



Best Practices at

Mps
MODERN PUBLIC SCHOOL

WELLNESS JOURNEY

Promoting emotional well-being through Mindfulness, Quiet time, and Affirmations, helping learners manage emotions and build confidence for a resilient mindset.



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A HOLISTIC APPROACH TO MENTAL WELLNESS

Muskurahat and Art Therapy foster emotional well-being by providing a 24x7 counselling hotline and creative outlets like Mandala art, helping students manage stress and express emotions constructively.



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MODERN PUBLIC SCHOOL
ESTD - 1971

मुस्कुराहत - A Ray of Hope
Students' Helpline

DEAR BACHPAN
WE ARE HERE FOR YOU



Message me, if you are sad.
Message me, if you want to cry.
Message me, if you want to laugh.
Message me, I am just a message away.



Dr. Alka Kapur : 9811705555
Mrs. Mena Mittal : 9212324277

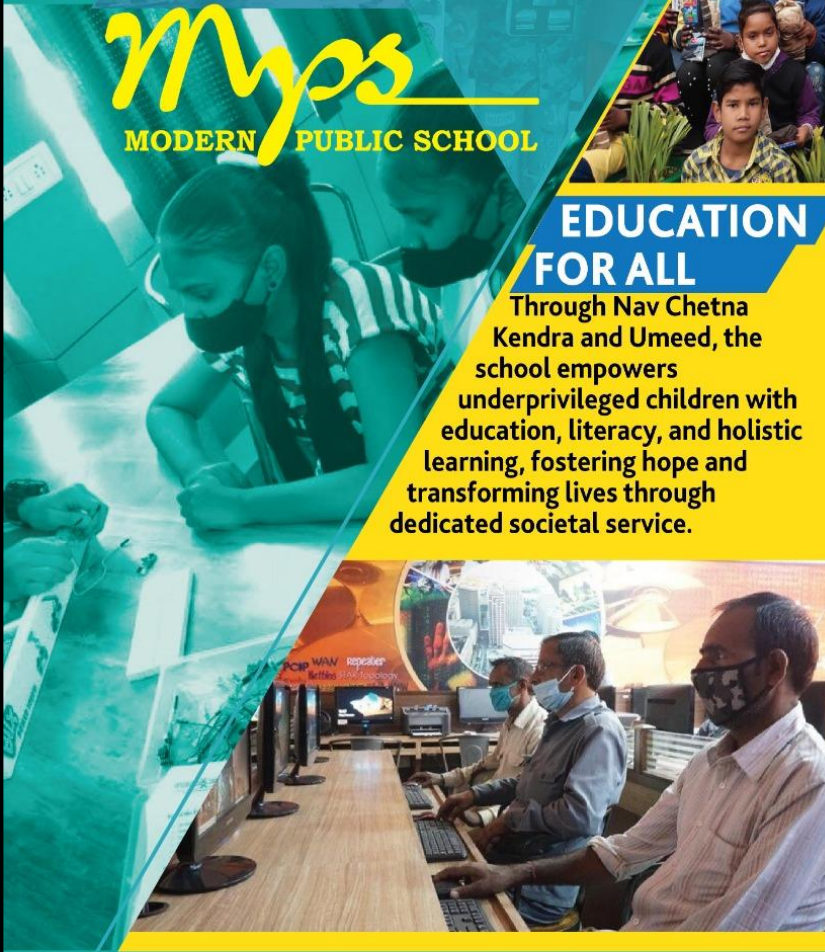
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EDUCATION FOR ALL

Through Nav Chetna Kendra and Umeed, the school empowers underprivileged children with education, literacy, and holistic learning, fostering hope and transforming lives through dedicated societal service.



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KINDNESS MATTERS

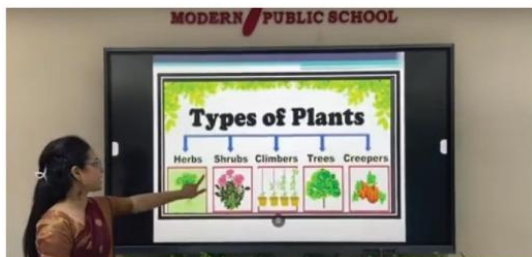
Through **Forgiveness Jar**, **Thanksgiving Prayer**, and daily **gratitude practices**, the school fosters empathy, self-reflection, and emotional intelligence, nurturing a compassionate, responsible, and spiritually enriched community.



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LEARNING TOGETHER, GROWING TOGETHER

Through Reading Jodi, Flipped Classroom, and Peer Teaching, the school fosters collaborative learning, critical thinking, and skill enhancement, empowering students and teachers for holistic academic growth and innovation.

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BUILDING AS LEARNING AID

The school transforms every space into a learning hub, with murals, visuals, and installations imparting knowledge on national and global topics. Walls become vibrant canvases, fostering immersive and interactive education at every step



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SUSTAINABLE PRACTITIONERS

*Fostering eco-awareness through its Herbal Garden - **Sanjeevani** and **Jaivika** initiatives, engaging students in hands-on learning about medicinal plants, organic farming, and sustainability, nurturing a deep connection with nature and healthier living.*



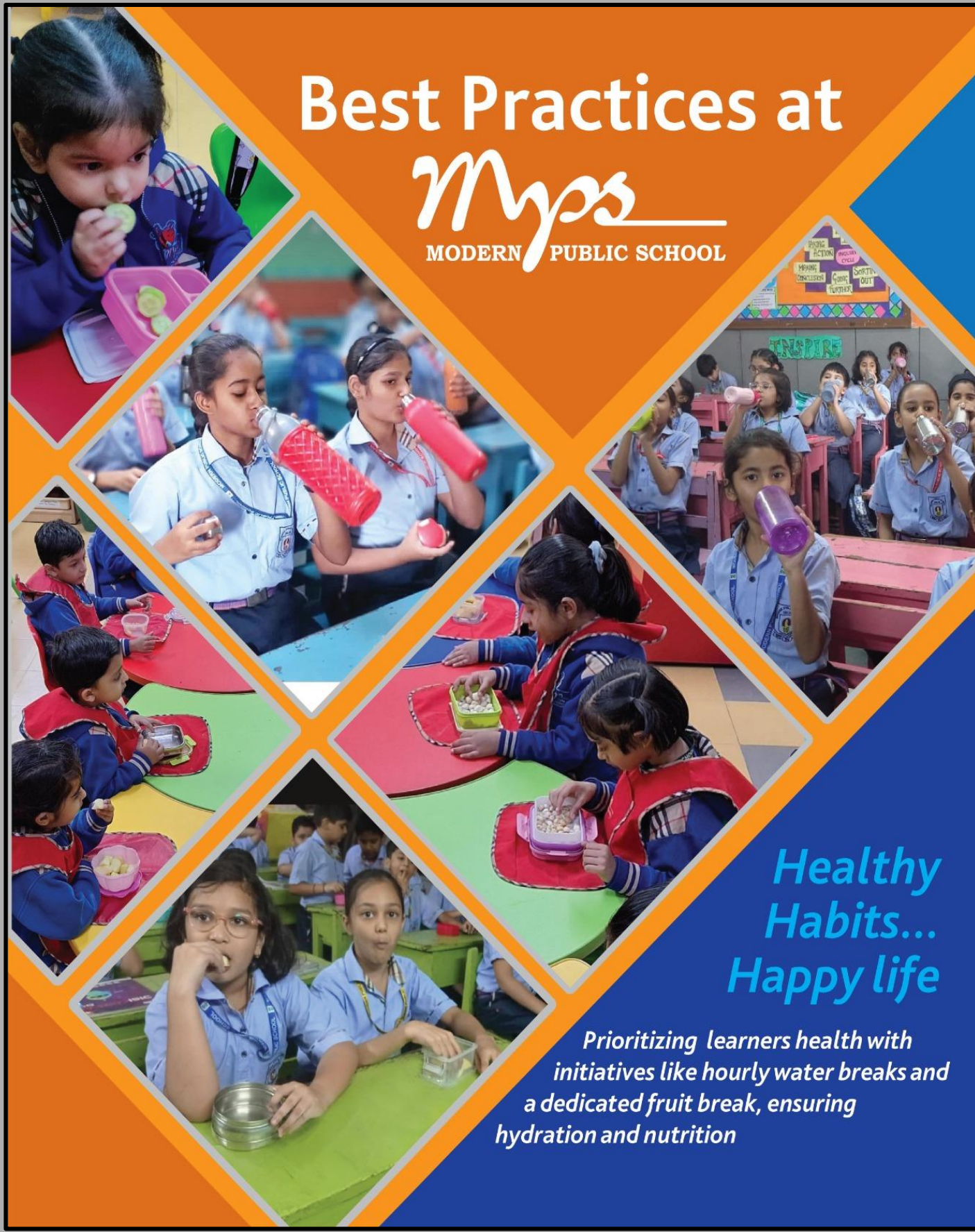
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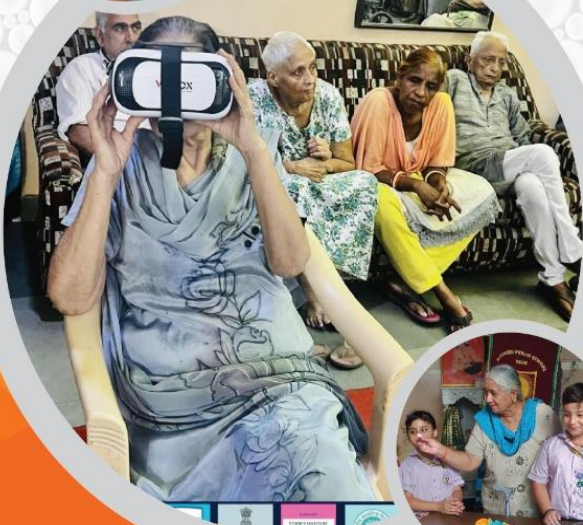
*Healthy
Habits...
Happy life*

*Prioritizing learners health with
initiatives like hourly water breaks and
a dedicated fruit break, ensuring
hydration and nutrition*



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BUILDING COMMUNITY BONDS

Through visits to old age homes and orphanages, and initiatives like Roti Bank, the school fosters empathy, responsibility, and social consciousness, strengthening community bonds and uplifting underprivileged lives.

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EMPLOYABILITY SKILLS

The Sai Nari Abhilasha Foundation and Utkarsh empower women and students by offering skill training and entrepreneurial opportunities, fostering self-reliance, innovation, and employability for sustainable career growth.

