



SRI HEALTHCARE-RESEARCH INTERNATIONAL (SHRI)



LIFE SKILLS

**FOR CHILDREN
5 yrs & Above**

**ONCE A WEEK
In Online Groups**

**INR 499/- PER SESSION
FOR 1 HR**

**FUN & INTERACTIVE SESSIONS WITH LOTS OF
INTERESTING ACTIVITIES!**

shrihealthcareteam@gmail.com

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As We All know, in Today's World, Especially after the Pandemic, Students are Experiencing Physical & Mental Disorders & Diseases.

Problems like Stress, Anxiety, Bullying, Cyber Bullying, Depression, Panic Attack, Heart Attack, Diabetes, High Cholestrol, Headache, Stomach Ache, Asthma, PCOS, Self- Harm, Crisis and Many More are on the Rise.

**EMPOWER YOUR CHILDREN TO
OVERCOME THESE ISSUES**

**REGISTER
NOW**

www.shrihealthcare.in



SRI HEALTHCARE-RESEARCH INTERNATIONAL (SHRI)

Life Skills Promote Children's Overall Health, Well-Being & Appropriate Development in Every Dimension of Student's Life.

It also Enables in Cultivating Resilience.



As Stated by W.H.O., "Life Skills Are Abilities for Adaptive and Positive Behaviour that Enable Individuals to Deal Effectively with the Demands and Challenges of Everyday Life."





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As Stated by U.N.E.S.C.O,
U.N.I.C.E.F and W.H.O, the
10 Life Skills are:

Management of Stress



Creative Thinking



Critical Thinking



Problem Solving



Decision Making



Effective Communication



Management Of Emotions



Interpersonal Relationships



Empathy



Self Awareness





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HOW WILL WE LEARN HERE?

Each Set of Life Skills are Set in Various Themes.



These Life Skills Shall be Taught in All Age Groups, in the Chronological Order.



THE SESSION SHALL BE TAKEN USING:

1. Psychology



2. Science



3. Story Telling



4. Movement & Fun Modalities



5. Expressive Arts



6. Micro Yoga



7. Breathing



8. Meditation



9. Ancient Wisdom





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The Modules are Designed as per the Age Groups

The Age Groups:


- 1. 5-7 yrs
- 2. 8-10 yrs
- 3. 11-15 yrs
- 4. 16-18 yrs



ENROLL YOUR CHILD!!

OUR CONTACT DETAILS:

 shrihealthcareteam@gmail.com

 8811046995 / 70035 49210

REGISTER HERE!

