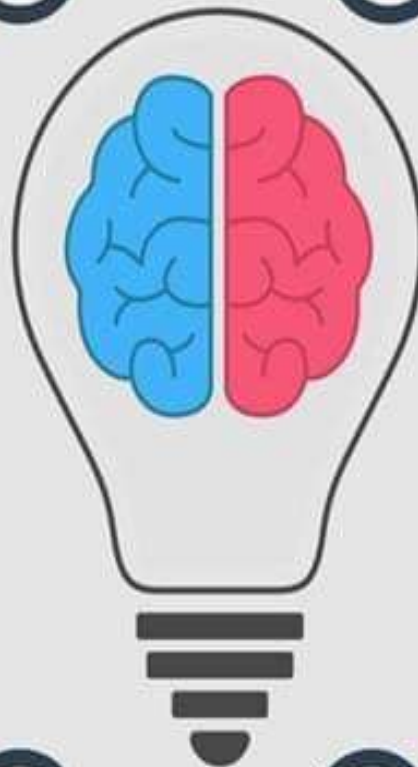
HABITS

Maintain healthy habits. Don't smoke or drink excessively



SLEEP

Aim for 7-9 hours of sleep per night



CHALLENGE

Engage in mentally challenging activities



LEARNING

Keep learning and engaging your brain with new and exciting content. Why not join a new class or course?



DIET

Eat a well balanced diet and make sure you don't skip meals



CONNECT

Stay socially active. Keep in contact with friends and family



ACTIVITIES CONDUCTED BY MANODARPAN –MENTAL HEALTH AND WELLBEING (2023-2024)

COLOURFUL DISPLAY BOARDS

The students of classes 3rd and 4th made different colourful smileys and emojis by using different innovative ideas. Students have decorated their display boards by making smileys. A happy classroom is beneficial for teachers as well. When students are happier, they work harder, learn more and retain information longer.



WORLD HEALTH DAY

7th April, 2023

Raising awareness about physical health and mental wellbeing, and various measures to combat global health challenges, our school organized a special assembly to mark the importance of Health and wellness. Various activities were organized for the students of Classes Nursery to V to highlight the significance of the issue of good health and well-being. A very informative and significant talk was delivered by the doctor of the school where she shared the important points regarding the role of balanced diet. The tiny-tots brought the healthy tiffin and the students of classes III to V participated in safe hand wash activity.



GROUP DISCUSSION

29th April, 2023

Our school organized an online counselling session in school premises for the students of Classes VI to XI on 'Mental Health Awareness'. The guest speaker Ms. Nupur (Professor, Home science College, Chandigarh) emphasized on meaning and importance of Mental health. In her talk she also addressed some ways to practice 'Positive Mental Health' which marked the key feature of the session. An open house was given to all at the end of the event where students and teachers actively participated, by putting their queries in front of the guest speaker, which were answered collectively by Ms. Nupur the guest speaker, Principal of the School, Ms. Vandna Bhatnagar, and the School counsellor. The session was an eye opener for many and students could understand that our mental health is as important as our physical health is.



LIFE SKILLS- SCHOOL CINEMA

29th April, 2023

Life skills are essentially those abilities that help promote overall wellbeing and competence in young people as they face the realities of life. As adolescence is a vital stage of growth and development, that marks the period of transition from childhood to adulthood. It is characterized by rapid physiological changes and psychosocial maturation. Adolescence is also the stage when young people extend their relationships beyond parents and family and are intensely influenced by their peers and the outside world in general. In order to help our students to adapt and adjust well with the changing demands of society, our School emphasizes on life skills education as an integral part of entire education system. School Cinema becomes an integral part of class timetable from class VI to XI. Every Film watched by students are motivating them to meet the daily challenges of life.



(ANGER FREE ZONE UNDER MANODARPAN CLUB)

6th May, 2023

In this zone everyone has to manage anger and this not only includes students but also teachers parents and other instructors the elders for little one so they are able to managed supressed emotions .some ways to promote includes smiling genuinely and responding to greeting each other. As part of this initiative schools have been asked to take up exercise with children to help them overcome their own anger issues and also empower them with tools so that they can help others overcome their anger issues .The CBSE has all schools affiliated to it to become anger free zones where everyone teachers parents and administration staff will try to manage their anger to set an examples for children and teach them the value of freedom from anger this will help students become mentally active and emotionally healthy and they would go back home charged and happy CBSE mandatory reserve one period per day for health and physical education and also integrate various forms of art while transacting the curriculum for all classes. Anger is a human emotions with physical and psychological components .It evolved with human as part of our fight or flight mechanism. Anger helps us understand that we feel wrong and give us an urge to put things right.



WORLD LAUGHTER DAY (7th May, 2023-Sunday)

8th May, 2023

World Laughter Day was celebrated by the Primary Wing of our school. The celebrations commenced in the morning assembly where students recited “Hasaya Kavita”, which initiated happiness around and the gleaming faces of the children made everyone’s day. Fun activities like laughter yoga, making a clown’s cap and cape and making funny cartoon character’s mask were organized which made them roll with laughter. Children participated in laughter yoga and made funny faces. They were enlightened by the fact that laughing at oneself is the bravest thing to do. The whole day was full of joy and happiness for the children.



AWARENESS FOR SAFE AND UNSAFE TOUCH

9th May, 2023

The concept of good and bad touch was explained to the students of classes 2nd to 4th by the school counselor by giving example. After which a small video for awareness regarding safe and unsafe touch was shown to the students .They were adviced in the end to tell everything to their parents even if they might get scolded for it.The students understand the concept about which was explained to them in simplified manner by showing movie 'Komal' followed by question answer round. They also learnt to handle strangers and say 'No' to unwanted touches by running away. At the end of the session Principal Mrs. Vandna Bhatnagar also encouraged and instructed students to follow all the information shared through the movie as well as the counselor.



WORLD YOGA DAY – YOGA SESSION

21st June, 2023

A few minutes of yoga during the day can be a great way to get rid of stress that accumulate daily in both the body and mind. Pranayam and meditations are effective techniques to release stress .The physical instructor ,took yoga session with great dedication. The session concluded with an interactive session between the instructor and the teachers in which the queries of the teachers were addressd satisfactory. At the end of the session Principal Ms. Vandna Bhatnagar encourages all that the daily practice is essential to help us stay physically fit, mentally balanced, spiritually connected, and emotionally strong.

