



# HEALING MINDS HEALING HEARTS

An Interactive  
**Mental Health  
Workshop for Students**  
to make them Real World Ready



*Presented by*

**Reena Chopra**

Psychologist  
Parenting Coach  
Founder-Saar Holistic Wellness

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An evidence-based program designed to empower students with emotional resilience, mental clarity, and balanced behaviour-promoting both academic success and personal wellbeing.

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# About the Expert:

Reena Chopra brings over 15 years of experience working with children, mothers, and educational institutions. She is a certified child psychologist and a nationally recognized voice in parenting and mental wellness.

## Highlights:

- **Academic Excellence :**  
MA in Psychology |  
Child Psychology Certification
- **Featured Speaker:** National Parenting & Education Summits
- Conducted several successful workshops for schools and corporate
- **Awardee:** Global Excellence in Parenting Education, 2024 as Best Parenting Coach
- **Founder:** SaarHolic Wellness, a platform dedicated to modern parenting and emotional wellbeing

## Why Mental Health for Students is Non-Negotiable

According to leading global research:

### Ages 0–6: Foundation of Emotional Security

- 🧠 90% of brain development happens by age 5 – early bonding builds lifelong emotional strength.

(Harvard Center on the Developing Child)

### Ages 6–10: Shaping Self-Esteem

- 🧠 Children develop their self-concept and group identity – poor mental health here can lead to long-term anxiety.

(American Academy of Pediatrics)

### Ages 11–18: Emotional Resilience Window

- 🧠 WHO states 50% of mental health issues begin before age 14 – teen years shape emotional intelligence, confidence, and coping mechanisms.
- (World Health Organization)

## THE 3C MODEL OF MODERN PARENTING

Unlock the secret to Conscious parenting with our proven 3C Approach.



### CALM

Cultivate emotional balance and respond thoughtfully, not reactively.



### COMMUNICATE

Foster open dialogue, listen actively, and understand your child's perspective.



### CONNECT

Build strong, trusting relationships that nurture growth and understanding





## AGE-APPROPRIATE MODULES

### PRIMARY SCHOOL (Nursery to Class 5)

Focus Building | Gross & Fine Motor Skills | Mindfulness Games | Life Skills

### MIDDLE SCHOOL (Class 6–8)

Understanding Emotions | Healthy Expression | Empathy Building

### HIGH SCHOOL (Class 9–10)

Peer Pressure | Self-Worth | Focus & Productivity

### SENIOR SCHOOL (Class 11–12)

Time Management | FOMO & Social Media Pressure | Stress & Identity Formation

## Teacher Integration Session (Optional)

Spotting early emotional distress  
Building emotionally safe classrooms

## Parent Resource Kit

Includes tools for:

- Emotional parenting in the real world
- Raising emotionally strong and self-aware children
- Continued access to support via SaarHolistic Wellness

## Workshop Outcomes

- Improved student focus and emotional balance
- Enhanced teacher-student relationships
- Increased parental involvement and understanding
- Better classroom behavior and academic engagement



# Awards & Achievements



## Let's Collaborate

We would be honored to bring **"Healing Minds, Healing Hearts"** to your esteemed institution. Please let us know a convenient time for a brief meeting to discuss how this workshop can be tailored for your school's needs.

## Featured On



Contact:

**Reena Chopra**

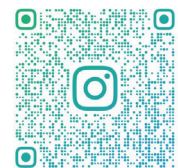
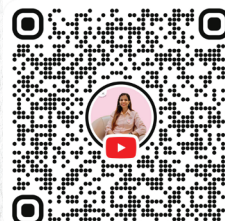
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