



BUILDING HEARTS..... CONNECTING CHILDREN

**A JAIN BHARATI MRIGAVATI VIDYALAYA
INITIATIVE**

BUILDING HEARTS CONNECTING CHILDREN



A JAIN BHARATI MRIGAVATI VIDYALAYA INITIATIVE



BUILDING HEARTS ... CONNECTING CHILDREN

**IT IS A PROGRAM IN WHICH SERIES OF
COUNSELLING SESSIONS ARE
CONDUCTED BY THE VIDYALAYA
TEACHERS IN WHICH STUDENTS GET
GUIDANCE TO COPE UP WITH THEIR
SOCIO-PSYCHOLOGICAL AND
PERSONAL PROBLEMS.**



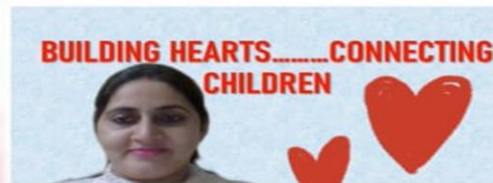
INCEPTION OF BUILDING HEARTS...

CONNECTING CHILDREN

- ❑ UNPRECEDENTED TIMES OF PANDEMIC INTERRUPTED THE DIRECT CONTACT WITH STUDENTS.
- ❑ BUILDING HEARTS...CONNECTING CHILDREN CAME INTO EXISTENCE IN OCTOBER 2020.
- ❑ SINCE THE INCEPTION, THIS PROGRAM HAS HELPED A LOT OF PARENTS WITH STUDENTS TO REMAIN CALM AND POSITIVE IN THE PERIOD OF RANDOMNESS.

JAIN BHARATI MRIGAVATI VIDYALAYA

BUILDING HEARTS... CONNECTING CHILDREN



PREVALENT CHALLENGES

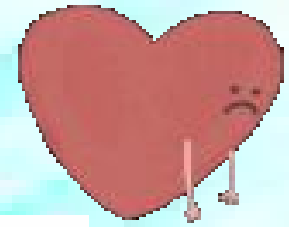
- *ACADEMIC PERFORMANCE*
- *BULLYING*
- *BEHAVIOURAL PROBLEMS*
- *PEER PRESSURE*
- *COPING WITH STRESS*
- *ANGER MANAGEMENT*
- *COPING WITH SELF
AND
PARENTAL AMBITIONS*



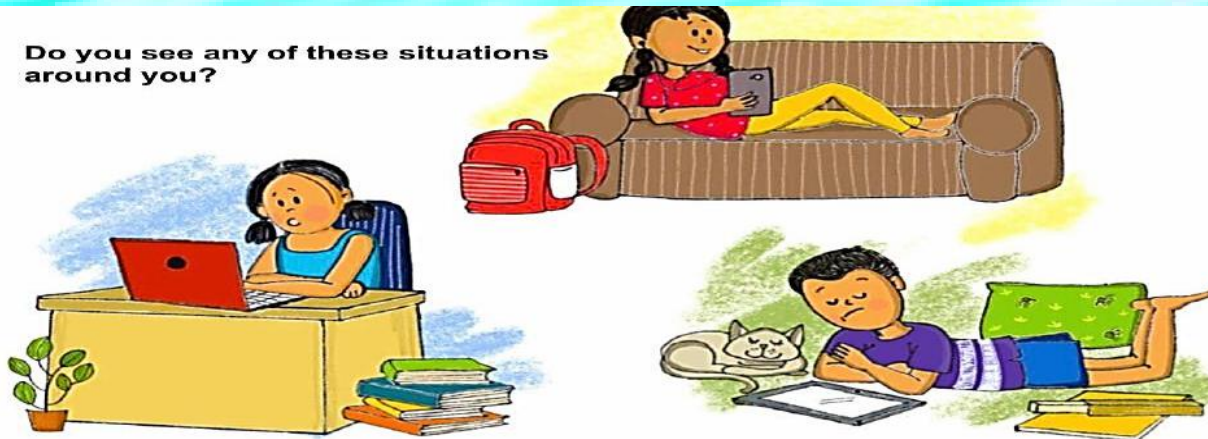
CONSIDERABLE RISKS TO PONDER DURING PANDEMIC

COVID IS NO LONGER A PHYSICAL DISEASE ONLY, IT IS AFFECTING OUR PSYCHOLOGICAL WELL BEING TOO!

- ✓ **APPREHENSIONS ABOUT SCHOOL, CAREER AND FUTURE.**
- ✓ **HIGH RISK OF OVERUSING CELL PHONE AND OTHER INTERNET DEVICES.**
- ✓ **CYBER THREATS.**
- ✓ **ANXIETY /EMOTIONAL OUTBURSTS.**



Do you see any of these situations around you?



OBJECTIVE OF THE PROGRAM

ATTAINS SENSE OF SECURITY AND HAPPINESS

SYSTEM OF SUPPORT AND SOLIDARITY

EMPATHISE WITH EACH OTHER



WE AT JMV HAVE BEEN FACILITATING STUDENTS IN NEED THROUGH -

- PEER EDUCATOR PROGRAM
- ADOLESCENT COUNSELLING
- COUNSELLING SESSIONS ON GENDER SENSITIVITY, AGGRESSIVE TENDENCIES AND SENSIBLE USE OF TECHNOLOGY, TIME MANAGEMENT *etc.*



- SESSIONS BY SPECIAL EDUCATORS AND TEACHERS' TALK.

MODUS OPERANDI (PROCEDURE)



❑ *DAILY COUNSELLING SESSIONS-*

2:00- 3:00PM

❑ *WEEKLY SPECIALISED ON:-*

➤ **BREATHING**

➤ **DIET**

➤ **SLEEP**

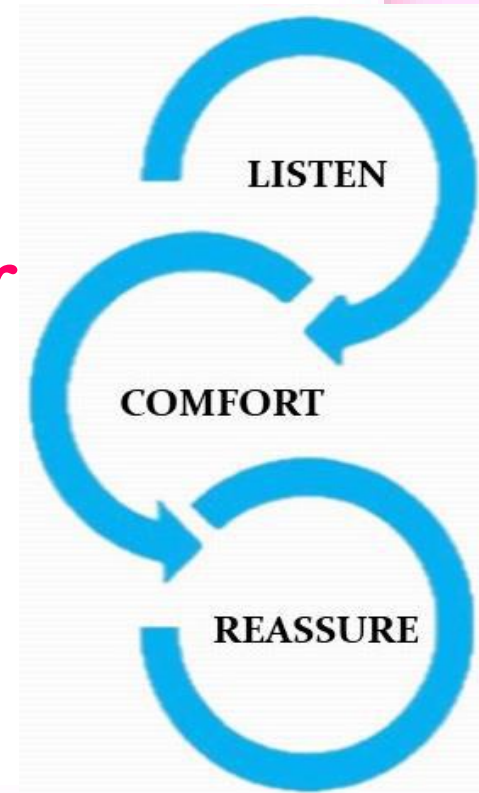
➤ **MEDITATION**

➤ **ADOLESCENT ISSUES RELATED TO BOYS AND GIRLS.**




OUR COMMITMENTS

- ❖ *CONFIDENTIAL AND SAFE SPACE*
- ❖ *UNCONDITIONAL LOVE AND ASSISTANCE*
- ❖ *ASSERTIVE COMMUNICATION*
- ❖ *EMPATHETIC LISTENING*
- ❖ *TRUE TO LIFE COUNSELLING*
- ❖ *PERSONALISED APPROACH*



DEAR PARENTS AND TEACHERS
IT'S TIME TO CELEBRATE..(THINK)



Children will listen
to you
after they feel
listened to.
Jane Nelsen

**DISTRESS IS TO DE-STRESS IS OUR AIM.
INSTANT REDRESSAL OF YOUR PAIN.
NEVER HESITATE TO SHARE YOUR GRIEF.
GO AHEAD TO SHARE AND GET RELIEF.**



THANK YOU!

