









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!







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











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."









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





Creative Thinking



Critical Thinking



Problem Solving



Decision Making





Management Of Emotions



Interpersonal Relationships



Empathy



Self Awareness







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





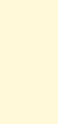


- 5. Expressive Arts
- 6. Micro Yoga
- 7. Breathing
- 8. Meditation
- 9. Ancient Wisdom































The Modules are Designed as per the **Age Groups**



1. 5-7 yrs



3. 11-15 yrs







ENROLL YOUR CHILD!!

OUR CONTACT DETAILS:





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