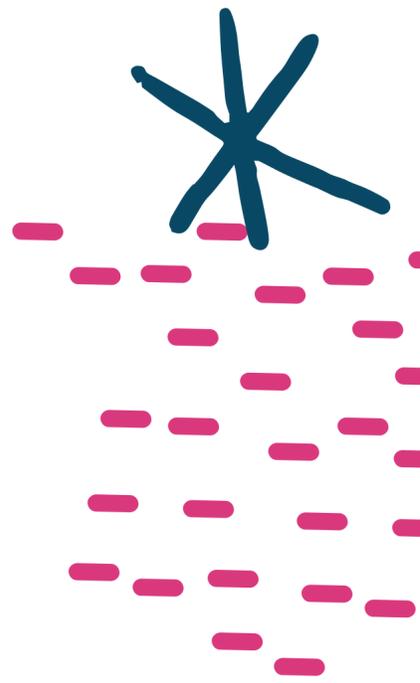




INTRODUCING  
**MINDQ**  
by ManoShala

FOR TOP INSTITUTIONS IN INDIA

PANDEMIC HAS AFFECTED THE OVERALL DEVELOPMENT OF CHILDREN:  
ACCORDING TO UNICEF INDIA, CHILDREN ARE AT A HIGHER RISK OF NEGLECT AND ABUSE



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# PRE-PRIMARY SCHOOL PROGRAM



MINDQ is an emotion based learning program that focuses on building child's **Emotional Intelligence (EQ)**. This will enable them to understand **emotions**, manage **tantrums**, attain **physical activeness**, learn about **safe touch** and learn to **channel energy productively**.

MINDQ is spread over a period of **three months**. Every month we will cover an **individual module** that has **four sessions** each followed by child's assessment.

## MODULES FOR PRE-PRIMARY CLASSES

- GROSS MOTOR SKILLS
- EMOTIONAL REGULATION
- DIGITAL AND PHYSICAL SAFETY



## WHY MINDQ?

With MINDQ, children **develop social skills** through peer learning as we offer a **geographically diverse platform**. This exposes children to other peers from varied cultures, regions and schools.

All our sessions are conducted by a psychologist to ensure a **systematic growth** enabling children to become **independent learners**. Our program **doesn't need parental guidance** which allows parents to indulge in self-care.

## MINDQ ELEMENTS



CHILD ASSESSMENT



FOLLOW UP ACTIVITIES



VIRTUAL SESSIONS



EDUCATIONAL YOGA



# PRIMARY SCHOOL PROGRAM



MINDQ for primary school is a holistic experiential learning program focused on **personality development** for children. This program will enable children to **express emotions** effectively, learn **social etiquettes**, **manage aggression** and become **independent learners**. This would also prepare them for the external world including **safe touch** and **cyberbullying**.

MINDQ is spread over a period of **three months**. Every month we cover an **individual module** that has **four sessions** each followed by a child assessment.

## MODULES FOR CLASSES 1-5

- SOCIAL ETIQUETTES
- BEHAVIOUR AND EMOTIONAL REGULATION
- DIGITAL AND PHYSICAL SAFETY



## WHY MINDQ?

This program would expose children to work with **students from different cultures** and schools therefore, **boosting their confidence and curiosity**. In a community setting children would learn to **communicate** their anger, sadness, happiness and other **personal requirements** effectively.

To maintain discipline and ensure **systematic growth**, these sessions will be conducted by a psychologist which **doesn't require parental guidance**.

## MINDQ ELEMENTS



CHILD ASSESSMENT



FOLLOW UP ACTIVITIES



VIRTUAL LEARNING



CURIOSITY AND CONFIDENCE BUILDING



# MIDDLE SCHOOL PROGRAM



MINDQ for **Young Leaders** is an emotion focused holistic experiential learning program to develop **natural leadership skills** in children. They would learn to **communicate and express** effectively, **problem solving** and understand how to deal with **cyber bullying**. This would also equip them to build their **social skills** and understand **safe touch**.

MINDQ is spread over a period of **three months**. Every month we will cover an **individual module** that has **four sessions** each followed by a child assessment.

## MODULES FOR CLASSES 6-8

- SELF AWARENESS AND EMOTIONAL REGULATION
- DIGITAL AND PHYSICAL SAFETY
- PROBLEM SOLVING AND DECISION MAKING



## WHY MINDQ?

Young leaders program would expose children to work with students from **different cultures and schools**. Students will experience **working with communities**, tips for **trust building** and will naturally inculcate **leadership attributes** required to work in teams for successful careers.

To maintain **discipline and ensure systematic growth**, these sessions will be conducted by a psychologist which **may not require any parental guidance**.

## MINDQ ELEMENTS



CHILD ASSESSMENT



PRESENTATION ACTIVITIES



VIRTUAL LEARNING



LEADERSHIP ATTRIBUTES



# MEET THE TEAM

ManoShala aspires to become the most accessible provider for preventive mental healthcare solutions in India. Our mission is to change the dialogue of adapting the concept of wellbeing from the critical stage to inculcating that as a habit.

ManoShala has a strong team of more than 50 experts all over India and has worked with esteemed corporates and schools.



MS. KRATIKA AGARWAL

Meet Ms. Kratika Agarwal, the visionary behind ManoShala, co-founder, Ex MIT and Ex KPMG, a Vedica Scholar.

Through ManoShala she aims to democratize preventive wellbeing solutions. She strongly believes in early intervention which will eventually allow them to have successful professional & personal careers. Kratika, along with her team of experts, has designed the MINDQ program specially for students considering the impact of pandemic.

ManoShala is currently working with preventive mental health solutions across sectors in organisations, colleges, schools and NGOs.

**For any queries please visit <https://www.manoshala.com/contact> or whatsapp us at +91 88604 47532**

To know more about our offerings :

MINDQ, CALM, PACT and Parenting sessions

You can contact us at [info@manoshala.com](mailto:info@manoshala.com) or visit us at [manoshala.com](http://manoshala.com)