



## GURUKUL THE SCHOOL , GHAZIABAD

### Adolescent Peer Educators Leadership in Life Skills , Health and Wellbeing Programme

In lieu of the vision of CBSE to assimilate the **Life Skills, Holistic Health & WellBeing** into the gross fabric of curricula an array of pursuits were masterminded by **Gurukul The School** that has enabled the institution to embrace the 'new normal' and has even strived to ensure the overall wellbeing of its pupils by touching every sphere of their lives. **Story-telling sessions, Good touch-Bad touch, Values and Gratitude** activities take precedence among other pursuits. To take a break from daily online academic sessions, **Virtual Watercooler** recreations were spontaneously organised to give voice to their muddled thoughts.

Apart from sports curriculum activities, **Yoga and meditation** have become well-inscribed in a student's timetable. **Emotional Wellness Activities** which include gratitude journals and affirmations have become a regular practice in a student's life so that the students can deal with difficulties and dilemmas with an optimistic approach. Every week numerous sessions are conducted so that students are reminded that life will always throw obstacles in their way but all these experiences will pave the way for a larger interest to be realised. Student and parent interactions with their teachers are called "**Sunshine Calls**" to reflect on a child's mental health throughout the week. This helps students to get their bothersome ruminations off the chest so that their wings, which are meant to soar high, are not weighted down due to emotional baggage and anxiety. Also, in order to ensure that no student feels alone, a **buddy** is introduced for a newly admitted student of the same class who helps the child to get accustomed to his/her surroundings comfortably. The system is curated to exchange help, support in problems, and have an interactive discussion with peers. The concept of "**Enlightening Mondays**" has also been brought to the forefront, wherein attention is drawn towards commonly faced issues by teenagers and adolescents and to raise awareness on how to deal with them effectively. The efforts undertaken by the team include showcasing topic related awareness videos and posters which are then posted on Google Classroom every Monday. The terms are decided in alphabetical order and so far ventures have been carried out to cover topics such as **Assertiveness, Body-Shaming, Cyber Bullying, Decision Making and Empathy**. This helps not only in promoting mental health but also in identifying the issue and acknowledging it in the first place. A special email ID to reach out to peer educators has also been generated to receive **suggestions and feedback** from the students regarding the peer education program and to communicate & resolve any of their potential obstacles. It is open to any kind of recommendation, musings, and support. The peer educators also **personally reach out** to the students to strengthen personal connection and promote ease of communication within the student community . As the students these days are more active on social media platforms, an **Instagram account** has also been set up to bridge the generation gap. This would facilitate communication with more students in creative ways and expand the reach of Mental Health to all homes. Apart from all these enterprises taking place in



the school regularly, the peer educators group is committed to the welfare of all the students and is always working towards the betterment of mental, physical and emotional well being. We were and are able to successfully accomplish all our goals with the direction and guidance of our honourable Principal, Mr. Gaurav Bedi and the school management along with the peer educators involved in making the society a better place to live.

