



# HEART AND MIND

MONTHLY NEWSLETTER OF MEQ ACADEMY



## UNLOCK HAPPINESS

BY MEQ ACADEMY

Uncertainty, fear, acceptance, anxiety, stress, boredom and so on.... are the emotions of millions of people around the globe due to the ongoing global Pandemic. Amid all, we can still unlock our happiness by practising Mindfulness and Gratitude, Yay! you heard it right, being mindful and grateful during the toughest time may unlock your happiness. so be mindful of your health, family, relationships, job, surroundings etc. and show gratitude for whatever you have.

Meanwhile, months of Lockdown has taught us that real happiness is to be alive and be with our loved ones. If you have an exciting Happiness Story during the lockdown share it with us at-

[info.megacademy.com](mailto:info.megacademy.com)

MEQ Academy will publish the best story in the next edition.

MEQ ACADEMY'S  
NEWSLETTER

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# OUR GROWING COMPANY

## MEQ ACADEMY

MEQ Academy is the name destined to be the best, by our hard work, consistency, teamwork, dedication; the highlights that enhance our ongoing pursuit to perfection. With a positive approach towards success and enjoying day-to-day achievements to accomplish the goal, MEQ Academy will always be sure to bring the best innovative courses and certification programs throughout all its journey with the help of our Coaches and Content developing team based in Ghaziabad India. By using peer benchmarks we are trying our best to identify the gaps and further develop a more integrated and holistic set of sustainable goals and targets to move ahead and develop an Emotionally Intelligent society.



## THE DIRECTOR'S MESSAGE

### LATA SINGH DASILA

Our Director Ms Lata Singh Dasila believes that every individual should get an opportunity to speak up, grow and achieve all their dreams and Life Coaching is the best practice to do so.

**YOU ARE YOUR ONLY COMPETITION! BE BETTER THAN YESTERDAY...**

She has diverse experience in coaching children, leaders, executives, parents and individuals. In last few years she has worked with 12000 plus children in various schools, NGOs, Societies, Colleges and Universities. Her training and coaching style is unique and highly interactive. She enjoys doing emotional intelligence training and workshop with Coaches, Educators, Corporate leaders and executives as well as individuals.

# MEQ EVENTS

- SEL WEEKEND CLASSES FOR CHILDREN
- TEACH THE HEART FREE SESSION FOR TEACHERS AND EDUCATORS
- EQ CAFE- CHANGE READY
- SEL TEACHERS TRAINING

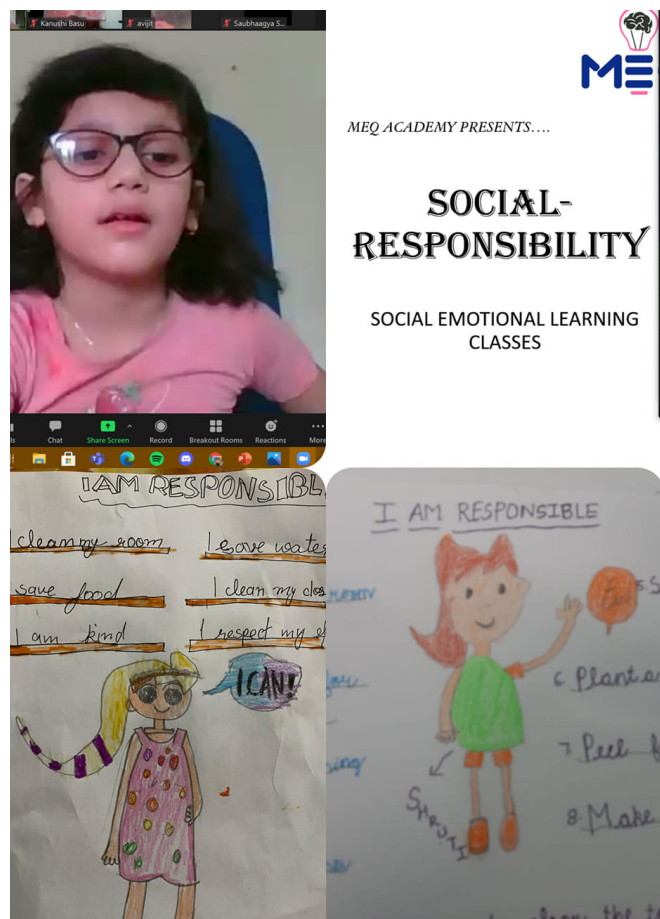
# SEL WEEKEND CLASSES

## MEQ ACADEMY

Meraviglia EQ Academy is conducting sessions on EI for little children. This month the topics that we covered were Self-Reflection, Social-responsibility and Bullying

A session On Self-Reflection was organised on 5th June. Our coach Ms Chetna Singh explained why Self-Reflection is so important for them. Self-Reflection is the ability to introspect our own thoughts, actions, feelings, and emotions. It helps to be self-aware of one's own self to take necessary steps for improvement.

The session was incorporated by activities and a famous story from 'Panchtanatra' to make it more informative and interesting for little kids. The children loved the session.



The session on Social-Responsibility was conducted on 12th June. As we know that a Socially responsible child can be a responsible citizen of the country, hence it's advisable to instil this habit from a very young age. The session aimed to bring awareness of the basic rights and responsibilities of the children. The children made a poster on Social-Responsibility in which they mentioned their basic responsibilities towards their parents, home, teachers as well as school.

The session on Bullying was undoubtedly informative and activity-based to make them understand what actually Bullying is. The children were being taught how they can handle it if somehow they fall victim to Bullying. Bullying creates tremendous fear among children and harms almost everyone, hence it is essential to teach young children about bullying so that they can identify the act of bullying and may raise their voice against it.



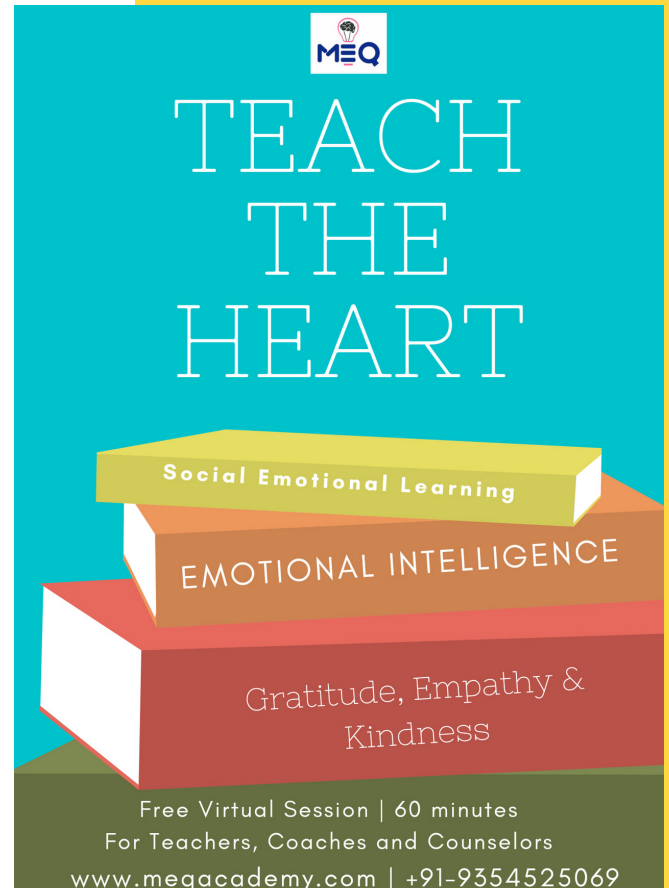
# TEACH THE HEART

## VIRTUAL SESSION

Meraviglia EQ Academy conducted a virtual session for the Teachers and Educators from different Schools and organisations on 14th June 2021.

The session 'Teach the Heart' is specially designed for Educators who are willing to be a 'Changemaker' by implementing various SEL tools in classroom teaching.

Due to the Pandemic, not only adults but children are going through a lot of stress and anxiety, however, it's unfortunate that most of the time children are unable to deal with it. So it is a necessary step to provide the children with a collection of the best tools and tips to teach how to calm down and relax.



The workshop is purposefully made to tell the Pedagogues about the dire need for SEL in the Education system. To make it possible the Educators need to upgrade their skill and collaborate with new techniques. Without collaboration, our growth is limited to our own perspective.

MEQ Academy offers this one-hour session free for all the teachers, educators on the importance of teaching Social Emotional Learning skills in the classroom.

What would they Takeaway from the session

- What is SEL?
- Why do emotions matter?
- Why should we teach the heart along with the mind?
- How to implement SEL in the classroom?
- Free Activities for the classroom

**REGISTER**

# EQ CAFE- CHANGE READY

VIRTUAL SESSION | SIX SECONDS

In 2020, millions of people experienced dramatic change thrust upon us and struggled to make it through. Now, we're at a new stage - will we stay in the state of struggle or can we begin to lead our way through change? With this question in our mind, MEQ Academy conducted an interactive "EQ Café" on 16th June 2021 to explore what it takes to change -- to shift from "being made to change" toward "being a changemaker." In our previous EQ Café, we explored purpose, a vision of where to go. Well! in this session the honourable Speaker Ms Lata Singh explained how to step in that direction, and how the practice of emotional intelligence can help. Emotional intelligence (aka "EQ") means being smarter with feelings -- and we can grow EQ by practising together. EQ Cafés are insightful, engaging sessions for people curious about emotional intelligence to connect and learn together.

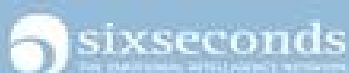
In this Café we discovered-

- The emotions of change - how feelings shape change and change shapes feelings



- What helps us become "change-ready" and beyond to "changemaker"
- How the competencies of emotional intelligence are tools for change  
From Change Ready to Change Makers...

Our participants went away with great insights - realisation of how far they have come and how much they have evolved as a person in the last one and a half year of the pandemic.



EQ Café

# Change Ready





# SEL TEACHERS TRAINING

## MEQ ACADEMY TRAINING TEACHERS VIRTUALLY

Meraviglia EQ Academy at present is running two batches of SEL Teachers Training simultaneously.

The structure of teaching a classroom of students can take many different forms. the teacher gets to choose each day how he/she wants the structure to be. The head and the hearts are two very important elements to effective teaching and true learning (not just in school). This is the base of our SEL teachers training program wherein we want the pedagogues to get equipped with some of the most essential tools and techniques required for teaching this generation of kids.





SEL FOR SCHOOLS  
TEACHERS TRAINING PROGRAM

VIRTUAL 6 WEEKS TRAINING

FIVE WAYS TEACHERS CAN INCORPORATE SEL IN THE CLASSROOM

SEL 1	MINDFULNESS
SEL 2	EMOTIONAL INTELLIGENCE
SEL 3	EMPATHY
SEL 4	GRATITUDE
SEL 5	MOTIVATION

CLASS PLANS AND MATERIALS ARE PROVIDED BY MEQ ACADEMY

The training session consists of a total of 6 Modules, wherein each Module has been designed perfectly with sufficient knowledge of EI along with ample activities on SEL for the Teachers to be practised with the children.

Our Participants are satisfied and happy with the course material and the way of delivering the session by our Coaches.

The Coaches taking up the sessions are- Chetna Singh, Shilpa Arora, Komal Aggarwal and Mridu Sharma.

Visit our website to know more about the course and Register yourself for Certification.

[DETAILS](#)

# BLOGS AND ARTICLES

- **5 EFFECTIVE STRATEGIES TO  
BUILD THE GROWTH MINDSET  
IN KIDS- BY SUHASINI VIJAY**
- **EQ THEN AND NOW... BY  
NEERJA SINGH**



# 5 EFFECTIVE STRATEGIES TO BUILD THE GROWTH MINDSET IN KIDS

*An Article by- Ms Suhasini Vijay Kids/Parents Life Coach*

We parents tend to believe that "Intelligence is something that the kids are born with". But, the research shows the contrary opinion. Research proved multiple times that "Intelligence can be developed and trained in both kids and adults alike through hard work and study". The phrase Growth Mindset encapsulates the above philosophy. Moving away from having a fixed opinion or the mindset about anything is called the growth mindset. So why is it important to build a growth mindset in kids?

## Why Growth Mindset is important in Kids specifically?

We all want our kids to reach their highest possible potential and reach the skies. As parents, most of us dream big for our kids. But for our kids to reach their highest potential, they need to overcome a lot in their life. Like, peer pressure, competitive world, parental expectations, their inbuilt stress and tensions, and their limiting behaviours, etc. While fighting with all these complexities, the child gets tired and might want to quit at some time or the other. The kids who succeed amidst all these factors and many more are the ones who have high amounts of intrinsic motivation. Intrinsic motivation is one of the vital components of the growth mindset.



So by inculcating the growth mindset in our kids, we are giving our kids the best possible gift and also making them future-ready at the very same time.

## Effective Strategies to build the Growth Mindset in Kids:

The following are a few of the tips that I use with my child to teach him about the Growth Mindset.

### 1. Don't be afraid to make mistakes.

Initially, my child was a perfectionist and he used to fight with us most of the time, if we get the answers incorrect or pronounce words wrongly. He used to be so harsh on himself, as few of his dance steps didn't match his perfection levels. After observing all this for a while, we have taught the following little song, without any preaching or explanation about the growth mindset.

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**Mistakes, Mistakes - I love you so much  
As you show me that I am still learning  
Faults, Faults - I love you so much  
As you show me that there is more to learn  
Problems, Problems - I love you so much  
As you give me something to think and  
solve  
Without you all - my life would be so boring  
and annoying.**

---

After singing this song for a while, he wanted to understand its meaning and now he can appreciate this song and started looking at mistakes as opportunities to learn and grow.

### **2. There are multiple ways to solve a problem.**

Once the child understands that there are multiple ways to solve any problem, he would start looking for new and innovative ways to solve a problem. And being a Montessori student, my child understood this trait at a tender age itself as most of the properties used in their school to teach the concepts have this trait built in them.

### **3. Praise the effort over the outcome:**

Instead of giving the standard praises to the kids about their characteristics or their behaviour. These constructive praises provide the kids with a complete picture as to how much work is still there to be completed or whether they have reached the milestone. This will inculcate more intrinsic motivation in kids and they start competing with themselves to get better at the things they are working on.

Ex: "I see that you have worked very hard to complete this task at hand" or "I understand that it still needs a little more practice from your end to finish this one"



### **4. Remove the self-limiting thoughts in them.**

Teach the kids about the power of self-talk, both positive and negative. Show them how reading the daily affirmations would help them to change their behaviours and limiting thoughts.

### **5. Lastly, show them your struggles and how you overcame them.**

Sharing the stories from your childhood and how you overcame your fears and failures will teach the child to overcome his limiting beliefs that he is the only one who is struggling. Once that limiting behaviour is removed, then the child would start looking at different ways to solve the problems.

These are a few of the tips that we followed at our home and apart from these, there are a lot more activities and fun games conducted by our team during the EQ workshops. You can call/mail our team to register for these workshops



# EQ THEN AND NOW...

*Blog by- Ms Neerja Singh Advisory,  
Meraviglia EQ Academy*

Just about forty years ago grandparents could confidently reach out and ruffle their grandchildren's heads with affection. The kids would dip their heads sheepishly and with a surreptitious look around pat down the bird's nest grandpa left on their heads. The children were regularly shown their place and it was certainly not in the centre of the family arena! No one asked them what they wanted to eat; everyone ate what was put on the table. The only family trip out they took was to their father's or mother's hometown, in more or less equitable distribution. School bags came in two patterns, an aluminium trunk or an army satchel. No one had heard of eating out. Mothers stitched frocks and knitted sweaters and baked cakes with their own hands. It was fairly common to purchase a bale of fabric and have all the sibling's sports outfits fashioned out of the same stuff. I am talking about my life and I am not a hundred yet!

And even though my parents came from an era some twenty-six years before me, there were similarities. Parents held supreme authority. It was a sacrilege to question a teacher. Doctors were gods and there were unspoken rules in place as to what was done and not done. Truant tendencies were snuffed out physically and social censure was so severe, no one dared step out of the line.



You were either one of them or a discard. Parents had the gall and the balls to show you the door. One wonders what emotional intelligence would have looked like in those days of right and wrong, black and white, good and bad.

Perhaps an emotional quotient did not serve any purpose in spaces where you did not need to be all that self-aware, the family had a fairly clear perception of you! Every member grew into a role assigned to him not merely by virtue of his natural talents but also by necessity. Did anyone stop to wonder what they were born to do? There was no time. Speaking of self-regulation, that hallmark of an emotionally intelligent being, well, it was imposed from outside, my family and society. Ah yes, empathy!

The ability to appreciate and share the sentiments of another... now let me think. Two daughters-in-law would give vent to their marital woes below the sounds of pots and pans. A mother and daughter pair might engage in hush-hush exchanges, both material and emotional. The triangulation of communication was the norm. I don't remember having a one on one straight conversation with anyone while growing up. Everyone spoke in asides or circles. There was a preoccupation with other people's feelings. Approval of the family elders was the lodestar.

Coming to the motivation part of emotional intelligence, it was built into your system through enforced habits from childhood. You got up early, you pitched in with the housework, you did not complain, you essentially soldiered on. There was a time for everything and everyone got on with it. What about social skills? Well, respect and loyalty in units were considered as a given. Trust and support did not have to be earned; it was understood as the basis of all negotiations familial.



The leaves turned and the airwaves came in. They brought new notions of human engagement, unfamiliar ideas of individual space and a clamour for depth in human relationships. Negotiation tactics, conflict resolutions, shared goals, constructive feedback, addressing needs, positive body language and voila... the birth of Emotional Quotient!



# MEQ CSR ACTIVITIES

- **PLANTATION DRIVE BY MEQ ACADEMY**
- **A SESSION ON SELF-MANAGEMENT WITH NAVJYOTI INDIA FOUNDATION**
- **DIGITAL DETOX - A PARENTING SESSION BY SUHASINI I.P. FOR TEACHSMART**
- **EMOTIONAL WELLNESS- A SESSION FOR CHILDREN BY THULASI FOR TEACHSMART**



# PLANTATION DRIVE BY MEQ ACADEMY

## *World Environment Day!*

When you plant a sapling you just don't plant a tree but hope, with this mindset on the occasion of World Environment Day, MEQ Academy took a pledge to plant more than 100 saplings to make a little contribution to making our earth a little more clean and green.

The importance of a plantation drive is quite significant in these times when our climate is severely affected by pollution, deforestation, industrialisation and urbanisation. We are losing a large forest area every year in the name of development. Thus we had this plantation drive to remind us of the great importance of trees in our lives.



We reached out to 'Cauvery Calling' which has been the source of wellbeing, prosperity and the very source of life for these lands. A forest-fed perennial river is fast becoming a seasonal stream as 87% of tree cover has been removed in 50 years. MEQ Academy is happy to donate for a greater cause and will continue doing so.

In the month of July, MEQ Academy is coming up with one more Plantation drive in association with Navjyoti India Foundation.

# A SESSION ON SELF-MANAGEMENT

*With Navjyoti India Foundation*

We are so happy to be part of the project Sanyam of Navjyoti Foundation India. This was the closure of the project Sanyam and our Coach Ms Komal Aggarwal delivered a workshop on 'Self-Management' for the students of 15+ age group.

The session was aimed to provide the students with the importance of self-management. Ms Komal explained to them that Self-management is a learnable skill that helps children to recognise and manage their emotions. It further makes them capable of utilizing their time in an appropriate way. Children who are skilled in self-management are more likely to stay focused and organised in their lives.



## PROJECT - संयम



The session was very informative for the young minds. It definitely provided a sense of basic awareness among all the students to manage their emotions, behaviour, thought process and other essential aspects of their lives.

MEQ Academy is glad to be associated with a foundation that is doing a commendable job for the welfare of underprivileged children.

A special Thanks to Navjyoti India Foundation, Sushil Arya, Neetu Sharma ma'am for trusting us and giving us this opportunity. We look forward to many more.

# DIGITAL DETOX -A SESSION FOR PARENTS

*by Suhasini I.P for TeachSmart*

Parents have been tired of kids being on phone and tabs all day. To solve the problem and engage children in new activities, our Kids and Parents Life Coach Suhasini I.P. conducted a session for parents.

**TeachSmart**



The poster is for a 'Digital Detox' session. It features the TeachSmart logo at the top left and the MEQ logo at the top right. The main title 'Digital Detox' is in large blue letters. Below it, the subtitle 'How to make your kids avoid gadgets, and grow with their surroundings' is in smaller blue letters. A red banner below the subtitle says 'FOR PARENTS WITH KIDS OF ALL AGE GROUPS!'. At the bottom left, it says 'SPEAKER OF THE DAY: Suhasini IP' in white and black text. At the bottom right, it shows a smartphone screen with the date and time 'June 26th Saturday 12 NOON ZOOM'.

**TeachSmart** **MEQ**

## Digital Detox

How to make your kids avoid gadgets, and grow with their surroundings

FOR PARENTS WITH KIDS OF ALL AGE GROUPS!

**SPEAKER OF THE DAY:**  
*Suhasini IP*

June 26th  
Saturday  
12 NOON  
ZOOM

The session was very informative for the parents. It helped parents to understand various ways to keep children away from gadgets.

MEQ Academy is glad to be associated with TeachSmart group.

A special Thanks to Neeshu for trusting us and giving us this opportunity. We look forward to many more.



# EMOTIONAL WELLNESS - A SESSION FOR KIDS

by Thulasi for TeachSmart

Are your children not expressing themselves well?

Do you want them to talk and emote more?

Thulasi - EI Coach, conducted emotional Wellness session for kids



## TeachSmart



**Thulasi Manogaran**  
Trainer | Coach | Therapist

*As a CEO of Giant Leap, she caters to the needs of Corporates training like Leadership programs, Presentation Etiquette's, Stress management programs, Coaching and Employee engagement programs.*

*She has addressed about 10000 students from Ethiraj, Queen Marys, JBAS, MOP Vaishnav college, MGR University, WCC, MSSW, NKT, Central Polytechnic students and conducting soft skills training programs on Communication, Personal Effectiveness, Career Skills, Presentation skills, Employability Skills to provide a sense of direction & Confidence to the Student Community at large.*

*Her vision is to empower over one Lakh children and women through various Empowerment programs!*

*She will be collaborating with TeachSmart this weekend to engage kids about the importance of Emotional Wellness!*

Expressing emotions can be challenging for children. This workshop focused on the importance of emotions and how important these are for our wellbeing.

MEQ Academy is glad to be associated with TeachSmart group.

A special Thanks to Neeshu for trusting us and giving us this opportunity. We look forward to many more.

# PARENTING SECTION

- **PARENTING TIPS: DEALING  
WITH EMBARRASSMENT**
- **COPING STRATEGIES FOR  
PARENTS DURING THE  
PANDEMIC**

# PARENTING TIPS: DEALING WITH EMBARRASSMENT

*By- Ms Chetna Singh Kids/Parents Life  
Coach*

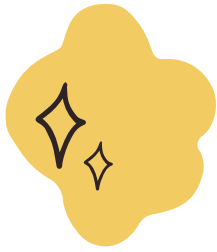
Do you know Embarrassment is an emotion? However, for adults handling embarrassment can be hardly a big challenge that may be a part of life, but for children dealing with embarrassing situations is really tough, way beyond our imagination. We can't protect our children from being embarrassed every time but we can help them to manage this emotion in a healthier way by building up resilience and confidence. Take a look at the simple tips to help your child to avoid getting nervous due to embarrassment-



- Don't overreact if your child comes home upset and shares his problem. Listen to your child patiently without judging the whole situation, just help him in being calm which he probably will become after sharing his feelings.
- Validate your child's feeling of getting embarrassed but do not over comfort him, let him explore his own coping skills with the situation.
- Encourage positive self-talk by saying affirmations on the daily basis.
- Stay calm if as a parent you face some embarrassing situations. This will help your child to learn by watching you.
- Create perspective by sharing various examples, like if your child falls and has been felt embarrassed, probably because everyone laughed at him, then tell him that it is okay to fall and anyone can fall like this, give some examples from your childhood so that he may relate it to the situation and feel better.
- If your child is regularly bullied and is getting embarrassed and humiliated, then this is the time to intervene and take a necessary step.
- Look closely towards the behaviour of your child, do not let the constant fear of embarrassment create social anxiety for him which is quite possible if your child is reaching adolescence.



# COPING STRATEGIES FOR PARENTS DURING THE PANDEMIC



## Feeling Stressed?

- Exercise
- Dance
- Meditate



## Getting Bored?

- Start a hobby
- Play indoor games with kids
- Watch a movie



## Feeling Lonely?

- Listen to music
- Cuddle with a dear one



## Feeling Sad or Hurt

- Write a Journal
- Watch your favourite show
- Talk to someone close.



## Are you feeling Angry?

- Go for a walk or Ride a Bike..
- Do Breathing exercise



# ACTIVITIES FOR CHILDREN

- **BUBBLE BREATHS- ACTIVITY FOR 4 TO 7 YEARS**
- **MY RESPONSIBILITIES- ACTIVITY FOR 8-12 YEARS**
- **QUOTE A QUOTE!- ACTIVITY FOR TEENAGERS**

# BUBBLE BREATHS- ACTIVITY FOR 4 TO 7 YEARS

***A fun way to teach the children how to do calm breathing through bubble breath activity.***

## INSTRUCTIONS-

You may already have a bubble blower at home, and if not then, you can make your own bubble blower by using a plastic container and a straw.

By using liquid soap and water make the solution and put it in the container.

Now imagine those lovely rainbows coloured bubbles on your hands. Gather all your strength as you inhale, and slowly blow some bubbles, be sure to blow the bubble slowly so it doesn't pop. Pause for few moments before blowing another bubble.

Repeat this as many times as necessary till the feeling of sadness, anger, stress or frustration fade away.

## BENEFITS-

Bubble breathe activity help in-

- Refocusing the mind.
- Relaxing and calming down.
- Increased concentration.
- Enjoyment and Recreation.







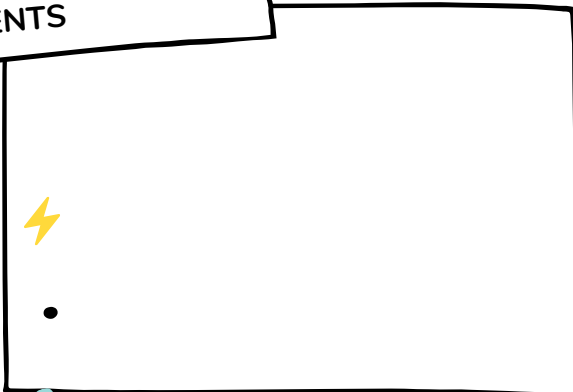
# MY RESPONSIBILITIES



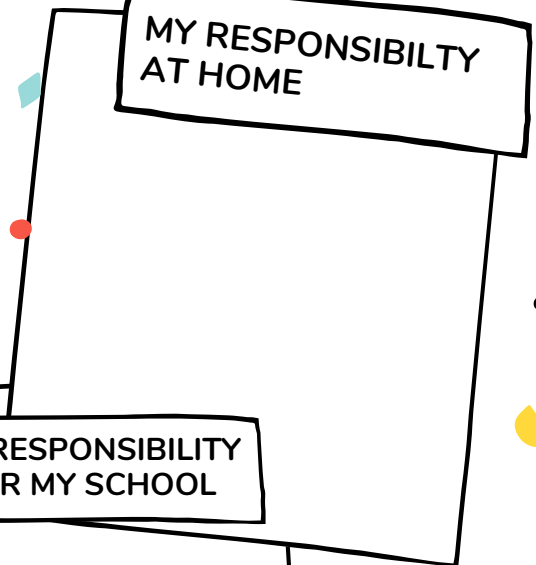
## Activity for 8-12 yrs

IN THE BOXES GIVEN BELOW  
WRITE ABOUT YOUR  
RESPONSIBILITIES AND KNOW  
HOW CAPABLE YOU CAN BE.

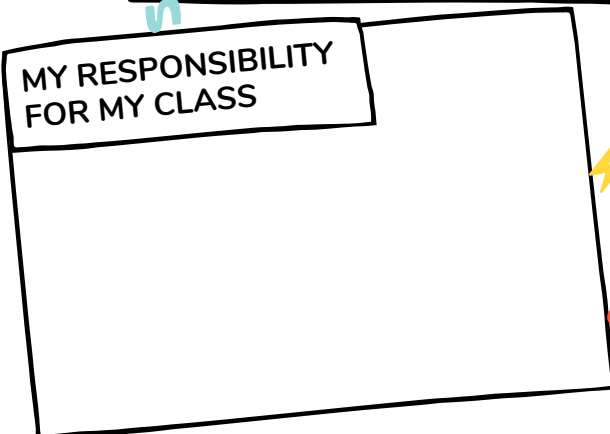
MY RESPONSIBILITY FOR  
MY PARENTS



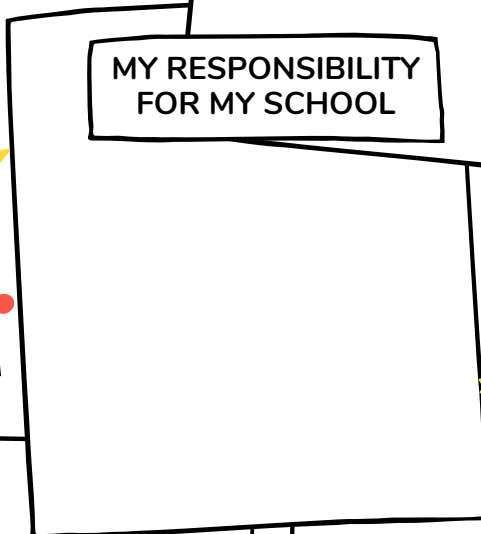
MY RESPONSIBILITY  
AT HOME



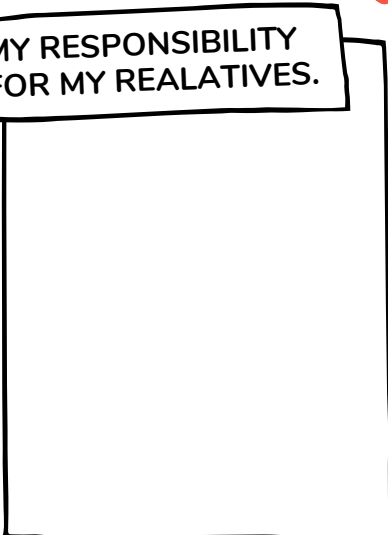
MY RESPONSIBILITY  
FOR MY CLASS



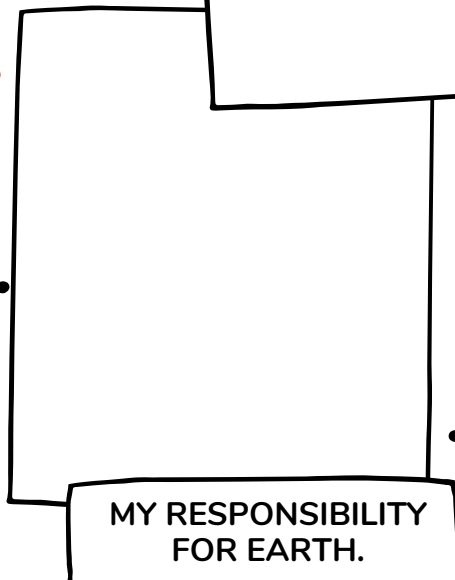
MY RESPONSIBILITY  
FOR MY SCHOOL



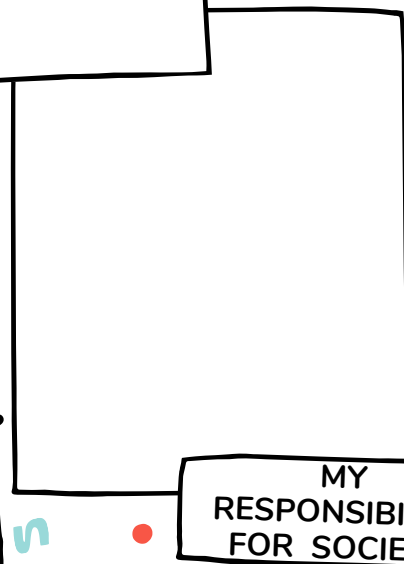
MY RESPONSIBILITY  
FOR MY REALATIVES.



MY RESPONSIBILITY  
FOR EARTH.



MY  
RESPONSIBILITY  
FOR SOCIETY.



# QUOTE A QUOTE!- ACTIVITY FOR TEENAGERS

*Quotes bring positivity to life, especially when hardships and destitution are all over the world. In these tough times, we all have a little but powerful ray of hope for the future, so jot down your thoughts, wisdom, and inspiration into meaningful quotes.*

## INSTRUCTIONS-

Let's be creative!

We all love deep, meaningful quotes. Each one of us has quotes that give us hope, courage, wisdom, strength. But what if we were to write our own quote?

What would it be? Write your own quote, decorate it as an Instagram story, and one by one every student can share it in the class.

## BENEFITS-

- Writing a quote will motivate not only you but others too.
- It can provide a better and different angle to see the problem.
- The quote may give a little push and some fuel to help you take action.
- Motivational quotes can be of great help.



# SEL FOR TEACHERS PILOT PROJECT: TESTIMONIALS



**Harshita Goel**

**St. Lawrence Public Sr Sec school**

My key learning from the session was on how to manage not only our emotions but also building skills to enable others to do the same. All the activities were interesting and played a crucial role in offering clarity on concepts while engaging all the participants throughout the sessions. I am determined to apply them in my classrooms. I would highly recommend it to anyone who is willing to bring a change in their personal as well as professional lives with the powerful tools of social and emotional learning.

★ **Pawan Giri**

**Malpi International School, Panauti, Kavre, Nepal**

I had a great time learning so many life-changing techniques. If I were to pick the one that left the maximum impact on me, then it has to be the skill of Managing Emotions. It was surely the best one for me! All the emotional intelligence activities were valuable and I have started applying them in my classrooms. Every teacher must undergo this to make one's own and student's life peaceful and happy.

★ **Namrata Tandon**  
**JD Tytler School, Delhi**

Great learning absolutely! Before this, I never knew that emotions can make or break our experiences. I have gotten to know a lot about emotions in these six months and I will only take them ahead in every classroom. Among all the activities, the Bubble activity is my favourite one and I am most eager to practise it with the kids.

★ **Ashoo Kapur**  
**Delhi**

This SEL program has helped me in tremendous ways! Now, I'm not only aware of my own emotions but can also feel and understand the emotions of other people as well. As a teacher, it helped me to make my students aware of their emotions and how to identify & manage their emotions in different situations. I have already introduced many activities in the class but making a kindness jar was the best one as it taught my students to be kind & caring to everyone. Recommend this course to anyone in the blink of an eye.

★ **Mehak Sathya Sharma**  
**Delhi Public School, Pataudi**

I always appreciated the importance of social and emotional learning skills, but never knew how impactful they are before this course. I have started applying some of these activities in class and wish to apply all of them eventually. If you want to make the most of every class, these skills are a must.

★ **Annie Hema Rozario**  
**Lovely Public Senior Secondary School, Delhi**

While there were various concepts that were an eye-opener for me, the best thing I have learnt is about Self Awareness where we can evaluate ourselves, manage our emotions and understand correctly how others perceive us. I would like to do an "Emotional intelligence" activity in our classrooms as it makes the students aware of different emotions and also assists them to manage their emotions in positive ways to overcome challenges, communicate effectively and empathize with others.

★ **Harshita**

**Lovely Public Sr. Sec School, Delhi**

All the webinars work very fruitfully for both the teachers and children. It taught many topics to us which will help us to inculcate a new way of teaching, dealing, communicating, perceiving, and understanding SEL competencies. Moreover, it was much more beneficial for the teachers as now they will be able to guide, understand and communicate accordingly with their students' needs in future scenarios. Really looking forward to more such seminars in future!

★ **Nitika Johar**

**Lovely Public Sr. Sec School, Delhi**

I found the modules really helpful. One of the most enjoyable and informative sessions I have ever attended. Thank you for organizing and a very special thanks to the great speakers! Excellent sessions! Provided very valuable information for my career. SEL training helped me to reflect upon myself to a great extent. There are many activities which I would like to implement in my classroom like, gratitude jar, my face reflects the emotions, all that glitters is not gold, get calm quickly and many more! These are on my bucket list and I've been dreaming of doing these with my students. If you are looking for a course to hone your SEL skills, this is the one!

★ **Dilpreet Kaur**

**Delhi**

I have learnt a lot of activities and insights about the emotional learning of children. This program was highly helpful for me as I've not only gained knowledge but also got transformational ideas about my own self. I totally loved every activity but the emotional check activity is my most favourite as it will give me deep knowledge about the students' mindset and working quality. 10 on 10!

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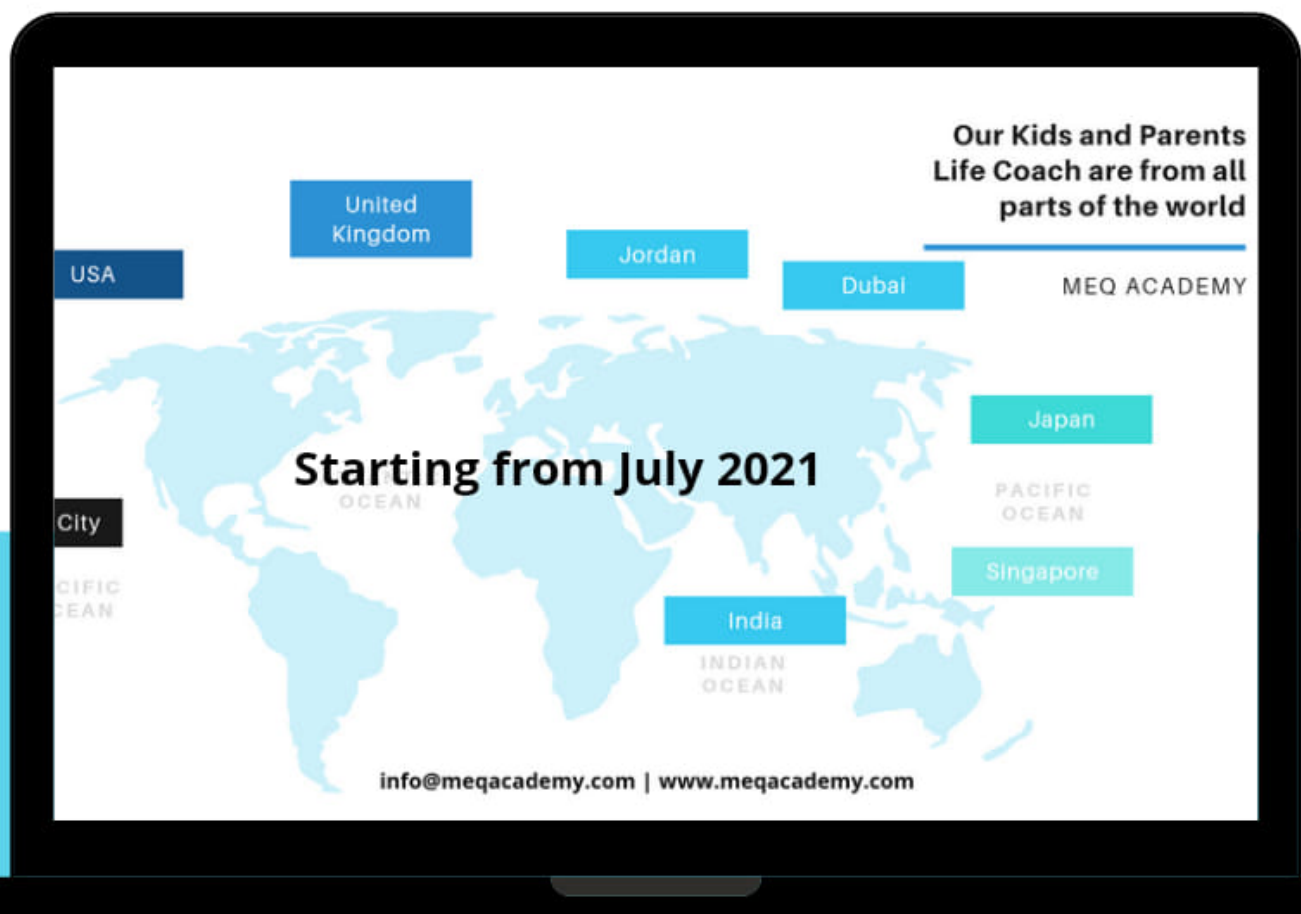


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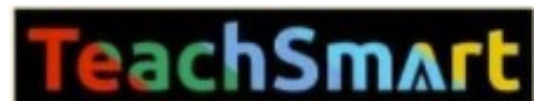
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