

Dear Parents,

Greetings from **The Millennium School, Greater Noida (W)**!

This is to inform you that on **January 12, 2023**, we hosted an **online session** for parents and students of grades **V to VIII** on "**Building Right Habits & Routines As A Student,**" in collaboration with **Dr. Swaroop Savanur (Mental Conditioning & Peak Performance Coach and Founder at MyMentalCoach)**. Dr. Savanur is one of India's most experienced mental conditioning & performance coaches, with over 18 years of experience mentoring individual athletes and teams across multiple sports. The informative session stressed the "**Significance of good habits, which are essential skills needed to function more productively and positively to enhance an individual's potential and growth in life.**"

The objective of this session was to make students:

- Understand how good habits can help them accomplish their short-term & long-term goals,
- Identify their strengths & weaknesses and learn how to address them,
- Recognise and utilise the resources around them to efficiently navigate through and adapt to the unexpected situations in life,
- Achieve and maintain a sustainable lifestyle by making little changes that promote longevity and good quality of life, &
- Develop both personally and professionally by sticking to routines and maintaining high efficiency.

During the session, Dr. Savanur mentioned that **habits develop over time with commitment, deliberate practice, and a desire for accomplishment**. He advised the students to train themselves and consistently practise a routine to make it a habit. The key focus areas for students included developing habits for:

- Focused reading,
- Playing & leisure activities,
- Following a study routine,
- Maintaining basic health & hygiene, and
- Observing a fixed time for sleeping and waking up on time.

He also encouraged the parents to indulge in:

- Initiating transparent and positive communication with children,
- Modelling good habits & values in their daily lives,
- Exploring ways to boost the child's self-esteem,
- Limiting screen time within the family, &
- Making efforts towards developing emotional intelligence in students.

Dr. Savanur suggested ways for parents and students to build good habits and a productive lifestyle by:

- Observing one's routine and bucketing personal habits into categories (easy to change, slightly difficult to change, hard to change),
- Deciding on 1-2 habits at a time that one wants to adopt or change,
- Practicing it consistently for 21 days,
- Making efforts to continue it for at least three months, and
- Moving on to work on the next habit once this one becomes a part of their lives.

Often children find it hard to stick to a habit because sticking to a routine gets monotonous and difficult. There could be other reasons, like the lack of motivation or mental strength. Therefore, it is crucial to assess children's mindsets and desires before forcing them into a routine. We assure our parents that **The Millennium School prioritises the mental, social, and emotional well-being of students**. Our curriculum is designed to expose students to a healthier way of life. We introduce students to good habits, sports, yoga, meditation, health & hygiene routines, and similar initiatives that can help them live a sustainable lifestyle. Our educators consistently motivate students and make the learning routines engaging for all students. We would also like to take this opportunity to inform parents that the school can assist parents with accessing their child's **mindset assessment** and **mindset excellence programmes** through our partnership with **Da One Sports**.

We believe that, collectively, we can lead our students towards achieving excellence in life.

We look forward to arranging similar interventions in the future so that we can collaborate with parents to create more growth opportunities for students.

Best regards,



Dr Himani Tyagi

Principal, The Millennium School, Gr. Noida (W)