



DELHI PUBLIC SCHOOL

SECTOR-102A & 103, DWARKA EXPRESSWAY, GURUGRAM

— UNDER THE AEGIS OF DELHI PUBLIC SCHOOL SOCIETY —



Why is mental health important in School?

"Each child is wired and inspired differently."

This timeless quote encapsulates the notion that every individual possesses a unique potential, a distinct combination of talents, interests, and capabilities. Beneath the surface, they carry an inherent goodness, a natural inclination to learn, grow, and contribute positively to the world around them. However, the rapidly evolving landscape of today's fast-paced world, marked by technological advancements and constant changes, can present challenges that hinder the realization of this inherent potential which is often marred by the pressures, anxieties, and uncertainties that modern life brings. Thus, it becomes imperative to provide the necessary support and resources to nurture the well-being of each child.

To help students unlock their full potential, Mental Health Department of DPS, Dwarka Expressway proudly runs the school mental health program "Drishti". Drishti offers students a profound opportunity to delve into self-discovery and a deeper understanding of others. By catering to the needs of every stakeholder, including students, parents, the leadership team, educators, and supporting staff, the program orchestrates various workshops, discussions, and experiential activities. The ultimate goal is to equip these stakeholders with tools for mindfulness, happiness, and holistic well-being while providing a secure and open space for sharing.

For students, the program extends beyond individual counseling sessions. It introduces an array of initiatives designed to raise awareness and sensitize young minds to the nuances of mental health and wellness. Regular mental health assemblies, comprehensive wellness modalities, and engaging workshops are conducted, creating a safe space for students. The circle sessions, facilitated by counselors, foster empathy and active listening among students through group discussions on diverse topics.

Simultaneously, the "Buniyad" parent partnership program aims at collaborating with parents to leverage the skills and wisdom of the esteemed parent community. Recognizing the challenges of parenting in the modern era, enriching parenting workshops are organized to assist parents in comprehending and managing their children effectively.

As we strive to keep pace with the times, a series of relevant initiatives are introduced, including the "Settling In" curriculum, Personality Development curriculum for 21st-century students, Career Conclave, and Mental Health Week celebrations. These initiatives offer more than just life skills; they instill compassion and understanding, molding individuals who are well rounded and prepared to excel personally and professionally.

In addition to our dedicated efforts towards students' well-being, our program extends its impact to the parent and educator communities. Recognizing the pivotal roles parents and educators play

in shaping a child's development, we offer a range of initiatives to support and empower them. Enriching parenting workshops are thoughtfully designed to enhance their understanding of their children's needs and foster strong parent-child relationships.

For educators, we provide tailored workshops and discussions that focus on enhancing their understanding of students' emotional needs, equipping them to create a more inclusive and empathetic learning environment.

As we stand at the intersection of their aspirations and the challenges they face, let us be the guiding light that illuminates a path to self-discovery, empathy, and resilience. By embracing the power of tailored support and fostering an environment of understanding, we empower our students and stakeholders to not only flourish academically and professionally but also to radiate positivity and compassion in all facets of life.

ADMISSIONS OPEN FOR ACADEMIC SESSION 2024-25

KNOW MORE ABOUT THE SCHOOL

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