

# PRESIDIUM INDIRAPURAM

## Initiative for Enriching Life Skills, Holistic Health and Wellbeing

We at Presidium Indirapuram firmly believe that knowledge alone cannot bring the child success. Essentially, to live a happy and fulfilling life, one needs emotional strength. The school vision has always been for **'EDUCATION FOR LIFE', which is a combination of Academics, Life Skills and Talent**. Our Life makers, which includes a team of experts like counsellors and psychologists, transform the lives of the students, their parents and teachers through a structured curriculum – that is full of interesting activities which cater to a child's EQ (Emotional Quotient), SQ (Social Quotient), and IQ (intellectual Quotient).

As a part of our consistent efforts to further the cause, school has been a host to multiple workshops on a wide range of topics ranging from **Gender Sensitivity** to **Say No to Drugs by Red Cross** and **Being Cyber Law Literate by Mr. Rakshit Tandon**. Within the school itself, our 30+ Peer Educators attended various workshops across schools participating in



discussions on various topics - My Emotions, My Responsibility, Self-Harm and Creative and Critical Thinking. In addition to spreading awareness among their peers, our students also represented our school and spread awareness on **'Menstrual Hygiene for Rural Girls and Women'** under **Swachh Bharat Abhiyaan**, an initiative by Ghaziabad administration.

Additionally, our Peer Educators have continued to assist young people in developing their knowledge, attitude and skills that are necessary for inculcating positive behaviour. In tandem with the CBSE comprehensive school health initiatives, they participated in the **Expressions India Mind Smart** series. Having learnt about Life Skills, Value Education, Attitudes, Health & Well-being of an adolescent, a 'Suggestion Box' is put up outside the Counselor's room for students who may hesitate to come forward and ask for help directly. It enables them to reach out through anonymous messages and communicate their thoughts.

In the face of adversity, given the pandemic, the importance of mental well-being was felt more than ever. Adapting to the rapidly changing and uncertain times over the past one year, our Peer Educator sessions were conducted online. With regular discussions through webinars like **Samvedna- Dealing with Loss and Grief**, **Life skills Education- Inculcating Resilience**, **Mind Your Mind- Mindfulness**, **Story Narration and Adolescence and**

**Relationships, and engaging activities like Art Therapy Workshops, Painting Competitions on Themes of Mental Health and Live Question-Answer Sessions with experienced Psychologists,** the objective has always been to contribute towards mental



health alleviation and provide training in teaching-learning strategies to cope with the challenges around.

As a school, we are working towards creating a brigade of aware, responsible and empowered individuals who steer the way forward.

Warm regards

**Ms. Manvinder Kaur**

**Offg Principal**