

HEART AND MIND

The monthly newsletter of MEQ Academy



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Children's Mental Health facts

- One of the five children suffer from Mental Health Issues.
- More than 80% of chronic mental health begin in childhood.
- In children ages 7-16 mental health issues continue to rise.

MENTAL HEALTH CARE IS A RIGHT, NOT A PRIVILEGE.

FOCUSING ON PREVENTION OF MENTAL HEALTH ISSUES AMONG YOUTH

MEQ ACADEMY

We have a great deal on Social media about psychological wellness issues prevailing among kids and youth of the country, particularly during the Pandemic. Individuals appear to be worried by talking over, sharing images, showing worry by examining and bantering on different stages about psychological wellness issues yet there is no use of just talking until we track down an appropriate way out. Although there are treatments, advising meetings and pills (for more serious cases) actually individuals think that it is difficult to counsel specialists, Psychiatrists, and Counselors, due to social disgrace and different reasons, How great would it be if we could forestall it as opposed to treating it?

MEQ Academy is turning out constantly for the prosperity of the kids and their psychological well-being by leading workshops, meetings, seminars and courses on Emotional Intelligence with the goal that the offspring of various age groups will figure out how to deal with their feelings and cease from having mental health issues later in their lives.



v-ei
summit
2021
9th & 10th OCT 2021

Brought you by



Emotionalytics & Co.
Pioneering in Human Engagement



Meraviglia EQ Academy
We deal with human emotions.

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V-EI SUMMIT 2021

MEQ Academy and Emotionalytics are back with Virtual EI Summit on 9th & 10th Oct 21.

After the success of the V-EI Summit 2020, there is no thinking back and we had chosen to proceed with the EI Summit each year subsequently, we as a whole have equipped by and by and we have an Advisory Committee comprising of prominent characters in this way 'The V-EI Summit' experience is destined to advance and edifying.

As the pandemic has kept on wearing on us for as far back as Seventeen months, our adapting abilities might have begun to wear ragged. Tragically, the spread of COVID-19 has seriously confined our actual portability and emotional ability to interface with individual people. Emotional agility comes from tolerating the entire range of human passionate responses and discovering adaptable and compelling adapting methodologies to manage them.

Emotional agility during extraordinary occasions is a fundamental ability to explore questionable occasions and circumstances around us.

This ability should be additionally talked about and seen better. Indeed, the EI Summit 2021 topic picked is **EMOTIONAL AGILITY**.

Emotional agility which is the capacity to deal with our passionate reaction to circumstances instead of essentially responding right now has consistently been basic expertise for exploring the difficulties related to nurturing, working, and relationships.

Why you should attend the V-EI Summit-2021?

V-EI Summit can fill in as an amazing impetus to adjust pioneers, foster answers for the prevailing issues, and improve Emotional Agility. This is a two-overlay advantage of going to the highest point since not exclusively may you learn things outside your field about different spaces of examination in your discipline, however, culmination participation additionally has numerous meetings for ability improvement and upgrading information. Chances are when you attend the V-EI Summit the attendees are united by a single broad topic and have the advantage of paying attention to the specialists, leaders, and pioneers from the entire world.



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v-ei summit 2021
9th & 10th OCT 2021



ANNOUNCING

The *theme* of Virtual Emotional Intelligence Summit 2021

EMOTIONAL Agility

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We start with human emotions.



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Emotional agility is about loosening up, calming down, and living with more intention. It's about choosing how you'll respond to your emotional warning system.

MEQ TALK SHOW

Importance of Social Emotional Learning in Schools with Ms Anisha Sharma, Principal DPS Siliguri

MEQ Academy introduced its first Talk Show with the Principal of DPS Siliguri on the subject Importance of SEL in Schools.

Our Moderator Mr Gaurav Kapoor put exceptionally well-suited inquiries to Ms Anisha Sharma Maam on SEL and the difficulties which the schools are looking for because of online classes.

What about we see what is her say on that.

Q- Since Online is another ordinary and we as a whole have adjusted to it generally still school the board and educators are confronting many difficulties, what are those issues?

Ans- Anisha Maam says it's hard to get moved towards virtual learning as there are issues like adaptability, specialized issues, keeping on track and being persuaded.

In addition, the new culture of work from home has made everybody involved even at home. not just this even the more seasoned age are occupied with gadgets or mobiles. Dependence on mobile phones has given a stage for misery, uneasiness and loneliness. Suicidal tendencies are increasing among children. Parents are busy earning and making life easy for their offspring as a result children are deceiving their parents by not attending the classes.

Anisha ma'am says notwithstanding, we can adjust the circumstance by having correspondence and offering to our friends and family that are frequently missing nowadays. Its the responsibility of both the parents and teachers to track the progress of the child.

Q- SEL is a buzzword today, do you think teachers must be trained and well equipped with the tools and techniques of SEL before implementation of this skill set?

Ans-Ma'am says many individuals actually don't know about Social Emotional Learning and its advantages for society thus awareness is fundamental and can be spread by instilling SEL in the schools. SEL should be coordinated with

the educational plan, as NEP has likewise suggested that it ought to be a piece of the educational plan.

Anisha ma'am underlines the way that Educating the Mind without Educating the heart is like no Education at all. She added that without touching the heart of the kids we can't make them great people rather they can most likely become machines.

She proceeded by saying that Teachers should be well trained on SEL and have very much drilled the abilities on themselves before executing them in their approach of instructing because SEL is definitely not a different subject however a procedure that ought to be learned by each Educator.



Ms Anisha Sharma

Q-Managing and running such a big organization is not an easy task. It can be overwhelming sometimes, how do you manage your emotions and cope up with difficult predicaments?

Ans- Anisha ma'am has undoubtedly a strong positive aura. She has confidence in having a development attitude that assists her with seeing the glass in every case half-filled.

She disclosed to us that she is extremely sensitive and emotional and yet has a reasonable character too by the grace of the almighty.

She can adapt up to tough spots with the assistance of her sure properties like non-impulsive behaviour, managing anger, doing yoga and meditation routinely and paying attention to good and positive statements consistently in the first part of the prior day leaving for work. This way she can advance a solid climate in the work environment for her subordinates and staff individuals. She likewise accentuates her staff individuals to enter the premises with a sweet grin as she always does it.

Q-Education is meant for the overall development of a child, however, with increasing mental health issues, depression, anxiety, and stress among our youth, what do you think where the system is lagging?

Ans- Anisha ma'am says it's heartbreaking to see our children battling with emotional wellness issues like nervousness, anxiety and stress. Be that as it may, we unquestionably have suitable approaches to fight with the circumstance. She adds that in this era Educators ought to comprehend their students as opposed to just teaching them, and it's important to have an overall holistic development of a child. Our Education framework should be planned and furnished with different instruments and strategies with the assistance of which the Educators should have the option to comprehend the feelings and sensations of their understudies and have sympathy with them, and this is conceivable on the off chance that we teach SEL in our educational program from one side of the country to the other.

Q- Five tips for stakeholders to implement SEL.

Ans- Anisha ma'am gave few tips to carry out SEL in schools.

- Above all else, Awareness is fundamental.
- Get what Social-emotional learning really implies, and what will be the benefits of having SEL based educational programs in schools.
- Embrace the program for an unmistakable time frame period.
- Instructors and Staff individuals should go under training for SEL before executing it.
- Methodically carry out the program.

Our Founder/Director Ms Lata Singh ma'am likewise gave some important hints to carry out SEL in schools as she is an EQ master and SEL mentor she has expertise around here.

Lata ma'am likewise said that Awareness is a lot needed in India as a large number of the associations don't know about it.

Furthermore, SEL doesn't just work on the emotional part of the understudies however in case it is appropriately practised among the understudies it very well may be a counteraction for some, mental health issues found among the kids nowadays.

She additionally added that Sustainable Development Goals are likewise covered under SEL programs consequently if this program is taken on by the schools it will be a mutually beneficial arrangement for them as it will work for the welfare of society also.

MEQ Academy is grateful to have Anisha Sharma ma'am with us who took out her valuable time and gave significant data and tips about Social-Emotional Learning and its significance in Schools.

Facebook Live

MEQ

MEQ Talk Show
Social Emotional Learning

23 AUGUST 2021 at 4:00 p.m.

Anisha Sharma - Principal DPS Silliguri
Guest Speaker

Lata Singh - Founder
Host

Chetna Singh - MEQ SEL Lead
Host

Gaurav Kapoor - Consultant
Moderator

To address the social, emotional, and behavioural effects of the COVID-19 pandemic, MEQ Academy suggests all school teachers undergoing the training program for Social-Emotional Learning ensuring that all staff realize how to interface understudies to different mental health services and emotional wellbeing when needed.

EI CERTIFICATION COURSE FOR CHILDREN- PREVENTING MENTAL HEALTH ISSUES

Virtual Course

EQ is the ability to understand our emotions and the emotions of others as well. People with higher EQ have better mental health and understanding with others whereas those with lower EQ may have a risk of having mental health issues like depression, anxiety, impulsive behaviour, suicidal tendencies etc.

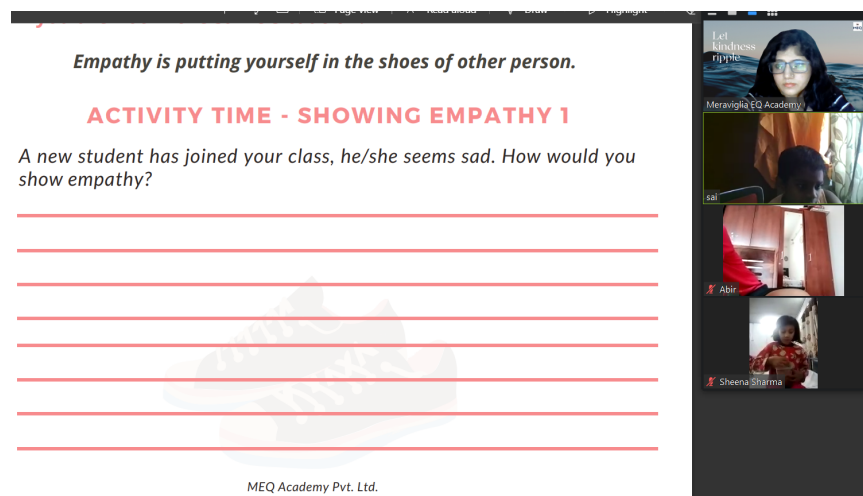
The EI Certification course for children of 8-12 years is one of its sorts. This course is organized and planned by the specialists of MEQ Academy so that it will assist the kids with being future-prepared by taking care of troublesome feelings, dealing with their annoyance/uneasiness, using sound judgment, settling clashes and upgrading their critical thinking abilities and wrap things up expanding their EQ. We suggest this course for every youngster.

MEQ Academy has finished three batches of the EI accreditation programs for children. The entire program centres around the improvement of Kindness, Empathy, Gratitude and Motivation among the youngsters and support their fearlessness and confidence.

Children have appointed a task work (Project) toward the finish of the course to rehearse the things essentially that they have mastered during the meetings and construct compassion, generosity and satisfaction and so on

Enrol your youngster on the EI Course

[REGISTER](#)



The screenshot shows a virtual classroom interface. The main slide contains the following text:
Empathy is putting yourself in the shoes of other person.
ACTIVITY TIME - SHOWING EMPATHY 1
A new student has joined your class, he/she seems sad. How would you show empathy?
Below the text are several horizontal lines for writing. On the right side, there is a video gallery with four participants: Meravigia EQ Academy, Sal, Abir, and Sheena Sharma. At the bottom of the slide, it says 'MEQ Academy Pvt. Ltd.'



“Good mental health is absolutely fundamental to overall health and well-being.”

HOW TO IDENTIFY IF YOUR CHILD IS HAVING POOR MENTAL HEALTH?

By Suhasini Vijay - Kids/Parents Life Coach

The most common question, I keep getting repeatedly from the worried parents is about the tips and techniques to identify poor mental health in kids? Especially during this pandemic and even after the restrictions are getting lifted, the kids are undergoing a lot of stress. So as parents, we need to be observant of our kids and their behaviour to understand whether the stress they are undergoing can be dealt with easily or not. This blog aims to discuss simple, yet efficient tips to identify poor mental health in kids.

Facts about Poor Mental Health in Kids:

Prior to the onset of the Pandemic, UNICEF has mentioned in one of its reports that around 9.7% of the children have been affected by one or the other mental health issues. This pandemic has increased that number by many folds. So that's the reason why we as parents should first understand a few facts about mental health issues in kids

- Mental health issues are very common in kids and few problems like anxiety disorders, depression, fears, and phobias could be detected in kids as young as four years old.
- Just like in adults, there might be no specific reason or cause that triggers the mental health issues in kids too. It depends on a lot of factors like genes, family circumstances, social surroundings, etc.
- The earlier we detect these issues, the easier it would be to correct or reduce these issues to the maximum possible extent.
- The kids with poor mental health will have issues at a later point of time in their life and they will not that successful in studies or life if those problems have not been addressed.

- The diagnosis of mental health issues in kids involves a lot of different types of assessments. But once it's established, different types of treatments are there to address the child's need. The earliest detection of mental health issues always helps the child and his parents as well



Warning signs of Poor Mental Health in Kids:

The following are the typical warning signs for poor mental health in kids. These symptoms showcase that the child is having one or the other mental disorder.

1. Persistent Sadness (for more than two weeks)
2. Avoiding social situations
3. Talking about death and its after-effects.
4. Seeing or hearing about things that are not there
5. Exhibiting extreme hyperactivity than usual.
6. Exhibiting extreme outbursts or irritability
7. Exhibiting erratic Eating and Sleeping habits
8. Constant complaints about headaches, body aches or stomach ache

9. Exhibiting out of control behaviour most of the time

10. Loss of concentration and focus

11. Talking about excessive fears and worries

12. decreased academic performance

13. Drastic changes in moods, personality, behaviour and sometimes even appearance.

14. Exhibiting destructive behaviour by either self-hurting or hurting others

15. Exhibiting the withdrawal symptoms from the family as well apart from friends



Ms Suhasini Vijay

Especially during this pandemic, due to the isolated and sedentary lifestyle, the kids are spending more time with the gadgets. That can be either for the online classes or for spending time, as both the parents are busy with their work. So the continuous online presence of the kids has become another key point in creating unnecessary stress and changed mindset in the young minds. So in case, if you observe any of the disturbing patterns in your child or you are worried about his excessive usage of the gadgets, please do reach out to our MEQ team, who can help you to identify whether your child is having any mental health disorders or he is disturbed to the pandemic. Based on the prognosis, we can either help you with the counselling sessions or guide you to the right child psychologist at the earliest.



PERSONAL FINANCE TIPS FOR PARENTS IN COVID 19

By Amit Manral- Personal Finance Coach

As a parent, you want to do everything you can to protect your child. The COVID-19 pandemic has brought with it new challenges for families across the globe. Countless people have lost their jobs or sources of income, while many others have been asked to take a pay cut. In such a difficult situation, Parents need to take extreme precautions to protect both their health and wealth for their Child's bright future from getting adversely impacted by the outbreak. Here are a few important personal finance tips for Parents to help fortify their finances and take care of their Kids' future in a much better way.

1. Prepare a detailed Monthly Budget- First of all, segregate your expenses into 2 parts: committed and discretionary. Committed expenses are those expenses that have certain deadlines to occur like School fees, EMIs, Rent, etc. whereas discretionary expenses are those which can be adjusted as per current needs e.g.: Vacation, buying gadgets, dining out etc. Budgeting these expenses not only helps you in keeping a tab on your unwanted expenses but also helps to increase your disposable income, which can be invested proficiently for your Child's future goals.

2. Build an Emergency Fund- Emergency fund as the name suggests is a fund parked away in a safe way and should be used only for unexpected times like Covid-19. Building an emergency fund not only helps in taking care of your committed expenses like School fees, groceries etc. in case of job loss but it also gives your peace of mind during good times. Try to save at least 3-6 months of your monthly expenses. Don't keep this fund idle in your bank account as you might tend to spend it. In fact, start parking your money in safe instruments like bank deposits, debt mutual funds etc. or in anything which is not readily available for withdrawals from ATM or debit cards

3. Take Optimum Insurance Cover- Life Insurance is like a parachute, you might not need it twice in your life. Parents' sudden demise not only creates a vacuum in Child's life but also pushes his/her future towards uncertainty. Having optimal Life Insurance not only helps in securing your Child's future but also supports your Life partner from the financial trauma of raising a child alone. You should also not ignore taking sufficient Health insurance for the entire family through personal Family floater plans. Many salaried people depend solely on their Employer given group health insurance, however, it's not the right strategy as such group cover are not for a lifetime. In case of a job loss during times like Covid-19, Personal health insurance not only protects the entire family health expenses but also helps in avoiding a hole in your pocket due to unexpected health expenses.



Mr Amit Manral

In conclusion, bad times like Covid-19 require calm nerves and not panic-stricken decisions. I hope these tips would go a long way to help you make certain critical financial decisions so that you emerge out of this crisis unscathed.

You can follow me on LinkedIn for regular Finance Tips and recommendations via this link-

<https://www.linkedin.com/in/amit-retirement-planning-specialist>

Stay Safe, Healthy & Wealthy! Your Personal Finance Coach

BECOME A CERTIFIED KIDS AND PARENTS LIFE COACH

Combo Offer + Discount

Are you someone who dreams to work with youngsters and assist them with moulding their future? On the off chance that this is your obsession, this is the best course for you!

[DETAILS](#)



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Become a Certified Kids and Parents Life Coach

Combo Offer Only for September
2021

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MEQ ACADEMY BRINGS A NEW COURSE FOR JUNIORS- BUILD CONFIDENCE!

Virtual Three Days Program- Starting from 1st September

Might you want to consider yourself to be a Confident Person?

Confidence can be fabricated and this is the main expertise to prevail to succeed in personal and professional life. Numerous youngsters lack confidence because of the absence of coaching and their own convictions. Our three days virtual programs can assist kids with building Confidence and succeed scholastically and actually.

Takeaway -

- * Confident child
- * Activities and Worksheets to help build confidence
- * Confidence building Affirmations
- * Quick techniques to help a child build lifelong confidence.
- * Mentoring and Coaching by our expert team of coaches.

[DETAILS](#)

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Zoom Classes Starting from 1st September

Build Confidence in Your Child

IN JUST 3 SESSIONS FOR INR. 149 ONLY

Register Now !!



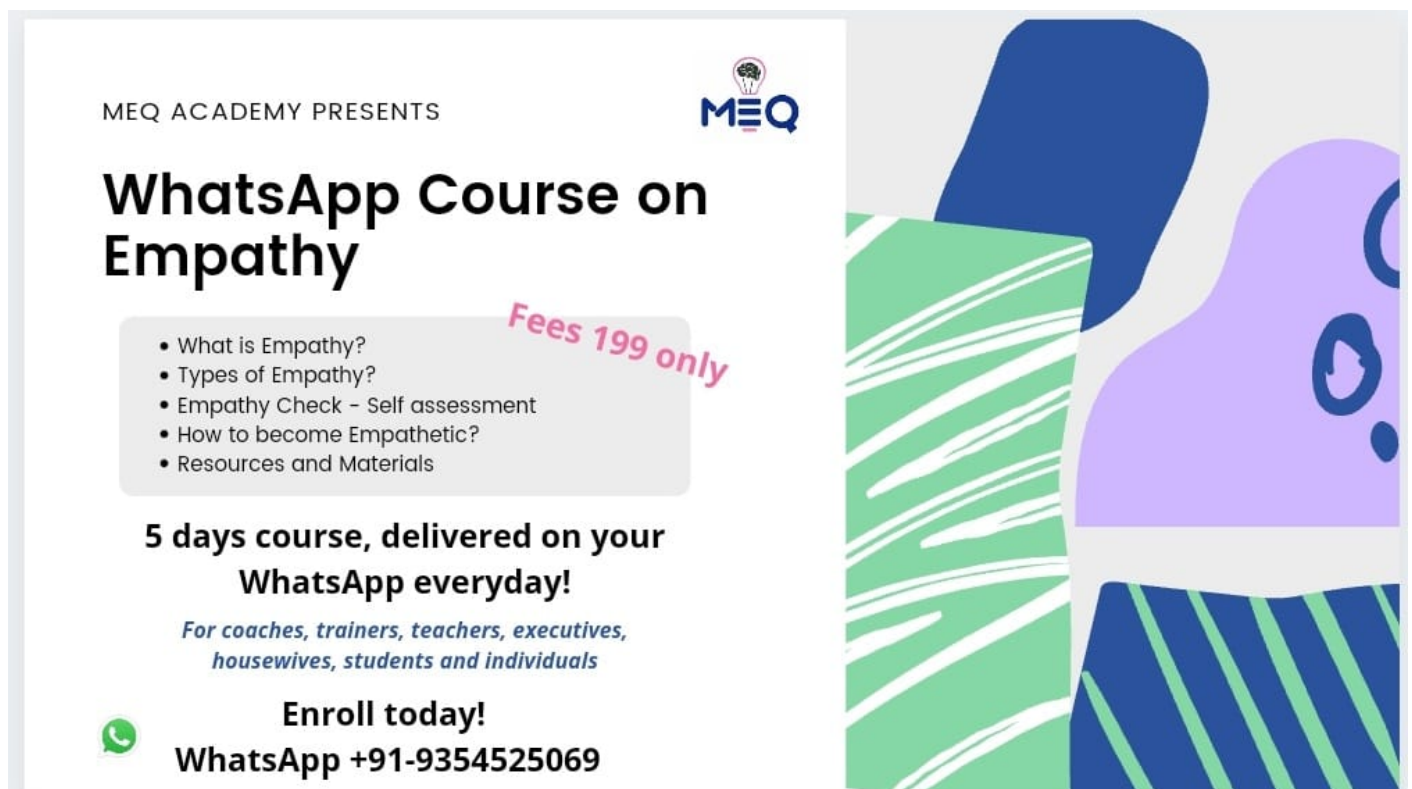
WHAT'S APP COURSE ON EMPATHY!

Five Days Program- Starting in September


Empathy is a lot required in the current situation where we can see individuals getting increasingly more egotistical and self-centred step by step. Notwithstanding, empathy is a skill that can be worked with normal practice. This what's app course will give you brief information about Empathy and kinds of Empathy Likewise, this course includes self-evaluation to check if you as of now have that ability. alongside this, some activities will help you in building Empathy.

This is a self-paced course that will be followed through on your What's App consistently. This course is for Trainers, Teachers, Coaches, experts and Home-makers.

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MEQ ACADEMY PRESENTS



WhatsApp Course on Empathy

- What is Empathy?
- Types of Empathy?
- Empathy Check - Self assessment
- How to become Empathetic?
- Resources and Materials

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MEQ ACADEMY PRESENTS

PREVENTION OF MENTAL HEALTH AMONG CHILDREN THROUGH EI

**An Emotional
Intelligence
Course for
children of 8-13
years**

**SEPT 3, 2021
11 AM
ZOOM SESSION**

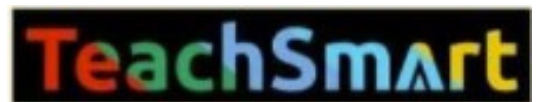
—
Batch size 4-6
children only



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