



Resilient Healthcare Skill Academy



Basic Health & Wellness Skills Programme

Preparing Students for Life



HSSC | NCVET | NSQF | NCrf | APAAR Compatible
School Partnership Program

What if every student knew what to do **before help arrived?**



Safety Measures



First Aid



Digital Safety



Healthy Lifestyle



Healthy Environment



Mental Wellbeing



Abuse Prevention



Disaster Preparedness

Why This Programme?



Health emergencies don't wait for adults.



Life skills cannot be learned from textbooks alone.

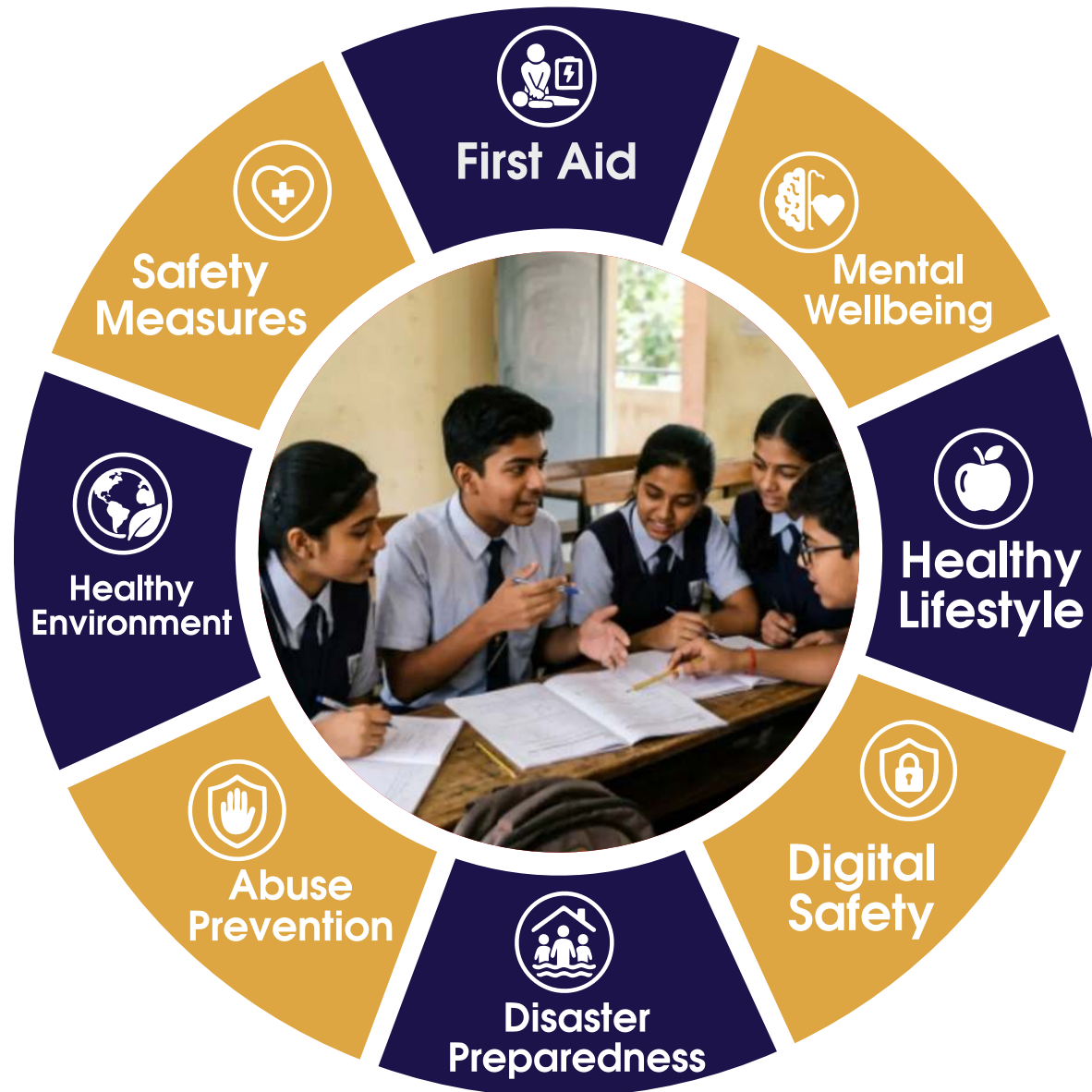


Every student deserves the confidence to respond.



***"Schools prepare students for examinations.
Life prepares them unexpectedly."***

What Students Gain?



MODULES AT A GLANCE



1. Personal & Community Safety

Identify hazards, practise personal safety, understand emergency contacts, road safety and responsible behaviour.



2. First Aid, CPR & AED

Provide basic first aid, perform Hands-only CPR, understand AED use, manage common emergencies and build confidence to respond before professional help arrives.



3. Digital Safety & Responsible Technology Use

Practise safe internet use, prevent cyberbullying, manage screen time, understand digital wellbeing and use social media responsibly.



4. Healthy Lifestyle & Adolescent Health

Build lifelong healthy habits through nutrition, physical activity, personal hygiene, menstrual hygiene, preventive healthcare, posture, sleep and overall wellbeing.



5. Clean, Safe & Sustainable Environment

Promote hygiene, sanitation, waste segregation, recycling, conservation of resources and environmental responsibility.



6. Mental & Emotional Wellbeing

Develop emotional awareness, resilience, stress management, healthy relationships, empathy and help-seeking behaviour.



7. Personal Safety & Abuse Prevention

Understand consent, respectful relationships, substance abuse prevention, gender sensitivity, recognising unsafe situations and seeking timely help.



8. Disaster Preparedness & Emergency Response

Respond to disasters, participate in mock drills, understand triage, evacuation procedures and community emergency preparedness.

CLASSES IX-X / NSQF LEVEL 2.5 / 60 HOURS

Foundation in health, safety, and wellness competencies through practical and experiential learning.

CLASSES XI-XII / NSQF LEVEL 3.5 / 90 HOURS

Advanced application, leadership skills and enhanced emergency response for real-life situations.

Why RHSA?

Resilient Healthcare Skill Academy (RHSA) is the learning wing of M&M Resilient Ventures Pvt. Ltd.

Healthcare-focused organisation committed to improved health outcomes through education and training.

HSSC Accredited Training Partner delivering NSQF-aligned programmes with national recognition.

Bridging the gap between academic learning and real-life health & wellness skills.



Expertise



Integrity



Impact



Innovation

Dr. (Maj.) Meeta Tyaagi

MD (Physician): DHM: DMLS,
QM & AHO: MHA (AIIMS)

28+ YEARS OF HEALTHCARE LEADERSHIP





साहसेन उत्साहेन गतिना

Domain Experts

A multidisciplinary team dedicated to building skills
for a safer, healthier tomorrow



ACLS Instructor

Critical Care Expert



Dentist

Oral Health Expert



Dietitian

Nutrition Expert



Clinical Psychologist

Mental Health Expert



Fire & Safety Expert

Disaster Preparedness



Trauma Nurse Educator

Emergency & Trauma Care



Cyber security expert

Digital Safety &
Responsible Technology

***Representative images (AI Generated) used. Faculty
assignment is based on programme schedules & availability***



National Recognition



Health Sector
Skill Council



National Council for
Vocational Education
& Training



National Skills
Qualification
Framework



National Credit
Framework



APAAR
(where
applicable)

- Credits recorded in Academic Bank of Credits (ABC)
 - Linked to the student's APAAR ID
 - Up to 3 Academic Credits

Builds a stronger academic and professional profile for higher education and employment in India and abroad..

Students earn nationally recognized credits through the skill India ecosystem, strengthening their academic & skill development Journey

Programme Fee Structure

Transparent Fair Value for every learning hour.



Transparent Pricing

Clear breakup of Training Charges and Programme Implementation Charges.



FAIR & EQUITABLE

Fees aligned with delivery mode and student batch size.



NO HIDDEN CHARGES

Everything included – from learning resources to certification support.

Programme Fee per Student (₹)	Integrated (1 hr/week)	After-school (2 hrs, 2–3 days/week)	Weekend (4 hrs every Saturday)	Hybrid (Online Theory + Offline Practical)
Class- IX - X (60 hr)	₹9,600	₹8,400	₹7,200	₹6,420
Class- XI - XII (90 hr)	₹14,400	₹12,600	₹10,800	₹9,960

- Fees are based on a minimum enrolment of 15 students.
- Fees concessions may be offered based on number of students enrolled.
- Certification and Final Assessment fees, wherever applicable, shall be payable separately on an actual basis as prescribed by the awarding body.

What's Included

A complete learning experience for every student



Expert Training

Industry Expert & certified facilitators



Learning Resource

Digital content, worksheets, and reference materials.



Practical Sessions

Hands-on activities and real-life applications.



Assessment & Feedback

Regular assessments with personalised feedback



Certification

Recognised certification on successful completion



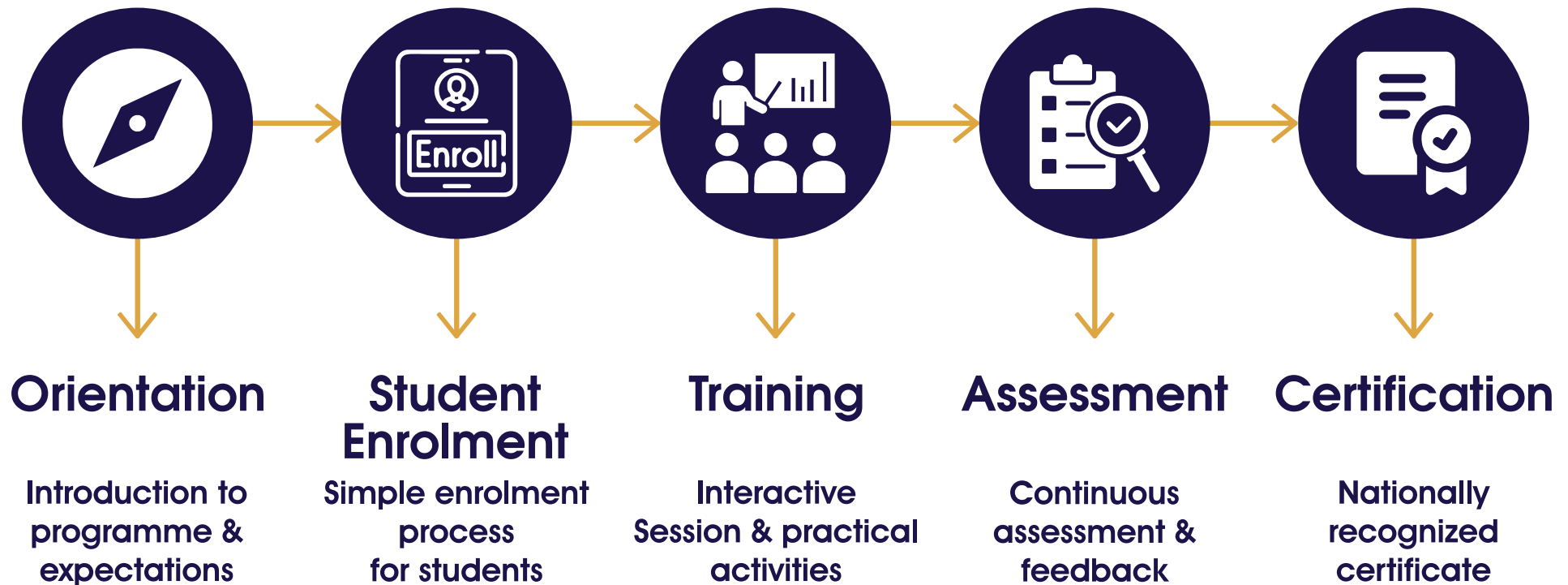
Ongoing Support

Query support & doubt resolution



Designed to build skills, confidence and real-world readiness -for a healthier tomorrow.

Proposed Implementation



A seamless process designed for minimal disruption and maximum learning impact.

Let's Build Safer, Healthier Schools Together.



Scan to watch our
1-minute introduction
video and learn more
about the programme.

📞 +91 9315652160 / 8826006117 / 9818186117

✉️ resilienthealthskillacademy@gmail.com /
contact@mmresilienthealthcare.com

🌐 www.resilientskillacademy.com

📘 Resilient Healthcare Skill Academy

📷📺 resilienthealthskillacademy



*Empowering students with essential life skills
for health, safety, and well-being.*