

WORLD HEALTH AND MENTAL WELLNESS DAY

Greetings from Bharatiya Vidya Bhavan !

On this important day when we are celebrating the World HEALTH AND WELLNESS DAY I would like to share a few points mentioned in the Health and Wellness portfolio provided by CBSE .

Family is the first socialization framework the child is exposed to. It is an important cornerstone for a child because attachment, emotions, personality traits, behaviours emanate from the family. Right from food preference to interest and social interaction all depend on this one unit.

In short, it includes various places where children feel affiliated to and have a feeling of belongingness. Children's relationship with environment starts from the family and gradually encompasses people outside. Teachers are a significant part of this relationship. Conclusively, family, schools and communities together work hand in hand in fostering the mental health and wellbeing of the child. They are equal stakeholders in the upbringing of the child.

Family is the most valuable source of support for children. It includes parents, siblings, grandparents, close relatives, especially when we are looking at the collectivistic culture quintessential to our country. In all the stages of life, the family support shows dynamic changes. For e.g., in healthy and functional families, during childhood, the children are completely dependent on all their needs on the family. As the child grows up, this dependence tends to modify. There is a growing consensus about the positive influence of grandparents on their grandchildren's development and, consequently, on their mental health. The scenario of multigenerational families is a crucial part of the societal fabric of India.

Grandparents offer love, guidance and wisdom. Research indicates, "with changing family patterns, increased life expectancy, growing numbers of dual-worker households and higher rates of family breakdown, grandparents are now playing an increasing role in their grandchildren's lives". Hence, the concept of multigenerational families entails unconditional love, shared responsibilities, safety and security.

Active Listening



Actively listen to children's difficulties, clarifying doubts, reassuring them, generating hope and providing emotional support in resolving issues.

Be a Role Model



Children are very perceptive and closely observe your actions. Parents can support by managing their own stressors so that they can be role models.

Healthy Lifestyles



Set time for sleep, waking up, healthy balanced diet, learning and playtime as structured schedule to stay focused and motivated.

PRINCIPAL