



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

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



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

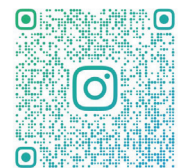
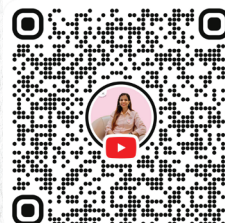
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