



# MANAVRITI

**Nurturing Mental Health  
and Emotional Growth**

**Manav Rachna International School  
Sector 46, Gurugram**



# FROM THE PRINCIPAL'S DESK



In today's age of machines and artificial intelligence, what sets humans apart is our ability to connect and emote. Hence, the journey towards social emotional learning and well-being of our young learners has become more crucial than ever.

A sound emotional state enables children to engage meaningfully in learning, build healthy relationships, and cope with life's adversities with confidence. One of our endeavours towards nurturing mental health and well-being is 'Manovriti'- aimed to empower students to build self-awareness, empathy, and effective coping mechanisms. With a team of experienced counsellors, regular workshops and collaborative sessions with parents, we remain committed to exploring innovative approaches and creating an environment where every student feels seen, heard, and valued.

We urge parents to reach out to our counseling team or school staff whenever they observe signs of distress, behavioral changes, or any concerns regarding their child's emotional health. Together, we can identify challenges early and address them effectively. By working hand in hand, we can ensure that our students grow into confident, resilient individuals, ready to face the world with a balanced mind and a positive outlook.

# A NOTE FROM MANOVRIPTI



Dear Parents,

In today's fast-paced world, the mental and emotional well-being of children is as important as their academic success. With this in mind, we are proud to introduce **Manovriti Newsletter**, by **Manovriti**, the **Counselling Department at Manav Rachna International School**.

**The World Health Organization (WHO) defines counselling as a process that, through dialogue and interaction, helps individuals to solve personal problems and make decisions. The Central Board of Secondary Education in India has implemented school counselling programs to support students' mental health and academic performance.**

**According to a study by the National Institute of Mental Health and Neurosciences (NIMHANS), 23% of school children in India have mental health problems.**

Through **Manovriti**, we aim to ensure that every child at **MRIS 46**, feels heard, valued, and empowered especially the ones with specific academic or psychosocial vulnerabilities. Our team of skilled school counselors is dedicated to creating meaningful connections with students, offering guidance, and helping them navigate the challenges of growing up. We recognize that a student's mental health journey requires collaboration between the school, parents, and community. Together, we can make a lasting impact. Let us take you through the work we've been doing to make a positive difference in your child's life.



# TAILORED COUNSELING SERVICES FOR EVERY CHILD

Manovriti offers individual and group counseling sessions during school hours, addressing a wide range of topics relevant to students of all age groups. These sessions are designed to instill confidence, foster self-awareness, and build resilience. Our goal is to empower students with the tools they need to manage their emotions and overcome challenges effectively.

## Individual Counseling

Personal sessions for students to express their concerns in a private, non-judgmental setting.

Focus areas include academic stress, family dynamics, self-esteem issues, and more.

Encouraging self-reflection and helping students develop personalized coping strategies.

## Group Counseling

- Interactive sessions where students can learn from shared experiences and develop social skills.
- Topics are age-appropriate and tailored to address common concerns.
- Activities like role-playing, group discussions, and collaborative problem-solving to foster peer support.

# EMPOWERING STUDENTS THROUGH GROUP SESSIONS



At Manovriti, we believe that education extends beyond textbooks. Our group sessions cover a variety of topics aimed at fostering emotional intelligence and life skills, initiated / conducted need based as per grades. These sessions are interactive, engaging, and relatable to real-life situations. By addressing these key areas, we help students build a strong foundation for lifelong success.



## Good Touch / Bad Touch / Body Boundary - Grade 4, 5, 6

Educating young children about personal safety is a priority.

Through age-appropriate activities and discussions, we:

- Teach children to identify safe and unsafe touch.
- Encourage them to speak up and seek help if they feel uncomfortable.
- Equip them with strategies to protect themselves without instilling fear.
- Reinforce the importance of trusting their instincts and reaching out to trusted adults.

## Manners and Good Behavior - Grade 1, 4

Politeness and respect are the cornerstones of a harmonious society.

In these sessions, we:

- Reinforce the importance of using magic words like "please," "thank you," and "sorry."
- Role-play scenarios to help students practice respectful interactions.
- Highlight the value of empathy and kindness in building relationships.
- Discuss how good behavior impacts personal and community success.

## Bullying Awareness and Prevention - Grade 3, 4, 5

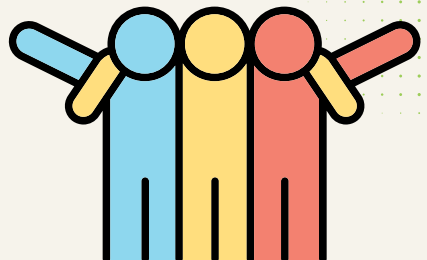
- Bullying can have a lasting impact on a child's self-esteem. To combat this issue, we:
- Educate students on the different forms of bullying, including cyberbullying.
- Encourage bystanders to speak up and support their peers.
- Provide strategies for managing conflicts and standing up for themselves assertively.
- Share stories of resilience to inspire positive action against bullying.



## Expressing Feelings and Respecting Boundaries (Assertion and Acceptance in Relationships) - Grade 5

The importance of appropriate expression of emotions was covered in this session as per the following pointers -

- Understanding appropriate vs. inappropriate behavior
- Accepting and respecting boundaries
- Handling rejection with grace
- Building healthy friendships





## Session on Growing Up (Puberty) / Health and Hygiene - Grade 5

Growing up challenges were discussed in context of the physical and psychological changes in children.



## Interpersonal Communication - Grade 7, 8

Importance of healthy communication with family and friends was discussed and different challenges in the above process were explored as per the inputs of students.

- Need for picking right words
- Need for maintaining communication and emotional expression
- Exploration of dealing with challenging situations.

## Empathy - Grade 7, 8

- Sessions on empathy were centered around emotions and emotional intelligence.
- Meaning of empathy was discussed
- Concept of emotional intelligence was introduced

## Self Concept - Grade 6, 7, 8

- Meaning and influencing factors of self concept were discussed.
- Concept of Self confidence and its impact on emotions was discussed.
- Positive and negative peer interactions were discussed.
- The session involved self reflection activity and sharing of emotions.

## Stand Up, Speak Out – Combating Bullying Together- Grade IX-X

- Recognizing Early Signs- Abuse, exclusion ,Aggression.
- Encouraging open communication and reporting on time.
- Simple act of kindness makes a difference- Supporting empathetically.
- Promoting Inclusion-Respect, acceptance and understanding for all students.
- Power of Bystanders / Actually Upstanders
- Students will leave the session with a deeper understanding of what bullying looks like, how it affects people, and how they can play an active role in preventing it.

## Building Healthy Relationships: Communication, Respect, and Boundaries - Grade XI – XII

- Engage in honest and transparent dialogue to foster trust and understanding.
- Expressing thoughts and feelings clearly and listening actively.
- Mutual respect, appreciation and gratitude.
- Communicating boundaries and respecting those set by others,
- Addressing disagreements calmly and constructively rather than blaming,
- Showing compassion and support specially during challenging times.
- Engage in shared activities and create meaningful experiences to strengthen bonds.
- A clearer understanding of what makes relationships healthy, how to communicate more effectively, and how to respect boundaries, was established.



## BRIDGING THE GAP BETWEEN SCHOOL AND HOME



At Manovriti, we recognize that parents play an integral role in a child's mental health journey. To strengthen the school-home connection, we:

- Host regular parent workshops on topics such as effective communication, setting boundaries, and understanding adolescent behavior.
- Provide resources and tips for supporting children's emotional well-being at home.
- Encourage open lines of communication between parents, teachers, and counselors.
- Create opportunities for collaborative activities that promote family bonding.

# MRIS - INITIATIVES

Parent Workshop - 'Significance of saying 'No' to Children'  
Grades III - V on 23rd Nov 2024.

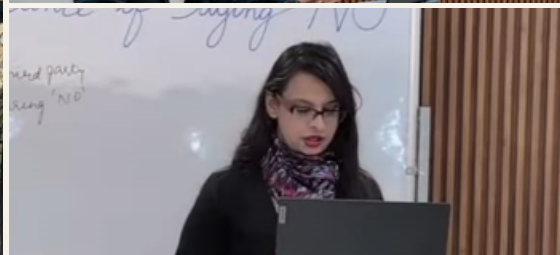
## Objectives -

- To highlight the need of establishing boundaries
- Building self-discipline
- Developing resilience and
- Understanding self-control

This workshop was facilitated by Principal - Mrs. Sangeeta Kapoor,  
Head mistress (primary wing) - Mrs. Monika Chaudhary and  
Counsellor (primary wing) - Mrs. Harnisha Singh.

Following suggestive parenting measures were the key points of discussion.

- Techniques for saying 'no' effectively and being consistent with the response
- The Importance of unified, consistent and collaborative parenting and techniques for maintaining a united front
- Establishing Non-Negotiables
- Importance of Role Modeling Positive Behaviors
- Encouraging healthy discussion around rejection
- Techniques to handle emotional reactions from children responsibly



# MRIS - INITIATIVES

## Workshop for Parents (Grades VI to IX) 'Building Bridges' on 7th of Dec, 2024

The workshop focused on understanding and dealing with challenges that come across while parenting adolescents. Through interactive activities, an attempt was made to highlight specific steps that may be taken to build stronger bonds between parents and adolescents.



This workshop was facilitated by Principal - Mrs. Sangeeta Kapoor and Counsellor (middle wing) - Dr. Richa Tyagi.

### Objectives -

- Fostering stronger parent-child relationships
- Enhancing awareness of effective interpersonal communication strategies

Following were the key points of discussion:

- Breaking the myths around growing up
- Knowing developmental changes during adolescence
- Understanding the working of brain during adolescence
- Techniques to communicate effectively with adolescents
- Techniques of building stronger bonds and relationships with adolescents

# MRIS - INITIATIVES

## Teacher Workshop on 'Understanding Learning Disabilities' on 7th of Dec. 2024.

### Objective-

- To enhance awareness and understanding about learning disabilities in children, in an inclusive educational set up.
- To gain practical insights through videos and discussions

This workshop was facilitated by Principal - Mrs. Sangeeta Kapoor and Counsellor (middle wing) - Dr. Richa Tyagi.

### Following were the key points:

- Understanding the concept of "Disability"
- Introduction of different disabilities that the teachers might come across in school students
- Identification through observation
- Appropriate referral process



# MRIS - INITIATIVES

## Workshop for Parents (Early Years)

A workshop 'Play Spark' was conducted for parents of students in pre-primary. It was an enriching 'Learning Through Play' session for parents, offering a hands-on experience with various play-based learning activities. Parents engaged in environmental play, physical play, dramatics, construction play, guided play, and free play—each designed to enhance creativity, cognitive development, and motor skills in children. The session provided a deeper understanding of how play fosters holistic growth while strengthening parent-child bond.

This workshop was facilitated by Principal - Mrs. Sangeeta Kapoor and Head Mistress (Early years) - Mrs. Anita Dasgupta.



## IMPORTANCE OF SPENDING TIME WITH CHILDREN

In today's fast-paced world, it is really important to cherish the most valuable moments— time spent with our children, because, even with the great education the children get in schools, the real foundation of a child's emotional health comes from the special times they share with family.

While we work hard to provide the best learning environment at school, it's the meaningful moments at home, away from schoolwork and screens, that really build a child's emotional well-being.

Keep reading to learn why these moments are so important and how you can make your child's life better by giving them the precious gift of your time.

**"Listen earnestly to anything your children want to tell you, no matter what. If you don't listen eagerly to the little stuff when they are little, they won't tell you the big stuff when they are big, because to them all of it has always been big stuff." — Catherine M. Wallace**

Spending time with children in its purest and most undistracted form holds deep significance. Just to 'be there' matters. When you are simply 'there' for your children, you become their emotional anchor. This presence reassures them that they are safe, loved, and valued. Spending time with kids in this way creates a secure environment for them to express themselves openly.

Children often derive their self-worth from the attention they receive. Just being with them, listening, or participating in a shared activity can enhance their confidence. It teaches the children that they are valued, significant and important. It also helps create trust. The more time you spend with your children, the more trust grows. Plus, spending time with children helps parents get to know their world better. As parents, you learn about their fears, dreams, joys, and concerns.





**"A child seldom needs a good talking to as much as a good listening to." — Robert Brault**

Just by being there and interacting with them, children learn important skills. Patience, listening, understanding and communication, all these skills grow when parents spend quality time with their children. Building strong feelings with children doesn't always need big actions or detailed plans. Usually, the most special connections happen during simple, everyday times when parents show true interest and love.

**"We're all imperfect parents and that's perfectly okay. Tiny humans need connection not perfection." —L. R. Knost**

While words are important, they aren't the only way to connect with your child. Using non-verbal signals when you're together helps build a strong base of understanding and trust, which makes your emotional connection even better. A simple hug, a pat on the back, or holding hands can make the children feel safe and secure.

It helps to create some areas in your home where devices aren't allowed. Whether it's the dining room or the bedroom, these spaces help you spend quality, distraction-free time with your children. Finding 'balance' is key. While technology can be both educational and fun, it's important to have specific times during the day when talking, sharing, and bonding are the main focus.

**It's the small, simple and those precious unfiltered moments we share with our children, that develops their emotional well-being and engaging in meaningful conversations, sharing joyful laughter, or just being there for them, is invaluable for their overall holistic growth.**

**AUTHORED BY-  
HARNISHA SINGH (PRIMARY COUNSELLOR)**

## BRAIN ROT: UNDERSTANDING ITS IMPACT ON CHILDREN

The world today is an unending stream of stimulation and children are hooked to consuming digital media content like never before. It's a world where entertainment is at the click of a button and online content is the "Answer for All" remedy! Amidst this rapid technological advancement, another important change being talked about is the **phenomenon of "Brain Rot"**

It refers to the **perceived decline in cognitive and behavioural measures that results from constant engagement with digital media!** Brain rot is of special importance for school students as it not only affects their performance, but also **makes them restless, inattentive or unhappy.**



### What is Brain Rot?

"Brain rot" describes the mental stagnation and potential harm caused by prolonged exposure to unproductive or overstimulating activities, such as:

- Endless scrolling on social media platforms.
- Binge-watching television shows or videos.
- Playing video games for extended periods.
- Consuming low-quality, repetitive, or highly sensationalized digital content.

The term suggests that such activities can erode cognitive abilities, creativity, and emotional well-being, particularly in children whose brains are still developing.

## Cognitive Development

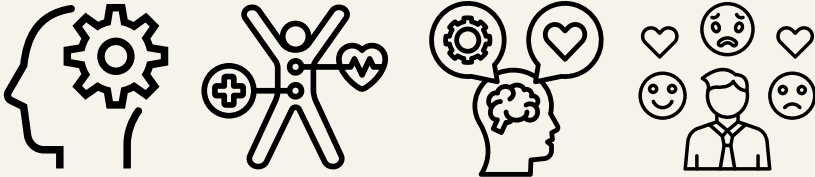
Excessive screen time and overstimulation can interfere with critical developmental processes:

- **Attention span:** Rapid, fragmented content like short-form videos trains the brain for instant gratification, making it harder for children to focus on sustained, deep learning.
- **Memory:** Passive consumption of content may impair working memory and the ability to retain or apply new knowledge.
- **Problem-solving:** Overreliance on entertainment reduces opportunities for creative thinking and problem-solving in the real world.

## Physical Health

Prolonged screen time also affects physical health:

- **Eye strain:** Hours of staring at screens can cause discomfort and vision issues.
- **Sleep disruption:** Blue light exposure disrupts circadian rhythms, leading to poor sleep quality.
- **Sedentary lifestyle:** Reduced physical activity contributes to obesity and other health problems.



## Behavioral Issues

Excessive digital consumption has been linked to behavioral problems, including:

- Increased irritability and mood swings.
- Difficulty transitioning between activities or environments without screens.
- Poor social skills due to reduced face-to-face interaction.

## Emotional Well-being

The constant comparison and curated perfection portrayed on social media platforms can lead to:

- Lower self-esteem.
- Increased anxiety and depression.
- Fear of missing out (FOMO), causing further screen addiction.

# HOW TO MITIGATE BRAIN ROT

## ● Set Screen-Time Limits

Establish clear boundaries on screen usage based on age-appropriate guidelines, such as those recommended by the American Academy of Pediatrics. For example, limit recreational screen time to 1-2 hours per day for older children and avoid screen exposure entirely for children under 18 months.

## ● Encourage Meaningful Activities

Promote activities that engage children's creativity and physical energy, such as:

- Reading books.
- Engaging in outdoor play or sports.
- Pursuing hobbies like painting, crafting, or playing a musical instrument.

## ● Model Healthy Behaviors

Parents and caregivers should model balanced screen use by:

- Avoiding excessive phone use around children.
- Prioritizing family time without digital distractions.

## ● Foster Quality Content Consumption

Guide children to consume educational and enriching content:

- Choose programs that promote critical thinking and problem-solving.
- Encourage family co-viewing to discuss and contextualize media messages.

## ● Teach Digital Literacy

Equip children with the skills to navigate the digital world responsibly:

- Help them recognize manipulative or sensationalized content.
- Teach them to balance digital consumption with offline activities.

## ● Promote Social Interaction

Face-to-face interactions with peers and family members help in building essential social skills and emotional intelligence.

AUTHORED BY-  
DR. RICHA TYAGI (MIDDLE SCHOOL COUNSELLOR)

# REACHING OUT TO MANOVRIPTI

We invite you to join us in creating a supportive community that prioritizes mental health and well-being of our students. Together, we can empower them to lead fulfilling lives, make meaningful connections, and achieve their full potential.

If you have any questions or wish to discuss your child's specific needs, please feel free to reach out to us via email to respective HMs. Let's work hand-in-hand to ensure that every child at Manav Rachna International School, sector - 46, thrives under the guidance of Manovriti.

