

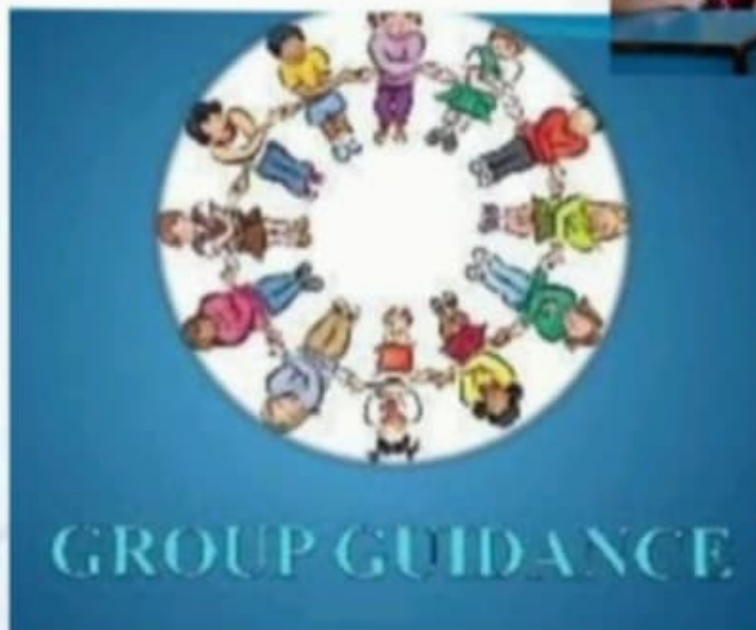
Counselling unit



Academic and sensory reinforcements given



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Sharing session





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Play therapy sessions



How to Raise a Happy
Child with Positive
Parenting?



TIPS
ON
POSITIVE PARENTING

PARENTS & KIDS



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Parental Guidance sessions



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Positive Thinking

Design a Positive Thinking Cap

Using the outline below, design a cap with colourful messages about positive thinking. You might want to try different kinds of art or use symbols and illustrations. Just remember to keep it positive!

Helpful words and phrases

- You can do it!
- Go for it!
- Keep going!
- Even do that!
- This is great!
- Challenge
- Persistence
- Resilience
- Determined
- Goal
- Reach for the stars!
- Happy
- Stick at it!
- Super star!



Confidence building sessions

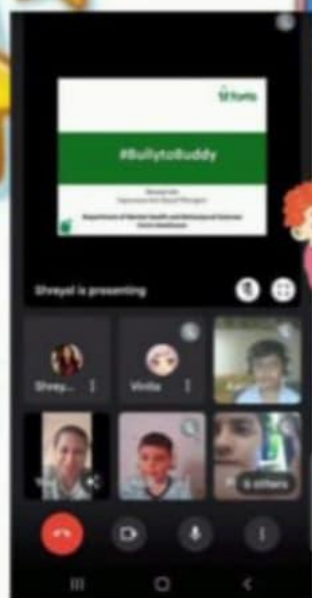


Counselling Unit
Colour
THERAPY
SESSIONS

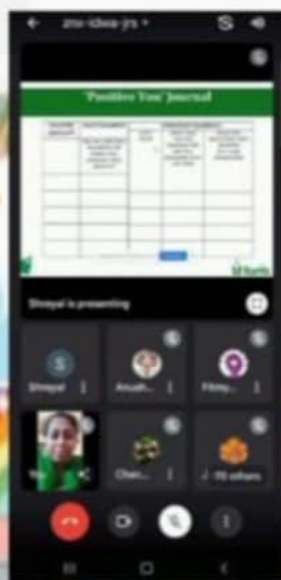
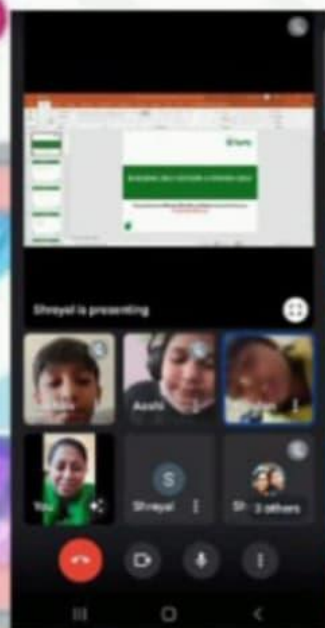
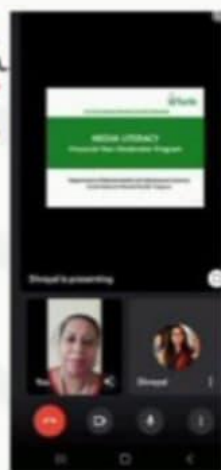




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ONLINE HAPPY TALK HOUR SESSION



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How to Teach Mars in your lifetime: Elon Musk

Rich billionaire Elon Musk is optimistic, and has expressed confidence that "humanity will reach Mars in your lifetime". On Twitter the Tesla and SpaceX CEO wrote that "without a common goal, humanity will fight itself". "Moon brought us together as PMO. Mars can do that in the future," Musk said.

- Last month, the tech billionaire said that his space company, SpaceX, plans to launch its 100th Starliner to Mars. The Starliner will launch the landing site with a rocket that will take the crew to Mars on Earth, and return that crew from Mars to Earth via a rocket that will launch from Mars.
- According to Musk's plan, Musk will be the first person to go to Mars. He will be the first person to go to Mars. He will be the first person to go to Mars. He will be the first person to go to Mars.
- Musk is currently working on the Starliner. He is currently working on the Starliner. He is currently working on the Starliner. He is currently working on the Starliner.
- The rocket will be launched from Earth. The rocket will be launched from Earth. The rocket will be launched from Earth. The rocket will be launched from Earth.



LHC DISCOVERS THREE NEW 'EXOTIC PARTICLES'

Scientists working with the Large Hadron Collider (LHC) have discovered three new exotic particles, which are made up of quarks and gluons. These particles are called "tetraquarks" and "pentaquarks".

DO YOU KNOW?
The particles discovered are the first tetraquarks and the first pentaquarks. They are made up of quarks and gluons. They are made up of quarks and gluons.

THE SIGNIFICANCE
• Researchers are excited about these new findings because they are the first tetraquarks and pentaquarks. They are the first tetraquarks and pentaquarks. They are the first tetraquarks and pentaquarks.



FSSAI issues new rules for online food platforms

The Food Safety and Standards Authority of India (FSSAI) has issued new rules for online food platforms. The rules require food businesses to obtain a license from FSSAI and to follow strict hygiene and safety standards.



RIHANNA

America's youngest self-made billionaire

Rihanna has become the youngest self-made billionaire in the world. She has built her fortune through her music, fashion, and beauty brands.



ACE ATHLETE P T USHA, MUSIC MAESTRO ILAIYARAJA NOMINATED TO RAJYA SABHA

The government has nominated P. T. Usha and Ilaiyaraaja to the Rajya Sabha. P. T. Usha is a former national badminton champion, and Ilaiyaraaja is a renowned music composer.



Hindustan Times

India's largest newspaper



Facilitating Media Activities

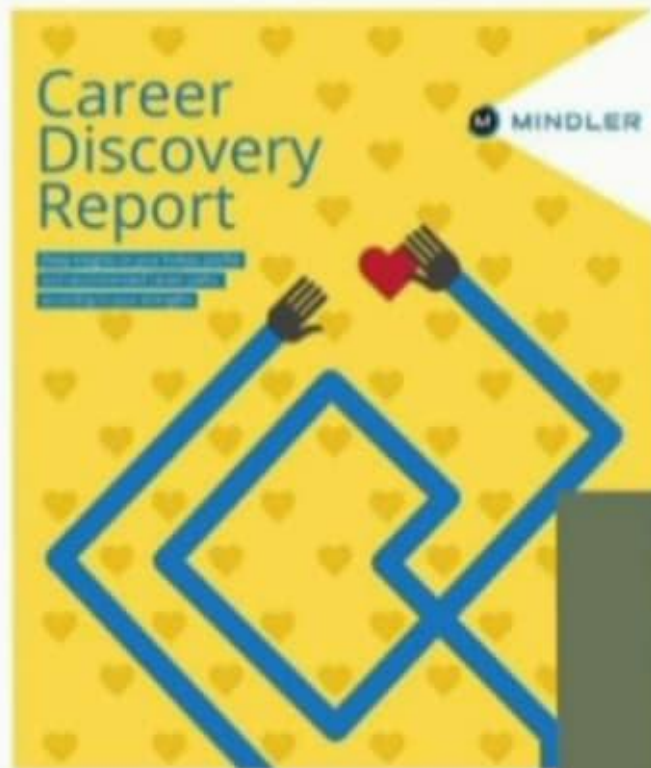
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Career guidance sessions and career fair

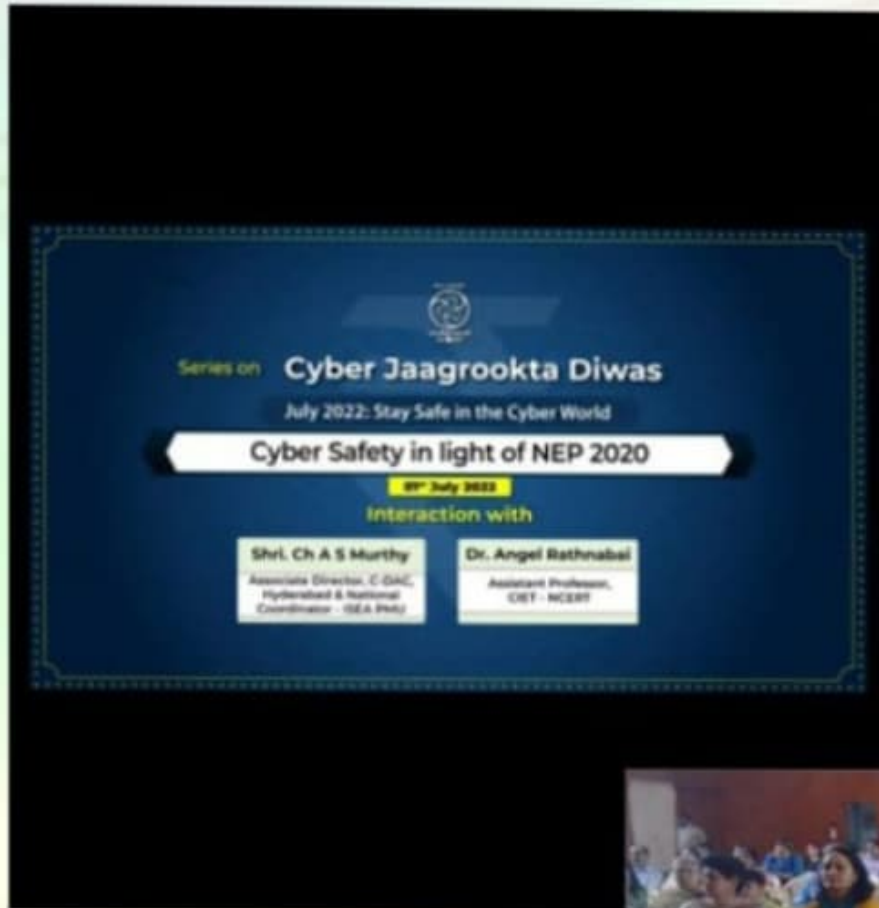


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Aptitude, Personality and interest testing for students

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Series on **Cyber Jaagrookta Diwas**
July 2022: Stay Safe in the Cyber World
Cyber Safety in light of NEP 2020
08th July 2022
Interaction with

Shri. Ch A S Murthy Associate Director, C DMC, Hyderabad & National Coordinator - IEA PMU	Dr. Angel Rathnabai Assistant Professor, CET - NCEERT
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Teacher's training and educational programmes



THE NEW INDIAN EXPRESS

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Virtual autism in toddlers cause for worry, experts bat for assessing impact of gadgets

Listen to this article now

00:00 03:42

Owing to over-exposure to screen time on TV, tablets and mobile phones, children, especially those below the age of three, are steadily developing communication and behavioural anomalies.

Published: 08th July 2022 03:21 AM | Last Updated: 08th July 2022 08:44 AM



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Healthy Self-Talk

THIS	NOT THAT
Whoops. I made a mistake.	✗ I'm so dumb.
I like me.	✗ No one likes me.
I did something bad.	✗ I'm a bad person.
This is really hard, but I'm going to keep trying.	✗ I give up. I'll never be able to do this.
I haven't figured it out yet.	✗ I'm just not anything right.
I am enough. And worthy, too.	✗ I'm not good enough.

I Can Use Positive Self-Talk

Directions: Write negative thoughts in the boxes on the left. Reframe and rewrite the negative thoughts into positive thoughts. Practice your self-talk throughout the day using the positive thoughts as your script.

Negative Thoughts ☹️	Positive Thoughts 😊

Positive Self-Talk

Reminders

	I will use positive self-talk! I am awesome!	
	I will learn from my mistakes!	
	I will think positive thoughts about myself!	
	I will remember that I will give my best effort.	
	I will take some positive think time.	
	I will take a deep breath to focus.	
	Sometimes I feel angry with myself.	

Social skills training

MY HOBBIES!!!!

HOBBY IS SOMETHING YOU LIKE VERY MUCH TO DO IN YOUR FREE TIME.
WHAT ARE YOUR HOBBIES? MENTION 3 OF THEM.

- _____
- _____
- _____

My Positive Self-Talk

More to petals on

- TODAY I AM A LEADER.**
- I believe in myself.
- I am enough.
- My voice matters.**
- I accept who I am.
- Today will be awesome.



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VIRTUES OF LIFE

PATIENCE

Key for everything you Achieve in Life

KINDNESS

Radiates Postivity and Goodness

LOYALTY

Gains you Trust and Respect of Others

RESPECT

Self-esteem depends a Lot on How you Respect Yourself

RESPONSIBILITY

Be Responsible and hence the One, People can Trust Any Day

HUMILITY

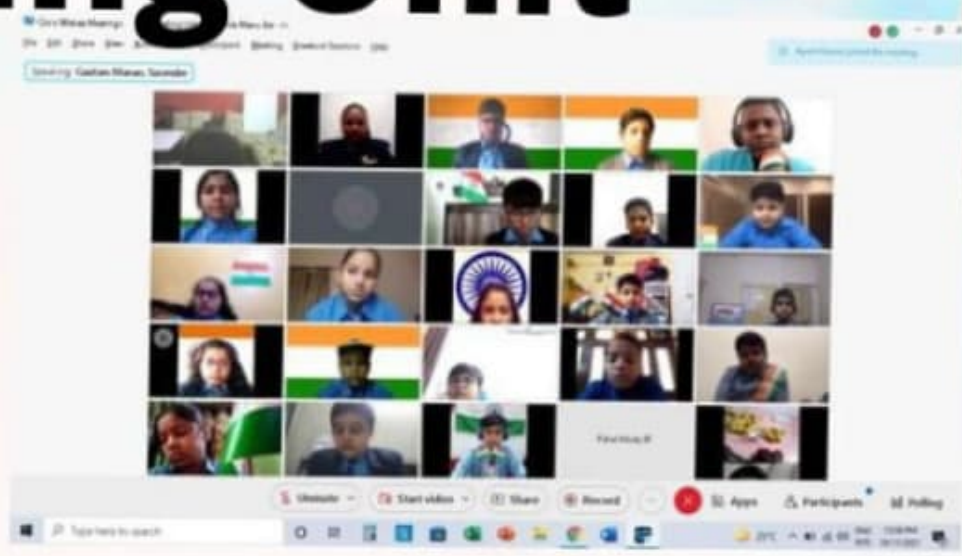
Being too self-consumed can be Toxic

HARD WORK

Get the Best Result with Hard Work for your Goals

HONESTY

Can earn you Trust and a Good Personality



Children's safety and value based sessions