

## WELLBEING ESSENTIALS

*Wellbeing Program Boosts Student Health Awareness*

*"The Wellbeing program was a resounding success. Dr. Mahshid's practical approach resonated with our students, providing them with tangible tools to enhance their daily lives."*

- Mrs. Vatsala Mathew, CEO  
The Elite English School, Dubai

## ELITE CONNECT

Our school recently hosted a Wellbeing program led by Dr. Mahshid, Assistant Professor of Psychology from Amity University. The event, held on Thursday, June 20th, 2024, focused on physical, mental, and emotional health, helping students understand what affects their wellbeing and how to improve it.

Dr. Mahshid covered several important topics:

1. Hydration: Why drinking enough water matters for our body and mind.
2. Nutrition: How eating well supports our overall health.
3. Sleep: The importance of good sleep for our wellbeing and studies.
4. Screen Time: Ways to manage time spent on devices for better mental health.

5. Happiness: Simple techniques to increase daily joy and resilience.

6. Exercise: How regular physical activity benefits both body and mind.

7. Hobbies: The value of activities like art and yoga for a balanced life.

8. Stress Relief: Using laughter and other methods to reduce stress.

The program was interactive, with students participating in group activities and discussions. This hands-on approach helped them better understand and remember the information shared. Dr. Mahshid provided practical tips that students can easily use in their daily lives. For example, she suggested setting reminders to drink water, creating a relaxing bedtime routine, and finding fun ways to stay active.

Students learned that even small changes can make a big difference in how they feel and perform.

The event was part of our school's efforts to support student wellbeing alongside academic success. By learning about these topics, students are better equipped to handle the challenges of school life while staying healthy and happy.

This program is just one step in our ongoing commitment to student health. We plan to continue offering similar events and resources to help our students thrive both in and out of the classroom. By focusing on wellbeing, we aim to create a supportive environment where students can succeed academically while maintaining good physical and mental health. Our heartfelt thanks to Dr. Mashid for conducting this wonderful session for the benefit of our students and staff!



**Wellbeing tips** – Dr. Mashid providing important tips on improving wellbeing and happiness.