



WORKSHOPS FOR SCHOOLS

HERE IS A GLIMPSE OF SOME OF THE WORKSHOPS WE HAVE CURATED FOR CHILDREN, PARENTS AND TEACHERS. THESE CAN BE FURTHER CUSTOMIZED AND TAILORED AS PER YOUR NEEDS.

THESE WORKSHOPS CAN BE CONDUCTED VIRTUALLY / IN PERSON, AS PER YOUR REQUIREMENT.

PRE-PRIMARY

CATCH THEM YOUNG! (FOR PARENTS & EDUCATORS)

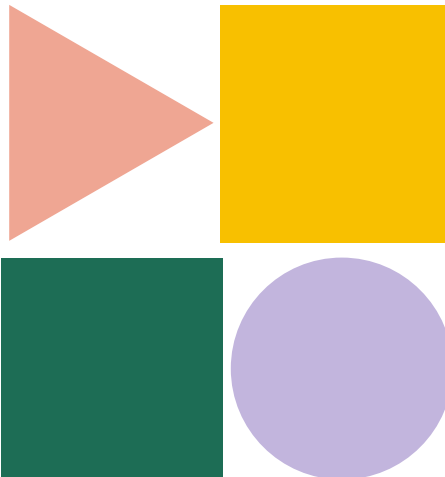
1. NEURODEVELOPMENTAL DISORDERS

- AUTISM SPECTRUM DISORDERS
- SEPARATION ANXIETY
 - ADHD
- LEARNING DISABILITIES
 - DOWN'S SYNDROME
 - OTHER

NEURODEVELOPMENTAL DISORDERS

2. BEHAVIOURAL RED FLAGS/MILESTONES

3. HOW CAN PARENTS AND TEACHERS HELP THE CHILDREN?



PRIMARY

A) EMOTIONAL INTELLIGENCE

- WHAT IS EMOTIONAL AND SOCIAL INTELLIGENCE?
 - SELF-AWARENESS, KNOWING AND LABELLING ONE'S OWN EMOTIONS
 - SELF-REGULATION, DEALING WITH DIFFICULT EMOTIONS (EG: ANGER, HATE)
 - SOCIAL AWARENESS, KNOWING EMOTIONS OF OTHERS

B) LEARNING DISABILITY (LD)

- OVERVIEW OF LD
- RED FLAG SIGNS
- ASSESSMENT PROCESS
- EMOTIONAL SUPPORT STRATEGIES

MIDDLE SCHOOL (5th-7th Grade)

A) Reels to Real

- Social media use and misuse
 - Impact of misuse on self
 - Cyber bullying
- Minimize the misuse

B) Self Engineering

- Introduce basic concepts such as self, self-identity
- Bullying, influences/idolization
 - Relationship values



FOR PARENTS & EDUCATORS

A) Suicide prevention & Sensitization

- Understanding suicide
 - Statistics
- Trigger factors (biopsychosocial model)
 - Identification
- Preventive interventions

B) Teaching in the digital era (For Teachers)

- Adaptability and Adjustment
 - Conflict situations
- Impacts of conflict situations
- Healthy and unhealthy coping
- Strategies to adapt and adjust well

SECONDARY (8TH-10TH GRADE)

A) REELS TO REAL

- SOCIAL MEDIA USE AND MISUSE
 - IMPACT OF MISUSE ON SELF
 - CYBER BULLYING
- MINIMIZE THE MISUSE



B) SELF ENGINEERING

- UNDERSTANDING TEENAGE
- BULLYING AND ITS VARIOUS FORMS
 - BODY IMAGE
- PUBERTY AND THE FOLLOWING CHANGES
- SOCIAL COMPARISON AND STUDY PRESSURES



HIGHER SECONDARY (10TH-12TH GRADE)

A) Reels to Real

- Social media use and misuse
 - Impact of misuse on self
 - Cyber bullying
- Minimize the misuse

B) Love Thy Self

- Emphasis on developing healthy self
 - Importance of self-worth, esteem, image and love
- Relationship with food and sleep
 - Managing emotions

C) Coping Mechanisms

- Introduce coping mechanisms
- Healthy and unhealthy coping mechanisms
- How to distinguish between the two?
- How do addictions and unhealthy behaviours develop?
- Learning how to cope in a healthy manner