

BUILDING HEARTS..... CONNECTING CHILDREN
MENTAL HEALTH & WELLNESS PROGRAM

Annual Life Skills & Wellbeing Program : Nursery-XII

Universal principles of Satya, Ahimsa, Achaurya, Brahmcharya and Aparigraha are a way to lead stress free, peaceful and happy life. The purpose of Mental Health & Wellness program is to help our young learners to be able to be **happy beings**.

Lord Mahavira says:

"The soul is like a mirror, covered in dust (karma). You cannot just wait for the dust to fall off-you must clean it actively through austerity, mindfulness, detachment and meditation. This cleaning is nirjara and when done completely, the soul becomes free, pure and omniscient."

Nurturing minds building hearts and growing responsible citizens-everyday

MONTH	THEME	CLASSES	SUB-THEMES
APRIL- MAY	Mental Welbeing (मानसिक कल्याण)	Nursery- IV	<ul style="list-style-type: none"> • Mindful Breathing (सचेतनता) • Breathing Activity • Understanding Emotions • Helping others & Practicing Forgiveness
		V-VIII	<ul style="list-style-type: none"> • Mindful Breathing (सचेतनता) • Niyamit Dhyam • Understanding Emotions • Jeevan Vigyan • सेवा और दान • Practicing संयम & Aparigrah • जीवन कौशल (Life Skills)
		IX-XII	<ul style="list-style-type: none"> • Mindful Breathing (सचेतनता) • Dhyaan & Kayotsarg • Pranayam • Feelings & Emotions • सकारात्मक दृष्टिकोण और आत्म-विकास • भावनात्मक बुद्धिमत्ता (Emotional Intelligence)
JULY- AUGUST	Physical Wellbeing (शारीरिक कल्याण)	Nursery- IV	<ul style="list-style-type: none"> • सात्विक आहार • Jeevan Vigyan & Yogasanas • नियमितदिनचर्या • प्रकृति से जुड़ाव
		V-VIII	<ul style="list-style-type: none"> • सात्विक आहार • जैविक घड़ी (Biological Clock) • नियमितदिनचर्या • Yoga & Asanas • प्रकृति से जुड़ाव & Sewa
		IX-XII	<ul style="list-style-type: none"> • सात्विक आहार • जैविक घड़ी • Jeevan Vigyan & Yogasanas • प्रकृति से जुड़ाव & Sewa
SEPT.- OCT.	My safe world: Wellbeing, safety & Responsible Choices	Nursery- IV	<ul style="list-style-type: none"> • Feeling Safe • Understanding Safe/Unsafe situations • Seeking help
		V-VIII	<ul style="list-style-type: none"> • Personal safety • Peer Influence • Digital responsibility
		IX-XII	<ul style="list-style-type: none"> • Holistic safety • Ethical and digital decision making
NOV.- DEC.	कृतज्ञता, आनंद और परहित	Nursery- IV	<ul style="list-style-type: none"> • Happiness • Gratitude • Sharing joy & belonging
		V-VIII	<ul style="list-style-type: none"> • Growth mindset • Empathy & Gratitude • Teamwork & Social bonding
		IX-XII	<ul style="list-style-type: none"> • Gratitude • Joy and Happiness • Social connection
JAN.- FEB.	Reflection-Looking Within	Nursery- IV	<ul style="list-style-type: none"> • Self-confidence-Strength & Weakness • Recognising growth • Readiness for next class
		V-VIII	<ul style="list-style-type: none"> • Self-reflection • SWOT Analysis • Goal setting & change readiness
		IX-XII	<ul style="list-style-type: none"> • Identity • SWOT Analysis • Decision making & future readiness