

In Pursuit of Happitude

Championing
Mental Health and
Well-Being



Bal Bharati
PUBLIC SCHOOL
DWARKA



(Suruchi Gandhi)
Principal

Dear Parent,

Student Happiness Quotient has been the hallmark of education at BBPS, Dwarka. We place student well-being and gaiety at the heart of school ethos and culture. Being cognizant is no longer a prized skill for students but having the right attitude towards challenges of life is. Undaunted by the lockdown, we have relentlessly pursued our students well-being. Our initiatives in quest of Happitude include:

- **Small Steps Forward:** Our online one-on-one counselling initiative utilizes digital avenues to provide counselling to emotionally vulnerable and at-risk children confined at home.
- **Group Counselling Webinars** for students fosters emotional regulation skills, self-acceptance and helps them manage anxiety and stress during these challenging times.
- **Career Counselling sessions** have been conducted by eminent Career Counsellors and School counsellor to effectively utilize the lockdown.
- **Digital learning support and remedial sessions** for children with special needs. Psycho-education for parents of CWSN to help them reach out to their children and cater to their learning and emotional needs.
- **Educator Well-being-** Our teachers have been no less than Super Heroes during these challenging times. Our well-being initiative sensitizes and empowers them to take charge of their happiness and health.

Our Digital Initiatives have not only introduced our children to a new way of life but also revealed to them a rainbow of possibilities.



BAL BHARATIANS TAKE ON THE LOCKDOWN



Being Happy is
Being Healthy



Dear Parents,

We are all living under extraordinary circumstances. Though challenging, it also has the potential to bring out the best in us and cultivate positivity and happiness in our life.

Utilize this time to locate constellations in the night sky, witness the grandeur of sunrise, reading books with kids and make them feel loved, accepted and valued above all.

The school has proactively taken steps to effectively engage children and foster their well-being. Career Counselling workshops and Life skills sessions are being conducted. We urge you to make the most of these initiatives.

Keep sane — be positive.

(Vinita Dhawan)
PGT Psychology



Dear Parents,

As children are homeschooled due to COVID-19, there are many advantages to this approach: it offers you a lot of flexibility in setting up a learning environment conducive to your child's style, and it allows you the freedom to adapt lessons and curriculum to fit your child's specific needs. However, there are certainly a number of challenges as well. It can be demanding and stressful at times. Often, devoted parents work and worry themselves into a frenzy and experience the classic symptoms of burnout: fatigue, illness, anxiety, stress, etc. Don't let this happen to you. It may all seem overwhelming, but there's no need to worry too much. Just take things one step at a time, seek out help when you need, and trust yourself. You can do it!

There is a wonderful saying that “Teach me the way I learn, not learn the way I teach” and this is the time to execute the same.

(Deepthi Sharma)
Special Educator



Lead Mentor: Ms. Suruchi Gandhi (Principal)

Content Contributor: Ms. Vinita Dhawan, Ms. Deepthi Sharma

Layout and Designing: Mr. Sanjeev Kumar