



# *Holy Child Sr. Sec. School*

Tagore Garden New Delhi-110027

EXPLORING HUMAN QUOTIENTS



WORLD MENTAL HEALTH WEEK CELEBRATIONS

2021-2022

COUNSELLING & LEARNING CENTRE



# EXPLORING HUMAN QUOTIENT



World Mental Health Week was organized in Holy Child Sr. Sec. School by counselling and learning centre of the school from October 7, 2021 to October 10, 2021 on virtual platform. The theme of Mental Health Week 2021 was to explore Human Quotient (HQ).

Human Quotient is a comprehensive model comprised of three interconnected components. The "quotient" can be defined as "proactive" minus "reactive," as seen in three key areas of human experience and performance: cognitive, behavioural, and interpersonal. Individuals who are proactive rather than reactive in each of these spheres position themselves for success as innovative and effective leaders.

Synonymous to these are happiness quotient, emotional quotient, social quotient and a newly added quotient i.e. adversity quotient. The Happiness Quotient (HQ) refers to the concept that measures approximately, the measure of happiness each person has achieved in his life. It starts by describing the creation of positive mind space, one that nurtures the positive emotions that increase happiness. Emotional quotient (EQ) is the ability to understand, use, and manage your own emotions in positive ways to relieve stress, communicate effectively, empathize with others, overcome challenges and defuse conflict. Social quotient (SQ) is the capacity to know oneself and to know others. It develops from experience with people and learning from success and failures in social settings. Adversity quotient (AQ) is defined as the ability of an individual to think, manage, direct, and endure challenges and difficulties in life.

Various events were planned for classes Nursery to 12 around the theme. The aim was to enable students Know, be Aware and be Connected with One Self especially after going through the trials and turbulations of the pandemic situation.

We would like to express sincere gratitude to our Manager, Sr. Divya Elsy and our Principal, Sr. Mallika for their constant support and guidance throughout the event. A big thank you to all the students, teachers and parents for making the event a success.

- Counselling and Learning Centre



# EXPLORING HUMAN QUOTIENT



## THE HAPPINESS QUOTIENT (HQ)

07 OCTOBER 2021

NURSERY, KG & CLASS I

The classes were shown a video to enhance their happiness quotient. After the video screening, students had a discussion around what element/ person/object makes each student happy and students decorated the same.



The rest of the beautiful responses can be accessed here:

<https://padlet.com/hcscic20212022/mhwnkg1>







# EXPLORING HUMAN QUOTIENT



## THE EMOTIONAL QUOTIENT (EQ)

07 OCTOBER 2021

CLASS II - V

Respective classes were shown a video to enhance their emotional quotient. After the video screening, students created a piece of art around what activity they did to take care of and uplift their emotions pre and post-pandemic.



The rest of the beautiful responses can be accessed here:

[https://padlet.com/hcslc20212022/mhw2\\_5](https://padlet.com/hcslc20212022/mhw2_5)







# EXPLORING HUMAN QUOTIENT



## THE SOCIAL QUOTIENT (SQ)

08 OCTOBER 2021

CLASS VI-VIII

**Social intelligence is the capacity to know oneself and to know others. Social Intelligence develops from experience with people and learning from success and failures in social settings. Students made a slogan around why mental health is important to them.**



The rest of the beautiful responses can be accessed here:

[https://padlet.com/hcsc1c20212022/mhw6\\_8](https://padlet.com/hcsc1c20212022/mhw6_8)



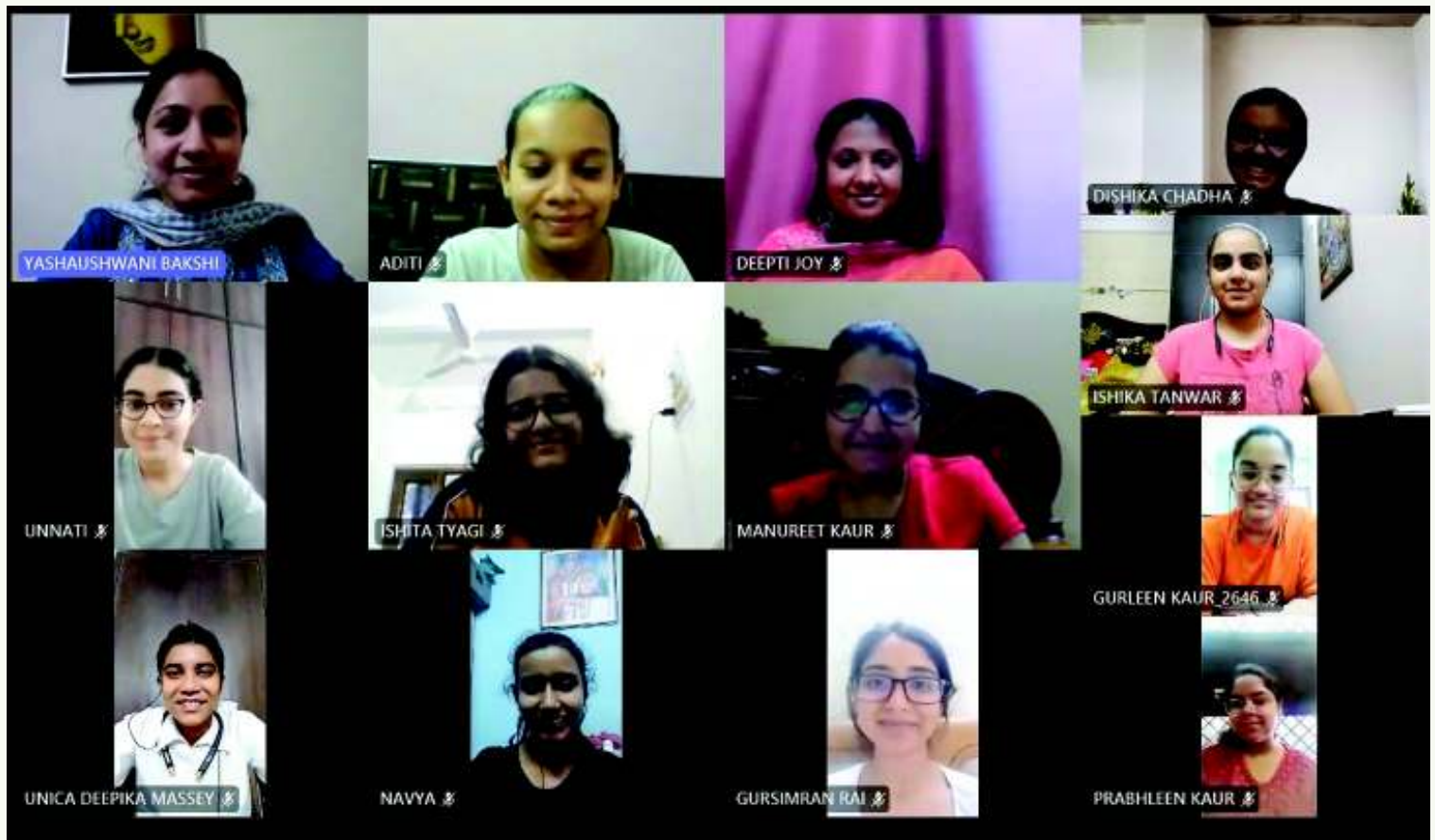


## ***THE ADVERSITY QUOTIENT (SQ)***

**09 OCTOBER 2021**

**CLASS IX-XII**

**After the success of Open Mic Season-1 of Mental Health, HCS came up with Open Mic Season 2 which served as a 'Safe Zone' in which we need to put forward our thoughts, ideas, creations, experiences in and around Mental Health. An adversity quotient is a score that measures the ability of a person to deal with adversities in their life. It is commonly known as the science of resilience. Open Mic helps in developing a mutual feeling of hope and resilience.**



**Let us break the stigma and let us normalize the discussion around Mental Health. Let us come together and create a safe space for each other. After all, we all must look forward to 'Be the woman who fixes another woman's crown, without telling the world that it was crooked'. Students participated enthusiastically.**





## FEEDBACK ON OPEN MIC SESSION



I was a little worried in the beginning, I thought whatever I share might not be kept private amongst the audience alone at the event. For the first time in my life I felt that I am not the only one at school who has been treated unwell by the peers, I shared it with the fellow participants and all of them were highly welcoming regarding the same. I realized that people have been through far more complexities and adversity in their life by far. I was inspired by all of them and their speeches.

I was feeling pretty anxious before the session. Probably because of what people's reaction is going to be, whether there was a factor that connects us or not. I was feeling quite shy first but then I went with my story. I was feeling pretty confident after all the support. Everyone connected somewhere with each one of us. Our stories might be different but it was totally a great session. Everyone was giving great advice and comforting each other. It was like talking about same topic but from a different perspective which makes our view even wider. I felt like giving each one of them a big hug!!

At first, I felt really nervous about how I am gonna speak I was quite nervous before it. But once I entered into the session, it was really quite a comfortable and pleasant atmosphere for me to speak. One day before the session, I did not actually know what to speak but I thought I will do it naturally rather being too nervous. It was my first time participating in it. It was sincerely great. Eventually, it really got more interactive and personally, everything appeared so relatable to me. While I shared my story, I could feel somewhere that there are people who do understand me. I was really quite happy throughout the session of 2-3 hours. There were teachers who recommended on how I should tackle up things if I am confused about it or anything. I still do follow when miss told me about how to create a diary and vent my feelings in it. I found myself being appreciated and I really really loved the session a lot!!





## FEEDBACK ON OPEN MIC SESSION



I was filled with contentment after listening to my peers and my teachers. They all were very encouraging and supportive of everyone. At first, I was a bit scared to let my feelings out for the fear of getting judged but as others spoke, I realized that when I am not judging anyone of them rather empathizing, so I should also openly share my thoughts. These thoughts were some sad memories that were embedded deep down in my mind but we're corroded that day. Now they don't prick me so much because I know and understand that others feel like this too. I had never openly shared my story and the thoughts going on in my mind. Who says that extroverts don't hide anything in their mind! It was a relief to share my story and to get empathy from others my age. It felt as if a big load was off my chest. The best feeling that I got when listening to others' was that I am not alone who feels the way I do. They were openly speaking about what they had faced which encouraged me to let my stories also flow towards their ears.

I knew this is my chance to help others with their thoughts and that this platform will bring a lot of changes within everyone. I was nervous because this was my first time talking about myself and guiding them with what I had. Students were really cooperative and moreover they were equally participating which really helped me to speak more about myself and what I have gone through my journey. That was the time where I felt that this is not just about me, it's about everyone and moreover I felt really sorry for them because of what they were going through in such a young age. Even though they were going through hard times they were strong and I feel so proud that they managed to overcome through their emotions and are actually doing well. I'm happy that my stories and my journey helped them in some or the other way and I really hope that this open mic sessions should continue so that more students come up and share their stories to help others.







## FEEDBACK ON OPEN MIC SESSION



I was a bit nervous like I've always been about how people are going to react when I share my side of the story. But after the session, I felt great. It was an interactive and amazing session. It felt wonderful to share things with other people. The experience was amazing and the fact that we all could relate to each other was very soothing and comforting.

Anxiousness is the word I would use before the beginning of the program. But as soon as the program began, listening to other's stories inspired me. Listening to other's stories have always been a great deed. Their struggles, stories and the way they overcame it is what actually makes them stronger and beautiful. It was a great experience.

Initially I struggled for accepting and loving myself and was always comparing myself with others and realised that it wasn't only me who was struggling to accept or love yourself. This session helped me dealing with my nervousness because of public speaking and lacking confidence but time to time it became ok with myself and I enjoying with my seniors and juniors and learned to accept myself.



Created & Edited by  
Ms. Yashaushwani  
(School Counsellor)



Support & Facilitation by  
Ms. Deepti Joy  
(Special Educator)

Students can feel free to approach the school counsellor or special educator in case of any concerns related to academic, emotional, psychological or behavioural difficulties.

#breakthestigma #mentalhealthmatters