

Parent Consent Form

Dear Parent/Guardian,

At our school, we are committed to promoting the emotional well-being of every student. In collaboration with the Central Board of Secondary Education (CBSE) and the All India Institute of Medical Sciences (AIIMS), New Delhi, we are implementing the MATE (Mental Health and Emotional Wellness) Project, which aims to enhance students' emotional health and resilience through interactive workshops. We request you to kindly read the information provided below and give your consent for your ward's participation in this initiative.

Warm Regards



Sharmila Raheja
Principal

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CONSENT FORM FOR PARENTS

Title of the Study/Project: **"MATE Project for Emotional Health, Wellness and Resilience"**

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 shapes 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 people more resilient.

v) Any risk to the subject associated with the study: No risk is associated with administration of the 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 individuals 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.

I have read and understood the information provided above and hereby give my consent for my ward to participate in the MATE Project.

Student's Name: _____

Parent's Signature: _____

Name: _____

Date: _____