

MMEMS THE BEATS



WELLNESS Special



WELLNESS IS A CHOICE,
A LIFESTYLE,
A WAY OF LIVING



COGNIZANCE

A legacy to pass through generations



**WRITTEN AND FORMULATED BY
HEALTH AND WELLNESS DEPT. MEMS.**

Message

TODAY is a fast-paced world for toddlers to elders .

Here nurturing young minds goes beyond academics , and hand in hand with building emotional resilience, curiosity, and self-awareness .

Small, consistent habits foster confidence, empathy and ready to thrive children . These Multi tasking kids, are often found in multi levels of confused minds , mixed feelings and restless thoughts.

To overcome all those feelings and set a balance

Students require daily acknowledged self.....

Through ,

Encouraged Emotional Check-Ins: Start dinner with asking things like, "What was one high and one low from your day?"

This builds vocabulary for feelings and strengthens family bonds,

Foster Growth Mindset: Praise effort over innate talent like –"You worked hard on that puzzle!"—to help kids view challenges as opportunities.

Create Unplugged Playtime: Dedicate 30 minutes daily to free play without screens. It sparks creativity and problem-solving, Essential for developing executive functions in the brain.

Giving autonomy, helps create a sense of responsibility .

Let us collaborate to cultivate these young minds.....

ALL THE BEST



Ms. Siddhalii Bhosale
counsellor

**EACH GENERATION, IMAGINES
ITSELF, TO BE MORE
INTELLIGENT THAN THE ONE
THAT WENT BEFORE IT AND
WISER THAN THE ONE THAT
COMES AFTER IT**

George Orwell

1. PARENTING..... TO BE LEARNT ?

Since centuries , from the origin of PARENTING , its been the thing that needed no tutorials, no generalized terms (except for a few) and also no specific norms , as it was considered to be the thing developed and enriched through personal experiences and understandings.

BUT

Advancing to the age of 2025 A.D. the form , meaning , concept and understanding of parenting's been evolved to a greater height.

Parenting is not a static concept.

As societies evolve, family dynamics, expectations, and child-rearing practices also transform.

In today's rapidly changing digital landscape, exposure to diverse global cultures, heightened academic demands, and emotional challenges have been resulted in a notable transition from traditional to modern parenting.

1.1 . WHAT IS TRADITIONAL PARENTING ?

Traditional parenting encompasses child-rearing methods, that have been handed down through generations, significantly shaped by cultural influences, community norms, and family structures. Traditional methods aimed at producing disciplined, responsible children, but often overlooked emotional needs and individuality.

• Key Characteristics

1. Parent-centered (parents decide everything)
2. High obedience expected
3. Strict discipline
4. Limited emotional dialogue
5. Gender-role based expectations
6. Focus on academics over emotional development
7. Children rarely question authority

This chapter examines the distinctions , the necessity and significance of embracing contemporary parenting techniques while preserving the insights of traditional approaches .



1.2 WHAT IS MODERN PARENTING ?

Modern parenting aligns with contemporary psychological understanding, child rights, and the social changes of the 21st century. It focuses on a balanced, empathetic, and growth-oriented approach.

• Key Characteristics

1. Child-centred (child's needs + parental guidance)
2. Open communication
3. Emphasis on emotional intelligence
4. Respect for individuality
5. Flexible boundaries
6. Encouraging questioning and critical thinking
7. Focus on mental health and balanced growth



1.3 SCIENTIFIC APPROACH TOWARDS PARENTING

- 0 to 8 years represent the most crucial, vital, and sensitive phases in a child's growth.

At this time, conscious interference is low because of their brain wave patterns, which makes them very open and receptive to all the experiences they face. Lessons learned during these years become deeply ingrained and permanently established in their brains, influencing them for the rest of their lives. Name emotions, they feel and self-regulate them . Practice empathy . Resolve conflicts respectfully .



Inculcate growth mindset .

- Practice positive reinforcement and teach them about natural consequences of their actions.
- Include them in small family talks , take their opinion , make them feel included .

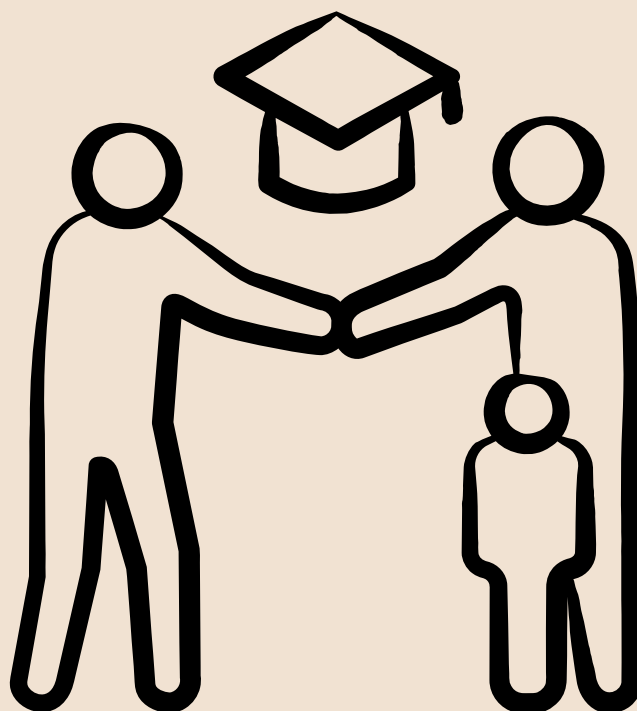
CULTURE + SCIENCE = BALANCED PARENTING

Traditional Strengths

- Respect for elders
- Study discipline
- Family bonding
- Manners & duty

Scientific Additions

- Respect must be mutual
- Curiosity and creativity matters
- Children need individuality too
- Emotional expression is healthy too



C.A.L.M. Parenting

C – Connect before Correct

A – Authoritative style

L – Listen to emotions

M – Model behavior



Parenting is the most crucial , responsible, challenging yet fun and learning part of an adults life .

Good parenting creates gems and vice - versa .

2. MANAGING ACADEMICS ; HEAVY TASK ON TINY SHOULDERS

Upon completing the role of a parent, when looking into the progressive life of students, it is essential and crucial to recognize the activities they engage in, on a daily basis. In today's fast-paced world, all of us often find ourselves balancing multiple responsibilities simultaneously. At times, this may lead to fatigue or a sense of wanting to give up. It is therefore essential to learn how to effectively manage one's academics, emotions, and expectations in a balanced and mindful manner.

2.1 Giant of ACADEMICS

Academics has grown into a giant—vast, complex, and often overwhelming thing. Students stand at the crossroads of endless subjects, competitive exams, expanding syllabi, digital distractions, high expectations, and constant pressure to perform. The world of learning, which once felt like a garden of curiosity, now sometimes feels like a mountain that must be climbed with determination and strength.

And yet, despite its weight and difficulty, this giant remains one of the most powerful forces shaping our future.

Academics opens the doors to knowledge, opportunity, and progress. It trains the mind to question, to reason, to discover, and to build. It is the foundation on which innovation is born and societies evolve.

To stand strong in front of this giant requires more than memory and hard work. It demands resilience, emotional balance, curiosity, and a willingness to learn from mistakes. It requires students, teachers, and parents to work together—not to fear the giant, but to understand it, manage it, and grow under its guidance. Yes, academics is difficult. Yes, it sometimes feels heavy. But it is this very challenge that prepares students not only for exams—but for life, responsibility, and the future. **TACKLING THIS GIANT IN SMARTER WAYS**

- Focused and mindful learning for even two hours can be more productive than spending five unfocused hours studying.
- Take short breaks between study sessions to rejuvenate your mind and maintain consistency.
- Avoid comparing yourself with others; each individual learns at their own pace and space, and that is completely acceptable.

- Consistency, self-discipline, and a positive attitude are the true keys to academic success.

2.2 Handling the Energy in motion , ‘EMOTION’

Emotions may weigh us down, but learning to handle them is what lifts us up. It transforms struggle into understanding, and survival into strength.

Handling emotions does not mean suppressing them or pretending everything is fine, it means understanding **what we feel, why we feel it, and how to respond with clarity** instead of reacting with confusion. It is a skill that helps us breathe in moments of stress, think in moments of anger, speak in moments of hurt, and stay grounded in moments of fear.

Yes, emotions are heavy.

Yes, carrying them can feel exhausting.

But it is through these emotions that we build resilience, meaningful relationships, empathy, and inner strength. When we manage emotions wisely, the same challenges that burden us become opportunities for growth and self-discovery.



- Experiencing feelings of nervousness or sadness is natural; what matters is not allowing ourselves to remain stuck in those emotions. Moving forward with a positive and resilient mindset is essential.
- Communicate and share your feelings with someone you trust—a friend, teacher, or family member who can provide a safe and understanding space.
- Engage in reflective practices such as journaling to express and process your thoughts and emotions.
- Acknowledging and validating your emotions is not a sign of weakness; it reflects emotional awareness and self-care. Emotions are signals that something within you deserves your attention.

Why this skill matters ?

Handling emotions helps us:

- ✓ Think clearly under pressure.
- ✓ Make healthier decisions.
- ✓ Communicate without hurting others.
- ✓ Build trust and strong relationships.
- ✓ Protect our mental well-being.

2.3 COPING WITH HOPING

In every stage of life, human beings carry a weight that is rarely seen but deeply felt—the weight of expectations.

Expectations may weigh us down, but coping with them wisely helps us rise stronger and walk our path with dignity.

Expectations from many directions: family hopes, academic goals, career ambitions, social comparisons, financial responsibilities, and our own inner standards of who we think we should be. These expectations can feel like a heavy backpack we are all carrying, sometimes quietly, sometimes painfully.

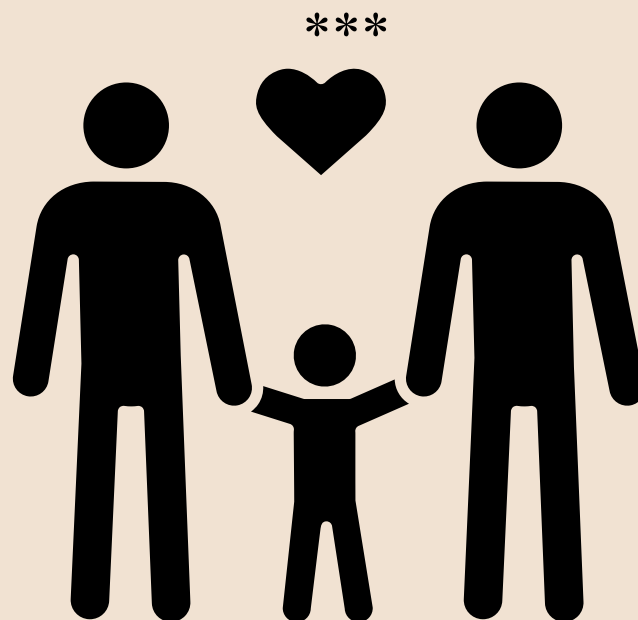
And yet, expectations are not our enemies. They remind us of our potential, our responsibilities, and the dreams that move us forward. Without expectations, there would be no growth, no improvement, no reason to strive for something better. But when they grow too large or unclear, when they are rooted in fear rather than encouragement, they become overwhelming and difficult to bear.

Self - pacing from EXPECTATIONS

- It is absolutely acceptable to be your authentic self rather than trying to conform to other's expectations or perceptions.

- It is not necessary to always be at the top—steady growth and continuous improvement hold greater value.
- Embrace your imperfections; striving for progress is far more meaningful than striving for perfection.
- While expectations can inspire and motivate, they can also become overwhelming if we lose sight of the purpose behind our efforts.
- True success lies in kindness, resilience, and self-awareness.
- Remember: Marks may fade, but mindset endures.
- Aim high—not merely to achieve, but to grow stronger and wiser in the process.

ALL THE BEST



3. A 3RD MILLENNIUM NEED : UNDERSTANDING AND MANAGING PEER PRESSURE

In a world ,demanding, and pressuring —academic duties, family expectations, social comparisons, emotional struggles, and worries about the future, lies one escalating and powerful influence often guiding one's decisions and actions: *PEER PRESSURE*. While it may be subtle at times, its effects can be profound and extensive.

Peer pressure is not necessarily detrimental; it is a fundamental aspect of social growth. Nevertheless, the capacity to identify, assess, and react to such influences is an important life skill. Grasping this dynamic allows students to maintain their personal values, protect their emotional health, and make well-informed, healthy choices. Thus, in spite of the many challenges that young individuals encounter, acquiring the ability to handle peer pressure is both crucial and life-changing.

3.1 DEFINING PEER PRESSURE

Peer pressure refers to the influence—implicit or explicit—exerted by individuals from a similar age group or social environment.

It may affect a person's:

- thinking and beliefs
- emotional responses
- behavior and decision-making

This influence is often experienced through thoughts such as:

- “What will others think of me?”
- “Everyone else is doing it, maybe I should too.”
- “I don't want to be excluded.”

3.2 UNDERSTANDING POSITIVE PEER PRESSURE

Positive peer pressure happens when the influence of friends or classmates encourages someone to make beneficial, ethical, or growth-focused choices. It helps build motivation, accountability, and self-control .



3.3 SIGNS OF POSITIVE PEER PRESSURE

You may be experiencing positive peer pressure when others around you:

✓ Support Personal Development

Your peers inspire you to study, join activities, or build new abilities.

✓ Promote Healthy Behaviors

Friends encourage routines like exercising, managing your time well, showing respect, and staying safe.

✓ Boost Your Confidence

Their support helps you explore new opportunities, express your ideas, or take on leadership roles.

✓ Match Your Core Values

The actions being encouraged align with your principles, goals, and future well-being.

✓ Reinforce Moral Conduct

Peers influence you to act with honesty, kindness, cooperation, and responsibility.

3.4 UNDERSTANDING NEGATIVE PEER PRESSURE

Negative peer pressure happens when peers influence someone to engage in behaviors that threaten their safety, integrity, values, academics, or emotional well-being.

3.5 Signs of Negative Peer Pressure

You might be facing negative peer pressure when others around you:

✗ Go Against Your Principles

You experience discomfort, guilt, or doubt after giving in.

✗ Encourage Dangerous or Unhealthy Actions

You are pushed to cheat, lie, break rules, bully others, try unsafe activities, or join harmful online trends.

✗ Trigger Fear of Rejection

You feel pressured to comply because refusing may result in being judged, excluded, or talked about.

✗ Expect You to Keep Secrets

You conceal the behavior from parents, teachers, or trustworthy adults.

✗ **Undermine Your Ability to Choose** You feel compelled to follow along, even when the behavior violates your comfort zone or sense of safety.

Questions to Help Identify the Type of Peer Pressure

Consider asking yourself:

- Does this help me grow into a better person?
- Will I feel proud of this decision in the future?
- Is this consistent with my personal values and long-term goals?
- Am I choosing this freely, or am I motivated by fear of being left out?
- Would I still make this choice if no one else were around?

3.6 Challenges and Developmental Importance

Adolescence and early adulthood represent pivotal stages for shaping one's identity, during which the desire to be along and gain peer approval becomes particularly influential. This impact is amplified by factors such as:

- Rising academic and competitive pressures,
- Constant exposure to polished online personas,
- Communication gaps between young people and adults,
- Fear of Missing Out (FOMO), and
- Increased tendencies toward social comparison.

Despite these challenges, developing the ability to assess and manage peer influence is essential for promoting independence, resilience, and emotional well-being, and is closely linked to favorable long-term developmental outcomes.

3.7 Evidence-Based Approaches for Regulating Peer Influence

- **Enhancing Self-Awareness and Value Clarity**

Having a well-defined personal value system supports thoughtful evaluation of external pressures.

- **Establishing Boundaries and Practicing Refusal Skills**

Respectful refusal is an effective form of self-regulation, such as:

1. “This isn’t consistent with my values.”

2. “I would rather choose a different option.”

- **Building Supportive Peer Relationships**

Healthy peer groups uphold individual autonomy and lower vulnerability to coercive influence.

- **Anticipating Consequences**

Students can be guided to consider likely outcomes, for example:

- “Does this decision align with my long-term goals and well-being?”

- Using Available Support Networks

Seeking help from parents, teachers, or mental health professionals reflects proactive coping rather than dependence.

- Critically Engaging With Social Media

Understanding that online content is often selectively curated helps reduce unrealistic comparisons and peer-driven pressure.

3.8 Developmental Benefits of Well-Managed Peer Influence

Peer interactions can promote:

- Improved decision-making and moral judgment,
- Greater self-confidence and emotional maturity,
- Stronger leadership and teamwork skills, and
- Appreciation for diverse viewpoints and identities.

The aim is not to avoid peer interactions, but to participate in them in ways that uphold one's values, identity, and emotional well-being.

4. MY ROLE IN BUILDING A BETTER TOMORROW

Every person—regardless of age, experience, or background—has the ability to influence what tomorrow becomes. A brighter future is not created solely through remarkable achievements; it grows from the everyday decisions we make, the principles we follow, and the contributions we offer, both big and small. Acts of kindness, responsible choices, care for the environment, and service to the community all play a part in building a more compassionate, fair, and sustainable world. When learners recognize this responsibility, they develop purpose, civic awareness, and a strong sense of personal accountability.

4.1 AWE..!!!! A BETTER TOMORROW..... ??????????

A better tomorrow refers to a future that is safer, healthier, more just, and more harmonious for everyone, that involves:

- Strong ethical values
- Environmental care and sustainability
- Social unity and respect
- Responsible use of technology
- Well-being at both personal and community levels

4.2 IMPORTANCE OF MY ROLE :

Meaningful change often begins with individual actions.

When students understand the importance of their influence:

- They take responsibility for society and the environment.
- They think carefully about the effects of their decisions.
- They grow in leadership, empathy, and initiative.
- They encourage others through their behavior.

Collective improvement begins when many people contribute consistently in small ways.

4.3 Opportunities for students to create an impact :

a. Personal Development and Discipline

- Practicing effective study habits .
- Using time wisely .
- Building emotional strength .
- Upholding honesty and integrity .

These qualities help shape capable individuals who can positively impact society.

b. Kindness and Empathy

- Showing respect toward peers .
- Listening with understanding .
- Supporting classmates .
- Rejecting bullying and prejudice .

Empathy is essential for a peaceful and united society.

c. Environmental Care

- Minimizing waste .
- Conserving water and electricity.
- Planting and nurturing trees.
- Reducing plastic use.

Environmentally responsible actions protect the planet for future generations.

d. Community Involvement

- Joining cleanliness or service activities.
- Volunteering for social causes.
- Helping local initiatives.
- Raising awareness about important issues.

Community participation strengthens neighborhoods and builds shared responsibility.

e. Responsible Use of Technology

- Using digital tools ethically .
- Avoiding cyberbullying and misleading information .
- Protecting personal data and privacy .
- Encouraging positive online interactions .

Digital responsibility contributes to a healthier virtual environment.

4.4 ESSENTIAL SKILLS FOR CREATING A BETTER TOMORROW

Students benefit from developing:

- **Critical thinking** – to make informed choices
- **Effective communication** – to share ideas clearly
- **Problem-solving skills** – to tackle real-life challenges
- **Teamwork** – to collaborate productively
- **Creativity** – to design new and helpful solutions

These abilities prepare learners to make meaningful contributions in all fields.

4.5. EVERYDAY ACTIONS THAT BRING POSITIVE CHANGE :

Small, consistent behaviors can have a powerful impact:

- Being punctual and organized.
- Completing tasks with sincerity .
- Speaking courteously .
- Keeping surroundings tidy .
- Managing feelings constructively .
- Choosing peaceful solutions over conflict .

Such habits lay the foundation for strong character.

The journey toward a brighter world is collective, and each action—however small—helps guide the way forward.

5. “STRESS”:

ACKNOWLEDGEMENT , MANAGEMENT & COPING

Stress is an inherent aspect of life. Everyone—children, adults, and even top performers—encounters circumstances that test their mental and emotional resilience. Academic demands, societal expectations, interpersonal relationships, and personal transitions can occasionally seem daunting. Rather than dismissing stress or perceiving it as a flaw, it is crucial to recognize it, comprehend its origins, and discover constructive methods to manage and cope with it. When students cultivate these abilities, they grow emotionally more robust, increasingly focused, and more equipped to tackle the challenges of daily life.

5.1 ACKNOWLEDGMENT

1. What is Stress?

Stress is the body’s response to any demand, challenge, or pressure. It can come from:

- Exams and academic expectations
- Peer relationships
- Family responsibilities

- Family responsibilities
- Time pressure or competition
- Physical or emotional changes

Some stress can motivate us, but too much can affect our health, mood, and performance.

- **IMPORTANCE of ACKNOWLEDGMENT**

Before managing stress, we must first recognize that, it exists.

a. Signs of Stress

- Feeling anxious or restless
- Difficulty concentrating
- Headaches or tiredness
- Irritability or mood swings
- Avoiding tasks or procrastination
- Trouble sleeping

Acknowledgement helps us understand that stress is not a personal failure; it is a normal reaction that can be handled.

b. Benefits of Acknowledgement

- Helps identify the root cause Reduces confusion or guilt.
- Encourages seeking help.
- Prevents stress from becoming overwhelming
-

5.2. MANAGEMENT

These habits support a calm and energetic mind.

a. Organizing Time and Work

- Break tasks into smaller steps
- Use timetables or planners
- Set realistic goals

b. Healthy Lifestyle Practices

- Regular sleep
- Balanced diet
- Physical activity
- Limiting screen time

Understanding what we feel is the first step toward managing it.

c. Emotional Awareness

- Identifying emotions
- Talking to a trusted adult or friend
- Writing thoughts in a journal

d. Setting Boundaries

- Learning to say “no” when overwhelmed
- Limiting unnecessary commitments
- Taking breaks without guilt

5.3. COPING WITH : PRACTICAL TECHNIQUES

a. Deep Breathing and Relaxation

- Simple techniques like slow breathing or mindfulness help the mind relax.

b. Positive Self-talk

- Replacing negative thoughts (“I can’t do this”) with positive ones (“I can try my best”).

c. Taking Breaks

- Moving away from stressful tasks briefly to reset the mind.

d. Seeking Support

- Talking to parents, teachers, or counselors
- Sharing concerns with trusted friends

e. Creative Coping

- Engaging in art, music, sports, reading, or hobbies to r e l e a s e e m o t i o n a l t e n

5.5. OVERWHELMING STRESS

Sometimes stress can persist or intensify. Students should learn to recognize when they need extra help:

- Stress affects daily functioning
- Loss of interest in activities
- Persistent sadness, anger, or worry
- Feeling isolated or helpless

Seeking support is a sign of strength and responsibility.

5.6. LONG TERM RESILIENCE BUILDING

- Resilience refers to the capacity to recover from difficulties.

Students can cultivate resilience by:

- Maintaining a positive outlook
- Embracing change as an integral aspect of life
- Acquiring problem-solving abilities
- Nurturing meaningful friendships
- Engaging in gratitude practices
- Having faith in one's own capabilities
- Individuals who are resilient manage stress with assurance and flexibility.

Stress is an inevitable aspect of contemporary life, yet it doesn't have to dominate our lives. By recognizing stress, grasping its indicators, and acquiring healthy methods to handle and deal with it, students can enhance their mental resilience and be better equipped for upcoming challenges. Cultivating these abilities from a young age fosters emotional intelligence, self-assurance, and equilibrium—traits that contribute to a healthier and more prosperous life.

5.7 Reflective Worksheet: Am I Under Stress?

• How Am I Feeling?

Add a little bit of body

text

1. Circle the words that describe how you have been feeling this week:

- Happy • Calm • Tired • Worried • Excited • Confused
- Angry • Overwhelmed • Energetic • Irritated • Sad
- Restless

2. Write one feeling you experienced the most:

I mostly felt: _____

Why do you think you felt this way?

3. Think silently and tick (✓) the statements that feel true for you:

- I have been thinking too much about schoolwork.
- I feel like I don't have enough time.
- I get nervous before tests or tasks.
- I feel pressure to do everything perfectly.
- I worry about what others think of me.
- I get irritated or angry quickly.
- I feel tired even after resting.
- I find it hard to focus on one thing.
- I feel like giving up sometimes.

4. Do you experience any of these often? Tick (✓):

Headache,

Stomachache

Sweaty hands

Fast heartbeat

Difficulty sleeping

Eating too much or too little

Feeling restless or fidgety

These can be physical signs of stress.

5. In the past week, have you:

a) Found it hard to start your work? **Yes / No**

b) Avoided something because you felt afraid or unsure?
Yes / No

c) Felt like crying even without a clear reason? **Yes / No**

d) Argued or got annoyed more than usual ? **Yes / No**

e) Felt alone even when people were around? **Yes / No**

If several answers are “Yes,” it may mean you’re under stress.



6. Honest thought review

Complete these sentences honestly:

- “The thing that has been bothering me the most lately is...”
- “I wish I could tell someone that...”
- “One thing I am finding difficult right now is...”

7. Feel better thing.....

Choose two actions that might help you feel better:

- Talking to a friend
- Sharing with a parent/teacher
- Taking a break Your paragraph text
- Deep breathing
- Writing in a journal
- Going for a walk
- Doing something creative
- Organizing my study time
- Sleeping earlier

8. An advice to ‘SELF’

One message I want to give myself:

**I WILL SIMPLY BREATHE AND IT WILL BE OK
BECAUSE
I DONT QUIT**

6. “MIND-SET”:

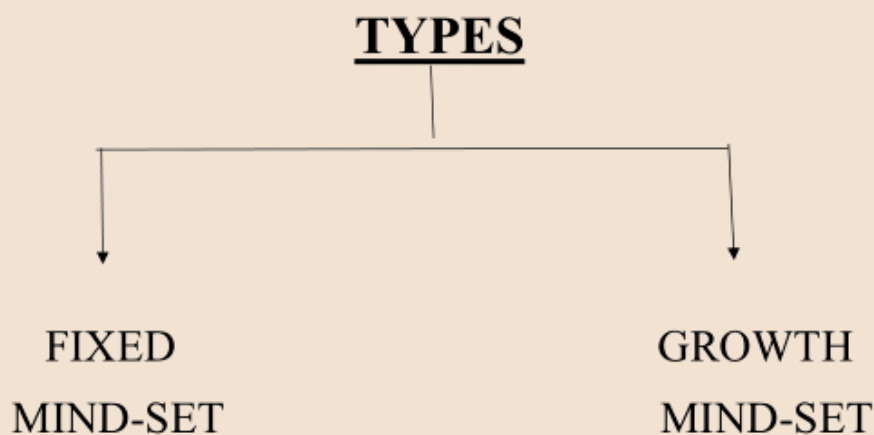
New psychology of success

In today’s rapidly changing world, one of the most powerful tools a student can develop is not just knowledge — but the right mindset. The way we think about our abilities, challenges, and failures significantly influences our success in academics and life.

What is Mindset?

Literally, mindset means a set of beliefs or attitudes that shape how we interpret and respond to situations.

In simple terms, mindset is the lens through which we view our abilities, intelligence, and potential. It determines whether we give up when faced with difficulty or push forward with determination.



FIXED MINDSET PEOPLE

Are those who , believe INTELLEGENCE , TALENT and TRAITS are static and cant be changed.

- They prioritize proving themselves , avoid challenges and view setbacks as evidence of inadequacy that leads to defensiveness and giving up things. Whereas,

GROWTH MINDSET PEOPLE

Are those who think that abilities can develop through efforts , learning and persistence .

- Setbacks becomes opportunities for improvements , that fosters resilience , embrace challenges and focus on progress.
- Growth mind-set people know that, Failure isn't proof of ' You can't do it ' , it's a proof that 'You are trying for it ' . Skills are built , Confidence is trained and Resilience is developed . No one is born believing in themselves .



BELIEF IS CREATED .

Fixed Mindset

Individuals with a fixed mind-set believe:

Intelligence and talents are inborn and cannot be changed.

Success depends purely on natural ability.

Failure reflects a lack of intelligence.

Effort indicates weakness.

Such thinking often leads to fear of challenges and avoidance of difficult tasks.

Growth Mindset

Individuals with a growth mindset believe:

Abilities can be developed through effort and practice.

Mistakes are opportunities to learn.

Challenges strengthen skills.

Effort is the path to mastery.

This mindset fosters resilience, perseverance, and continuous improvement.



A research highlights that:

- Praising children for being “smart” may create fear of failure
- Praising effort, strategy, and persistence builds confidence.
- The simple addition of the word “yet” transforms thinking — “I can’t do this” becomes “I can’t do this yet.”

Key Takeaways for Students

- Your grades do not define your potential.
- Failure is feedback, not a final verdict.
- Consistent effort strengthens the brain.
- Challenges are stepping stones to improvement.
- Replace negative self-talk with growth-oriented thinking.

Adopting a growth mindset empowers students to view learning as a journey rather than a competition.

Insights for Parents and Teachers

Parents and educators play a crucial role in nurturing a growth mindset. Here are some key reflections:

- Appreciate effort and improvement, not just outcomes.
- Encourage perseverance during challenges.
- Avoid labeling children as “naturally gifted” or “weak.”
- Provide constructive feedback that promotes learning.
- Model lifelong learning and resilience.

When adults emphasize growth over perfection, children develop confidence and courage to try again.

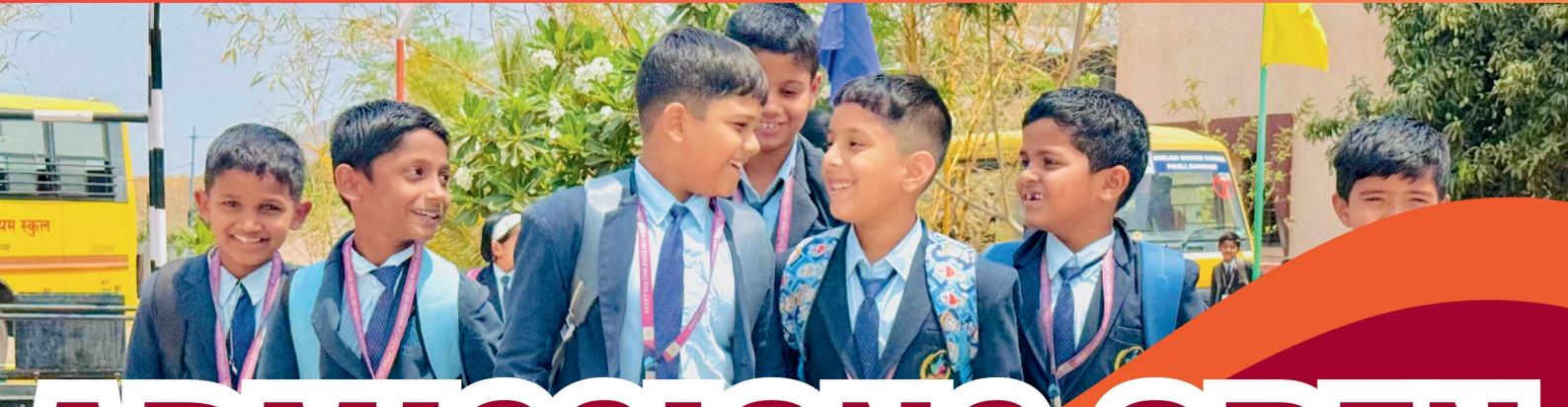
MINDSET IS A CHOICE .

LAST BUT NOT THE LEAST keep in mind that growth is not just a moment—it is an ongoing journey. You now possess the tools, insights, and confidence to move ahead with purpose. There will be obstacles, uncertainties, and pauses along the way, but every step, no matter how minor, brings you closer to the life you aspire to create. Trust in your progress, respect your values, and treat yourself kindly as you transform. Your future is shaped not by your starting point, but by the bravery you demonstrate in deciding who you want to become. This is not the conclusion—it is the start of a stronger, wiser, and more empowered version of yourself.

to be continued.....



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WE GUIDE, THEY LEAD



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