



SALWAN PUBLIC SCHOOL

Mayur Vihar, Delhi - 110096



CIRCULAR

Subject: Participation in MATE PROGRAMME

Ref.No: SPS/MV/2026-2027/6361

Date: 23.05.2026

Dear Parents

Pranam!

It is our privilege to share that Salwan Public School, Mayur Vihar has been selected for phase II of the prestigious **MATE (Mindful Activation through Education)** Programme, jointly designed by CBSE and AIIMS.

MATE is an initiative that integrates mindfulness into education. It is designed to enhance students' emotional well-being, resilience, and self-awareness through structured workshops in the school.

Project Details

i) Title of the Study/Project: MATE Project for Emotional Health, Wellness and Resilience

ii) Objectives of the Project:

- Enhance emotional wellness and resilience among adolescents.
- Conduct **4 workshops for students** and **1 workshop for parents**.
- Workshops will be conducted in alternate months by the school counsellor.

Student Workshops:

1. Unboxing of Health and Wellness
2. Relationship with Self and Others
3. Happy Gut, Healthy Brain
4. Power of Choice

iii) Duration: Each workshop will be approximately **3 hours**.

iv) Expected Benefits: Improved mental health, emotional wellness, and resilience.

v) Risks: No risk is associated with the workshops.

vi) Confidentiality: Individual records will be kept confidential as per AIIMS, Delhi guidelines.

vii) Freedom to Withdraw: Participants may withdraw at any time without penalty or loss of benefits.

viii) Voluntary Participation: Participation is voluntary.

There is no fees for the said programme.

You are requested to send the consent at the earliest. Since only 45 students can be accommodated in the workshops, you are requested to fill the Google link latest by 28 May 2026. Hard copy can be sent by 4 July 2026.

<https://forms.gle/zaBgvzxiZARMVX857>

Your cooperation is highly solicited.

Regards

Dr. Preeti Jain

Counsellor

Consent Form

With reference to Circular No. SPS/MV 6361 dated 23.05.2026

I, _____, Father/Mother of _____

(Name of the student), Class _____ Sec _____,

give my consent for my ward to attend the workshops.

do not give my consent to attend the workshops.

Parent's Signature: _____ Contact Number: _____

Parent's Name: _____