



DELHI PUBLIC SCHOOL BHARUCH

Circular

DPSB/CIR-NOT/2026-27/034

Date: 7th July, 2026

Dear Parent,
Greetings!!

We are pleased to share that **Delhi Public School Bharuch** has adopted **The Mind Sync – India's First Mental Health Education Program** for the **academic year 2026–27**, focusing on building your child's emotional and mental well-being alongside academics.

The 30-week program covers five key life skills: Self-awareness, Self-management, Responsible Decision-making, Relationship Skills, and Social Awareness.

The Program is conducted in two segments:

1. **Facilitation:** Weekly classes will be conducted by faculty certified as 'Mental Health Educators'
2. **App based activities:** Home practice through the *MindSyncKids* App

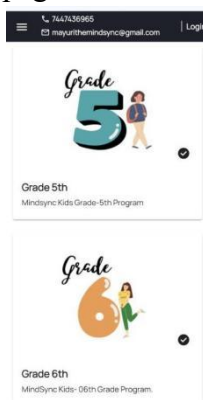
Why is the App Important?

Brains are powerful! Through neuroplasticity - the brain's ability to form new connections your child can build lifelong skills. But this requires practice, which is why completing homework on the app is so important. A little daily effort can make a huge difference in solidifying these lessons and creating positive habits for life.

How to Use the App:

Step 1: Open the following link on your phone: [Delhi Public School Bharuch App Registration Link](#)

Once you click on the link, you will see a page as below:



Step 2: Select the grade your child is in. Once your child's grade opens, please click on Register.



Step 3: Please fill your child's information.

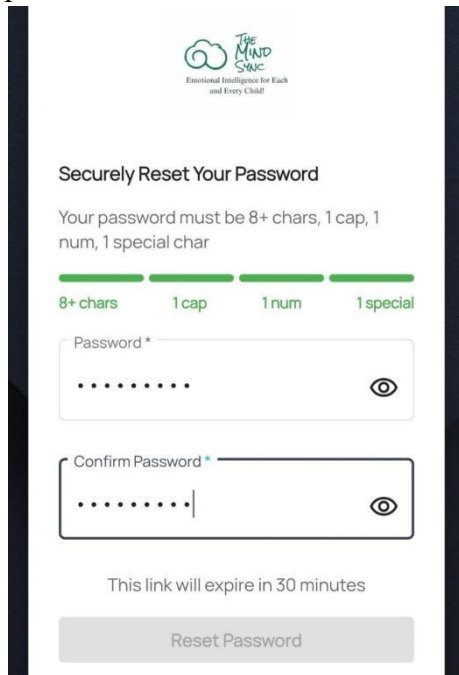
Please note: that if you have 2 children, both require different email ids.

The image shows two screenshots of a mobile application registration form for 'MindSync Kids- 07th Grade Program'. The left screenshot shows the form with empty input fields for 'First Name *', 'Last Name *', 'Email *', and 'Phone Number *'. The right screenshot shows the same form with the following information entered: 'First Name *' is 'ABC', 'Last Name *' is 'XYZ', 'Email *' is 'abc@gmail.com', and 'Phone Number *' is '12345-67890'. A black arrow points from the empty form to the filled form.

Step 4: Once you receive a message on your screen saying Registered Successfully, you will get an email with a link to set your password.

The image shows two screenshots related to the registration confirmation. The left screenshot shows a green notification bar at the top with a checkmark and the text 'Registered successfully'. Below it, the app interface displays 'Grade 7th', 'MindSync Kids- 07th Grade Program.', 'Registration Confirmed!' with starburst icons, 'Welcome to the "Grade 7th" course', and 'Dear ABC, We're excited to have you join us! Your registration details are as follows:'. The right screenshot shows an email from 'donotreply...' to 'mayurithem...'. The email content includes 'Hi ABC XYZ,', 'Welcome! Please use the link below to set your password for the first time:', a red-circled link 'https://tmssampletesting.onwajooba.com/reset-password?id=rs-bWF5dXJpdGhWluZHN5bmMrc2FtcGxldGVzdGluZzVAZ21haWwuY29t', 'For security reasons, this link will expire in 1 day.', 'If you didn't request this email, you can safely ignore it. Your account will remain inactive until you set your password.', and a signature 'Thanks, tmssampletesting, 7447436965, mayurithemindsync@gmail.com'.

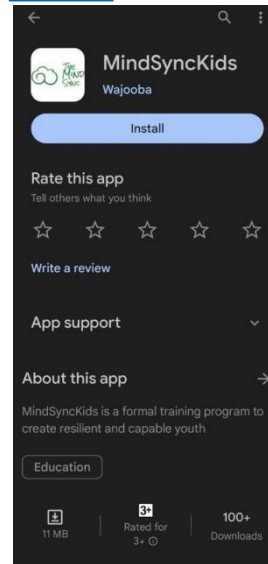
Step 5: Click on the link and reset your password.



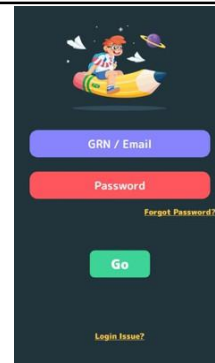
Step 6: Download the *MindSyncKids* app using the link below for your device.

iOS: [The Mind Sync Kids App for iOS](#)

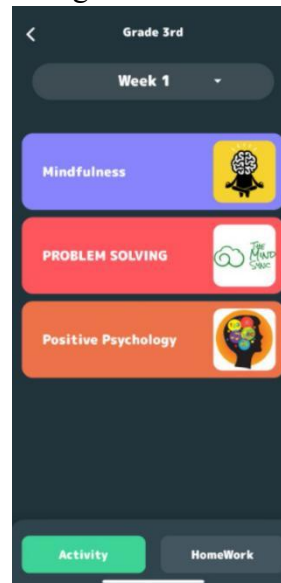
Android: [The Mind Sync Kids App for Android](#)



Step 7: Login into your account by using the email and newly set password by you.



Step 8: Explore your child's grade-specific activities throughout the academic year.



Step 9: Weekly tasks will be uploaded- Mindfulness, Problem Solving and Positive Psychology. Get involved- They're short and perfect for a quick bonding session with your child.

Mindfulness- Finger Breathing

- Sit straight with shoulders upright.
- Take your left hand first and spread all 5 fingers wide like a starfish.
- Use the index finger of your right hand to trace starfish fingers.
- Trace/slide the index finger from the base of your thumb and breathe in deeply.
- Trace / Slide your finger down on the inner side of your thumb, as you breathe out.
- Repeat for all 4 fingers (index, middle, ring, little)
- Repeat the activity 4 times.
- Do this exercise when you feel sad, upset or angry.



5 Finger Breathing

I have completed this activity

Question 1 / 3

1. In this activity you will be presented with a story.
2. You will have to read the story and choose the correct answer from the given options.
3. The aim of this activity is to strengthen the understanding of different parts of their brain taking control across various situations which will facilitate in self-awareness and help them in making use of the wiser side of the brain i.e. the cortex Owl brain.

Eric and Larry decided to spend one evening at the park with their dad. When they reached the park they both wanted to play different games, however their dad chose what Eric wanted to play. Upon getting to know this, Larry threw away his ball and started running away towards home. - Identify which of Larry's brain is taking control - Lizard brain, Dog brain or Owl brain.

Owl Brain

Lizard Brain

Parent Explanation
As children are in the learning stage of thinking and making decisions, they may make decisions that are very self-centered. When our lizard is functioning we make decisions impulsively without thinking much about our actions. Our Lizard brain makes us react before we can think peacefully about the situation or our actions. In such situations you can encourage your child to think logically, you can offer them a few choices that they can think and choose from. This will enable them to use their owl brain which makes them think before taking an action.

Child Explanation
When your lizard is functioning you make decisions impulsively without thinking much about your actions. Our Lizard brain makes us react before we can think peacefully about the situation or our actions. In this situation Larry's Lizard brain was functioning as he threw away his ball and started running towards home. If you find yourself in such a situation, you can try and use your Owl Brain. You can try thinking logically, something that can help you to make a decision and enjoy being in the moment.

Positive Psychology: My Happiness...

Materials required- Colors, Pencil, notebook

Instructions

- In this activity you will be preparing a chart based on the concept of The Three brains.
- You will read out each statement and identify which brain could be functioning or taking control.
- You can either take a print out or write the statements in your notebook and put the given colours accordingly.
- The aim of this activity is to facilitate you in understanding the concept of The Three Brains through a fun and creative way.
- Take a picture and upload it on a app.



MY HAPPINESS POSTER

Things that can make me feel upset or sad

Things that will make me feel happy

When I am sad, I like to play

When I am happy, I like to play

When I make a mistake, I like to play

When I feel a fight with someone, I like to play

When I am sad, I like to play

When I am happy, I like to play

When I make a mistake, I like to play

When I feel a fight with someone, I like to play

Upload Home work

K. Sankaran

PRINCIPAL