

**JAIN BHARATI MRIGAVATI VIDYALAYA**

JMV/2021-22/Cir.No.9

Date: 11-05-2021

Dear Parents,

Namaskar,

**BUILDING HEARTS.....CONNECTING CHILDREN**

**The key to being happy is knowing you have the power to choose what to accept and what to let go**

“Mental health” refers to how people think, feel and act as they face life’s situations. Our mental health affects how we handle stress, relate to one another and make decisions and mental health influences the way individuals look at themselves, their lives and others in their lives. Like physical health, mental health is important at every stage of life.

All aspects of our lives are affected by our mental health and protecting our children’s mental health is a natural part of our parental obligation. Caring for our children—emotionally as well as physically—is critical to their daily lives and their independence.

In these turbulent and unprecedented times when we are surrounded by the COVID-19 pandemic, the issue of mental health is not only relevant but crucial. It has had a major effect on our lives. Many of us are facing challenges that can be stressful and cause strong emotions in adults and children.

Faced with new realities of working from home, online classes and lack of physical contact with other family members, friends and colleagues, it is important that we look after our mental, as well as our physical health.

It is evident that our children are also sometimes not able to cope with this situation and they need someone to hold their hands and help them to come out of this situation.

We in JMV realise the importance of catering to the emotional needs of our students, the need to be heard and understood to bridge the gaps that the unprecedented situation may have created in their lives. So we have designed the program- Building Hearts.... Connecting Children.

Through this program our team of teachers aims to help the children to attain the sense of security and happiness which somewhere has got submerged in the present scenario. Students as well as the parents will be able to talk to the teachers on one to one basis to help them vent out their fears and insecurities to create a system of support and solidarity. Together we will learn healthy ways to empathise with each other.

The schedule for the online counselling sessions will be as follows-

<b>S.NO</b>	<b>DAY</b>	<b>NAME OF THE TEACHERS</b>	<b>TIMINGS</b>
1	Monday	Ms Geetika Trivedi Ms Sangeeta Nain	2:00-2:30pm 2:30-3:00pm
2	Tuesday	Ms Himanshu Manchanda Ms Kavita Mann	2:00-2:30pm 2:30-3:00pm
3	Wednesday	Ms Sarika Verma Ms Riti	2:00-2:30pm 2:30-3:00pm
4	Thursday	Ms Savita Pawar Ms Preeti Chawla	2:00-2:30pm 2:30-3:00pm
5	Friday	Mr Rakesh Atri Ms Renu Singh	2:00-2:30pm 2:30-3:00pm
6	Saturday	Ms Saroj Rana Ms Visalakshy S	2:00-2:30pm 2:30-3:00pm

Contd.-2-

Please follow the same link for all days –

MS TEAMS LINK-

[https://teams.microsoft.com/l/meetup-join/19%3ameeting\\_MDhhOWI3MTYtN2Q4NC00NjU2LWIyZWVh%40thread.v2/0?context=%7b%22Tid%22%3a%228b4fe6ec-9242-4065-bf3a-cc181784df63%22%2c%22Oid%22%3a%2204a18706-a665-40cf-82cd-dcafe1bb4b55%22%7d](https://teams.microsoft.com/l/meetup-join/19%3ameeting_MDhhOWI3MTYtN2Q4NC00NjU2LWIyZWVh%40thread.v2/0?context=%7b%22Tid%22%3a%228b4fe6ec-9242-4065-bf3a-cc181784df63%22%2c%22Oid%22%3a%2204a18706-a665-40cf-82cd-dcafe1bb4b55%22%7d)

Warm Regards,

Educationally yours,

Anupma Bhardwaj  
Principal