



PLATINUM VALLEY INTERNATIONAL SCHOOL
C – Block, Surya Nagar, Ghaziabad, UP - 201011
Ph. Nos. : 0120 – 4154267
Grades VI to VIII

Circular No. PVIS/2026/16

Date : 25.08.2026

As part of our continued commitment to nurturing the mental health and holistic well-being of our students, we are delighted to initiate the **MATE workshop series for Grades VI to VIII, in collaboration with CBSE and AIIMS**. The workshops are free of cost. It will commence from 8th September 2026 and will be conducted during the Zero Period. Please find the details for the same.

- i) Title of the Study/Project: **“MATE Project for Emotional Health, Wellness and Resilience”**
- ii) Objectives of the Project: The primary aim of this initiative is to enhance emotional wellness, and resilience among adolescents. We aim to achieve this through administration of 4 workshops to the participating students and one workshop for the parents. **The 4 workshops will be administered each consecutive month by the concerned school counselors.**
The title of the workshops is:
 - 1. Unboxing of health and wellness.
 - 2. Relationship with self and others.
 - 3. Happy Gut healthy Brain.
 - 4. Power of choice. The title for the parent workshop is ‘Your home shape your Brain.’ Each workshop will be of two hours duration.
- iii) Expected duration of the workshop: The expected duration of the workshop will be approximately 2 hours duration.
- iv) The benefits to be expected from the workshops: The workshops are expected to improve emotional health and wellness and make person more resilience.
- v) Any risk to the subject associated with the study: No risk is associated with administration of workshop to the students and parents.
- vi) Maintenance of confidentiality of records: The Individual record of the participants would be kept confidential, as per the rules of the AIIMS Delhi.
- vii) Freedom of individual to participate and to withdraw from MATE Project at any time without penalty or loss of benefits to which the subject would otherwise be entitled: The participants are at a liberty to withdraw at any time from project MATE, if they wish so.
- viii) Voluntary participation: your ward taking part in the MATE Project is entirely voluntary. If participants decide to stop being part of project MATE, the concerned school counselors or Team MATE from AIIMS Delhi will guide you about your making this choice. Parents/Guardians are requested to kindly provide their consent for their ward’s participation in the MATE workshops by 27th August 2026.

Regards

Jyoti Saxena
Principal

CONSENT FORM FROM PARENTS

Date: _____

I, Mr./Mrs. _____ parent/guardian of _____ studying in Grade _____ Section _____ of your school permit him/her for attending **“MATE Project for Emotional Health, Wellness and Resilience”**.

Parent / Guardian Contact No. : _____

Parent / Guardian Signature : _____