

SPARK OF LIGHTS  
To brighten your life

# SPARK OF LIGHTS

## CULTIVATING HAPPINESS



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# OUR TEAM



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**CLAIRE THOMPSON**  
Senior Consultant



**ANU**  
Creative Head



**PRERNA TIWARI**  
Senior Psychotherapist



**PUJARINI BEHURIA**  
Admin & Social Media

# VISION & MISSION



## VISION

**TO BRING THE WELL- BEING REVOLUTION.**

**TO CREATE HAPPY AND FLOURISHING COMMUNITIES.**

## MISSION

**TO PROVIDE CHILDREN AND ADULTS WITH THE SKILLS THEY NEED TO THRIVE IN THEIR LIVES.**

**TO PROVIDE TOOLS AND RESOURCES THAT CAN ASSIST INDIVIDUALS OF ALL AGES TO LIVE A HAPPY AND HEALTHY LIFE.**

**TO IMPROVE THE MENTAL HEALTH AND RESILIENCE OF CHILDREN AND ADULTS.**



**Spark of Lights** Education is dedicated to empowering young children, adults, and corporates with the life skills they need to thrive in their lives. It aims to improve mental health, resilience, and increased levels of happiness across all ages.

We seek to start a Well-being Revolution by improving mental health and giving tools to increase levels of happiness across the globe.

Our big focus includes teaching the core tenets of Positive Education, improving Mental and Emotional Well-being, and providing students and adults the psychological tools they need to manage stress and live a fulfilling life.

**Spark of Lights Education** provides high-quality Positive Education, Resilience and Well-being curriculum, resources and tools for students, and professional learning for teachers to create happy and flourishing school communities.

Our services include webinars, workshops, Well-being journals, resources, textbooks, exchange programs to Australia, personalized consultation with psychologists, and access to the Spark of Lights App.

Our accredited Resilience experts also provide Resilience training and coaching that can assist individuals of all ages to live a happy and healthy life.

**Besides Positive Education, we can also train teachers and school leaders in:**

- **Happy and Flourishing classes**
- **Mental Health and Well-being**
- **Student and Staff Wellbeing: How to be stress free?**
- **How to create stimulating and engaging learning environment?**
- **Behaviour Management: How to deal with difficult students?**
- **Differentiated Learning**
- **Restorative Practice**
- **Curriculum designing**
- **High Impact Teaching Strategies**
- **Literacy Workshops**
- **Reading and Writing Workshops**
- **Instructional Model**

January 24, 2022

## Immediate Action is Needed to Prevent Suicides in India

Jessica Nye



There is a need for urgent action to prevent suicides in India. This perspective was published in *The Lancet Psychiatry*.

India has the highest number of deaths by suicide in the world and its contribution to the global suicide rate has been increasing from 27.3% in 1990 to 36.5% in 2019.

The World Health Organization (WHO) has highlighted that suicide is a serious concern for India and the Indian Government is developing a national suicide prevention strategy. However, India is projected to fall short of its 2030 target of reducing



In general, the contribution to the suicide rate in India due to severe mental disorders is lower than what has been reported in high-income countries. Credit: Getty Images

## Suicide set to become leading cause of death in Indian women. And NRCB won't tell you that

NATIONAL HERALD

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Home News Democracy Investigation Cafe Young India Videos EYE ON RSS

INDIA

## With younger Indians and children dying by suicide, it is a new national crisis

Though a committee to draft a national suicide prevention policy was created in 2018, no national policy or strategy has yet been adopted even as younger people are increasingly taking their own lives

## More than 90,000 young adults died by suicide in 2019 in India: NCRB report

Latest data released by the National Crimes Record Bureau (NCRB) has revealed that more than 1.39 lakh Indians died by suicide in the year 2019, 67 per cent of which were young adults.

CRICKETERS  
ARJUN HOYSALA  
AND VEDA  
KRISHNAMURTHY  
GET ENGAGED IN  
KASHMIR  
PAGE 8



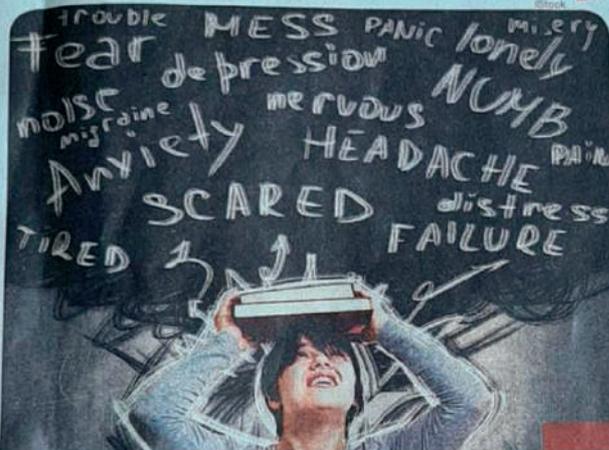
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## NCERT issues mental health guidelines to schools Exams and peer pressure among biggest stressors, say experts



As per the new guidelines, schools need to develop a safe environment for students, while teachers must be trained to identify mental health triggers

Riya Sharma

Following a recent survey on the mental health of school children - that highlights exams and peer pressure as some of the major factors for stress and anxiety among students - the National Council of Educational Research and Training (NCERT) has issued guidelines to schools to better safeguard students' mental health. Talking about how schools are seen as a safe and secure environment for students, who spend one-third of their day and 220 days of a year there, the guidelines stress that it is "the school's responsibility to ensure the safety, security, health, and well-being of all children in schools and hostels". They further state that teachers must be trained in identifying early signs in students for attachment issues, separation anxiety, school refusal, communication issues, anxiety patterns, depressive states, conduct related issues, intellectual disability, and more.

CONTINUED ON PAGE 7

WHAT IS STRESSING STUDENTS OUT?

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Rachana Du

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# Mental health needs to be integrated into the school system, say experts



## 'MENTAL HEALTH NEEDS TO BE PRIORITISED'

Dr Samir Parikh, Director, Mental Health and Behavioural Sciences, Fortis Healthcare, adds, "Mental health needs to be prioritised and integrated into the school system, not just in India but worldwide. Awareness around mental health and mental illness, early identification, screening, and also solution-based approaches are important. Counsellors at school are essential for awareness, and access to resources for intervention on specific concerns – be it learning disability, other illnesses like depression and anxiety, etc. Prioritising awareness around mental health also needs to happen so that resilience-building, positivity, and the culture of well-being in the classroom are integrated along with life skills for children. The mental health of children can be affected due to many reasons like academic issues, relationship issues, and mental health concerns."

—CONTINUED FROM PAGE 1

## 'FAMILY AND PEER PRESSURE, LOW SELF-ESTEEM ARE SOME OF THE ISSUES STUDENTS FACE'

From worrying about their academic performance to dealing with family and peer pressure, these are some of the issues that school-going children face, share mental health experts. "Students, especially adolescents, face a lot of stressors from multiple domains. Brain and bodily changes, personality changes, changes in social dynamics, interests and the additional academic demands, all have a collective effect on their overall well-being. Some of the most common issues that students come up with include ideological differences and communication challenges with parents, peer pressure, personality changes leading to increased aggression, self-esteem and confidence issues, sleep and appetite-related problems, anxiety and panic, difficulty in attention and concentration," shares Dr Ruchi Sharma, Consultant Psychologist, HCMCT Manipal Hospital, Dwarka.

## 'COLLABORATING WITH PARENTS, SENSITISING THEM IS ALSO IMPORTANT'

Moly Suryawanshi, HOD Wellness, Ridge Valley School stresses that mental health is an integral part of the overall well-being of a child. "A child spends nearly one-fourth of their day in the school with his educators and peers. School is the second safe space that the child creates in his mind after home and teachers are the second guardians after his parents. Therefore, it is important that schools ensure a safe and healthy learning environment for each child. It can be tough to tell if troubling behaviour in a child is just a part of growing up or a problem that should be discussed with a mental health professional. But the most common issues that surface are related to separation anxiety and excessive internet usage concerns which result in poor attention span, and poor self-regulation stemming from which could be conditions of attention deficit, hyperactivity, poor executive functions, and communication skills being impacted. We work extensively in identifying these early signs and collaborate with the parent body, sensitising them and creating a uniform environment of emotional upliftment for each child. From one-on-one intervention to educator-parent sensitising sessions to cognitive behaviour therapy, all come together to support the child in bringing back their socio-emotional equilibrium," she says.

## IT IS IMPORTANT THAT SCHOOLS ENSURE A SAFE AND HEALTHY LEARNING ENVIRONMENT FOR EACH CHILD

— Moly Suryawanshi, HOD Wellness, Ridge Valley School

## PANDEMIC ADDED TO SCHOOL KIDS' STRESS: PARENTS

Getting used to online classes during the pandemic, and then having to return to classrooms now has also added to the stress levels of students. Sushma Rajput, a parent of a Class 9 student, shares, "The way a classroom functions has changed several times in the last two years.

With the pressure of academics, peers, pandemic also added to the anxiety among students." The NCERT's guidelines also mention the need for schools to set up a mental health advisory panel, and a school-based mental health programme and offer pedagogical support to ensure mental well-being of students, while engaging with parents.

## A CHILD'S MENTAL HEALTH CAN BE IMPACTED DUE TO PARENTAL PRESSURE PERFORMANCE IN ACADEMICS, RELATIONSHIPS IS

— Dr Samir Parikh, Fortis

## COVID AND MENTAL HEALTH

- 43%** responses reported experiencing mood changes
- 39%** responses reflected that online classes lack social interaction present in the offline classes
- 51%** faced difficulty in learning content online



Here's



# SPARK OF LIGHTS

## 8-Dimensional Well-being Programme



### Physical Well-being

It encompasses all areas of health that relate to physical aspects of the body including, nutrition, exercise, weight management, tobacco use, disease and disease prevention

### Mental Well-being

Mental Well-being is the state of thriving in various areas of life despite ups and downs. Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices.

### Social Well-being

Social Well-being is our ability to build healthy and supportive relationships, foster genuine connections, and offer support to others during difficult times.

### Emotional Well-being

Emotional Well-being is our ability to understand and deal with both positive and negative emotions, learn and grow from experiences, and develop techniques of self-care and stress reduction.

### Resilience

Resilience is the ability to bounce back in challenging situations, develop key skills throughout life, connect effectively with others and find flow in our work and life.

### Financial Well-being

Financial Well-being encourages balancing our perspectives about money and budgets, productive ways to handle stress related to finances, and practical techniques to manage, earn, spend, and save money.

### Character Strengths

Everyone possesses all 24-character strengths in different degrees. Knowing and using your character strengths can help you increase happiness and well-being, boost relationships, manage stress and health, and accomplish goals.

### Personality Development

A comprehensive development process that will enhance your personality, communication skills, attitude and behaviour, making you unique.

# PHYSICAL WELL-BEING

What? Why? How?

## Sleep

How sleep impacts your physical and mental health?  
How to get a good night's sleep?  
How many hours are enough for you?

## Exercise

Importance of physical activities.  
Different types of exercises  
Powerful Poses

## Physical VS Mental Health

How Gut health affects Mental Health?  
Physical Health and Mental Health are interrelated.

## Nutrition

Importance of healthy diet.  
Emotional Eating  
Sugary Drinks  
Unhealthy snack choices  
Sugar and salt intake  
Balanced Diet

## How to improve your Physical Health?

Simple and easy daily exercises and tips to keep you fit and healthy.

## Appropriate Weight

How to maintain Ideal weight as per your height?

## Body Image

Positive body image.  
How to feel good about your body shape?

## Common illnesses

Obesity  
Heart diseases  
Diabetes

# MENTAL WELL-BEING

What? Why? How?

## Self-Esteem

Thinking positive about yourself.  
Ways to boost your self-esteem

## Physical VS Mental Health

Physical Health and Mental Health  
are interrelated.

## How to improve your Mental Health?

Simple and easy daily exercises  
and tips to keep you fit and  
healthy.

## SELF-CARE

Looking after yourself to boost your mental and  
physical health.

## Stress Management

How stress affects your body?  
Ways to deal with stress.

## Mental Health

What is Mental Health?  
Why is it important?

## Anxiety and Worry

Ways to deal with anxiety and  
worry

## Depression

Signs of Depression  
Impact of Depression  
Getting Help

# CHARACTER STRENGTHS TRAINING



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Based on the VIA Classification of 24 Character Strengths, VIA INSTITUTE ON CHARACTER, ViaCharacter.org

# 24 VIA Character Strengths



Bravery



Creativity



Curiosity



Love of learning



Fairness



Forgiveness



Gratitude



Self-Regulation



Humour



Hope



Humility



Zest



Judgement



Kindness



Appreciation of Beauty  
& Excellence



Honesty



Leadership



Love



Prudence



Perseverance



Social-Intelligence



Teamwork



Spirituality



Perspective

# RESILIENCE TRAINING

Resilience is a learned ability that enables our capacity to bounce in adversity, develop key skills throughout life, connect effectively with others and find flow in our work and life.



Our Director and Co-Founder, Ms Sangeeta Vashishta is an accredited Resilience Coach trained by the Resilience Institute, New Zealand, a pioneering and prestigious global institute led by world-renowned Dr. Sven Hansen.



“

RESILIENCE IS AN EVIDENCE-BASED, INTEGRAL AND PRACTICAL SOLUTION TO THE HUMAN DIMENSION OF WORK. BUILDING RESILIENCE MITIGATES PROBLEMS LIKE DEPRESSION, DISTRESS AND ILLNESS. IT LIBERATES THE POTENTIAL IN OUR PEOPLE TO BE WELL, EFFECTIVE AND WHOLE. RESILIENCE IS A FOUNDATION AND GOAL OF STRATEGY.



**DR SVEN HANSEN,  
FOUNDER, THE RESILIENCE INSTITUTE**

”

Resilience training is equally important for children, teenagers, and adults.

Join our workshops and webinars to build your resilience to become the best version of you and lead a happy life.

# Resources

## Wellbeing Journals



## App



SPARK OF LIGHTS  
To brighten your life

## Online Resources on Website



1. WHO AM I?	8
2. HOW DO I LEARN BEST?	11
3. SELF-ESTEEM BAROMETER	12
4. THE SUPPORT COLLAGE	16
5. LEARN GRATITUDE	17
6. GOAL SETTING	19
7. SELF-CARE BINGO	21
8. CREATIVITY & PERSPECTIVE	23
9. BRAVERY	25
10. HONESTY	28
11. MINDFULNESS	30
12. STORY TIME	32

### Goal Setting

A goal should be SMART

**SMART GOALS**

- S Specific**  
State exactly what you want to accomplish
- M Measurable**  
Use numbers, milestones to measure progress
- A Achievable**  
Make your goals realistic
- R Realistic**  
Set a goal that is relevant to your life
- T Timely**  
Use yourself time, but not a deadline

### Self-Care Bingo

A collection of activities to practice self-care

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_

11. \_\_\_\_\_

12. \_\_\_\_\_

### HOW MUCH SLEEP DO YOU NEED?

4-12 Months	12-15 hours
1-2 Years	11-14 hours
3-5 Years	10-13 hours
6-12 Years	9-12 hours
13-18 Years	8-10 hours
19-25 Years	7-9 hours
26-35 Years	7-9 hours
36-45 Years	7-9 hours
46-55 Years	7-9 hours
56-65 Years	7-9 hours
66-75 Years	7-8 hours
76-85 Years	7-8 hours
86-95 Years	7-8 hours
96-100 Years	7-8 hours

### YOUR DIET ENERGY

Small diet = small energy

Medium diet = medium energy

Large diet = large energy

Very large diet = very large energy

### REFLECTION

What will you do to reduce your sugar intake?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### YOUR DIET SO, WHAT DOES YOUR BODY REALLY NEED TO FUNCTION?

Think of nutrients like fuel for your body. What do you eat made of a car to make sure it's fueled? That's right. It needs FUEL.

For your body to GROW and FUNCTION properly, your body also needs nutrients. Nutrients give you ENERGY.

Let's talk about which nutrients you should eat!

### THE BODY

SPARK OF LIGHTS To brighten your life

# SPARK OF LIGHTS WELL-BEING JOURNALS



Research suggests that a vast majority of children are affected by mental health issues like loneliness, depression, and anxiety. Unable to deal with them, they carry it into their adulthood. Hence the underutilised, rather unhappy lives.

Here comes the role of the Spark of Lights Well-being Journal. It gives children the space to express, share and develop on their views. Steering them in a positive direction, it ensures that the task at hand here is not only to deal with the deficits of lives but also to enhance qualities of lives by building on the character strengths.

Growing kids, with impressionable minds need much to attune to the growing challenges surrounding them. The children have to mould their personalities for brilliant futures, but they cannot do it on their own. It is important that they have the tools, pointers and checklists that help them kick start the process and keep it running throughout.

The interactive, fun, and lucid materials and resources ensure the mental involvement of children. Such journaling gives much clarity and perspective to the curious, developing minds.

**The Spark of Lights Well-being Journal offers helpful content on aspects like:**

**Self - regulation**

**Self-awareness and expression**

**Social skills**

**Decision making skills**

**Feel good strategies**

**Resilience skills**

**Character strengths**

- **Creativity**
- **Gratitude**
- **Teamwork**

These research- based and easy to use journals are created by a team of passionate educators with a gifted insight of the tender aspects of the mind, emotions, and wellbeing.



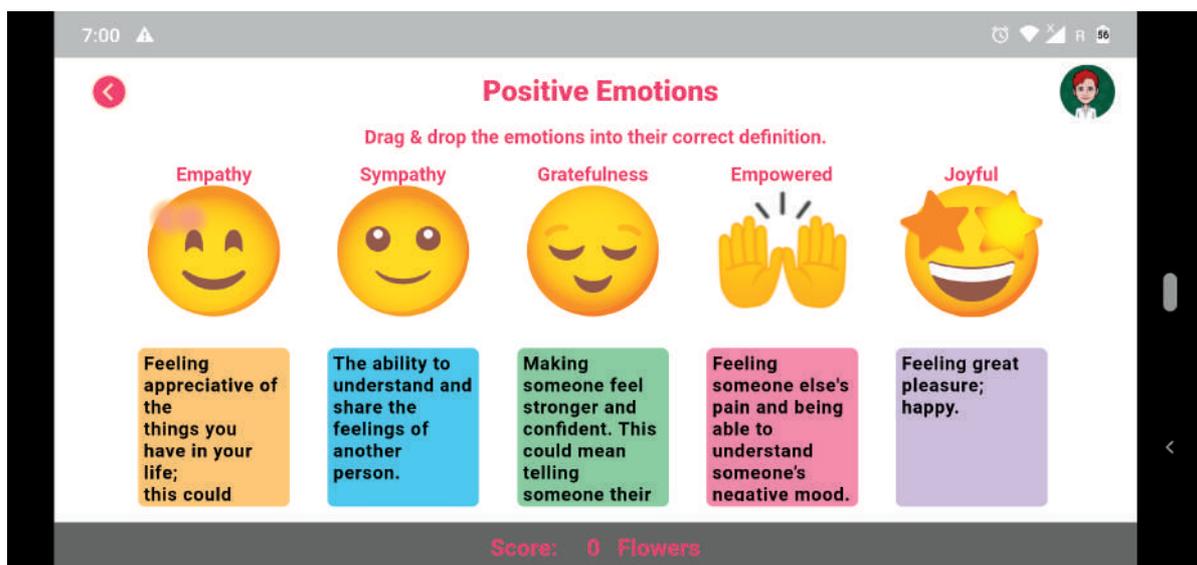
# SPARK OF LIGHTS WELL-BEING APP

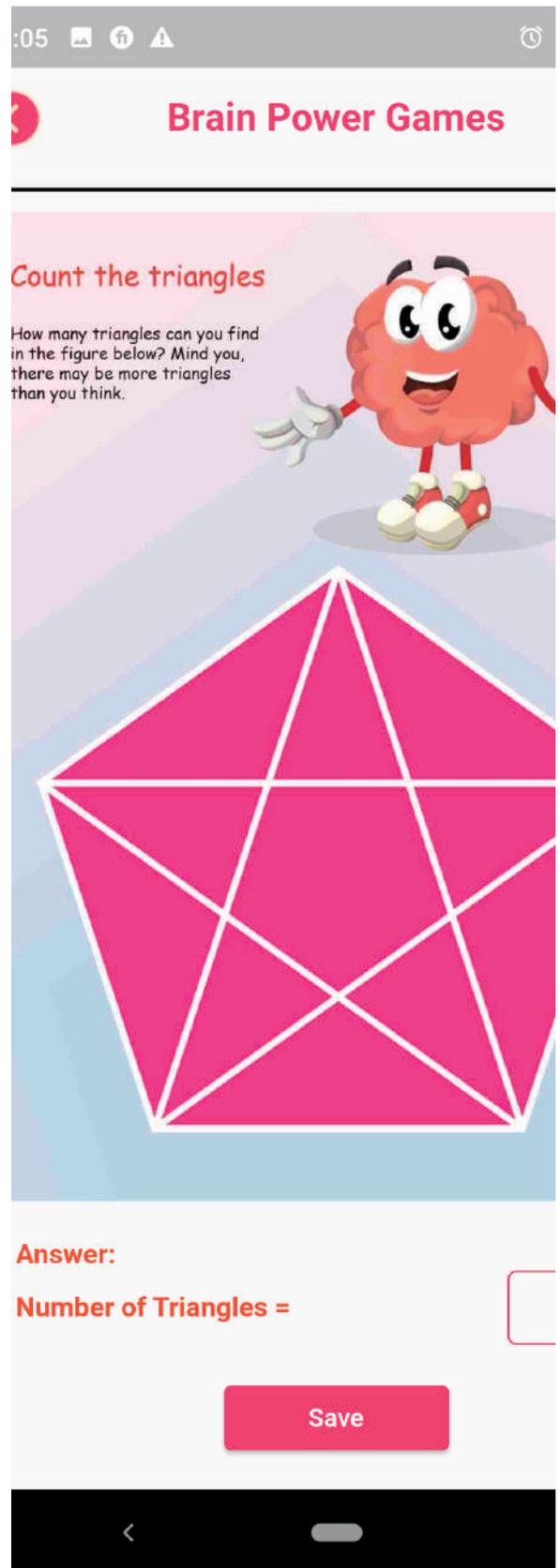
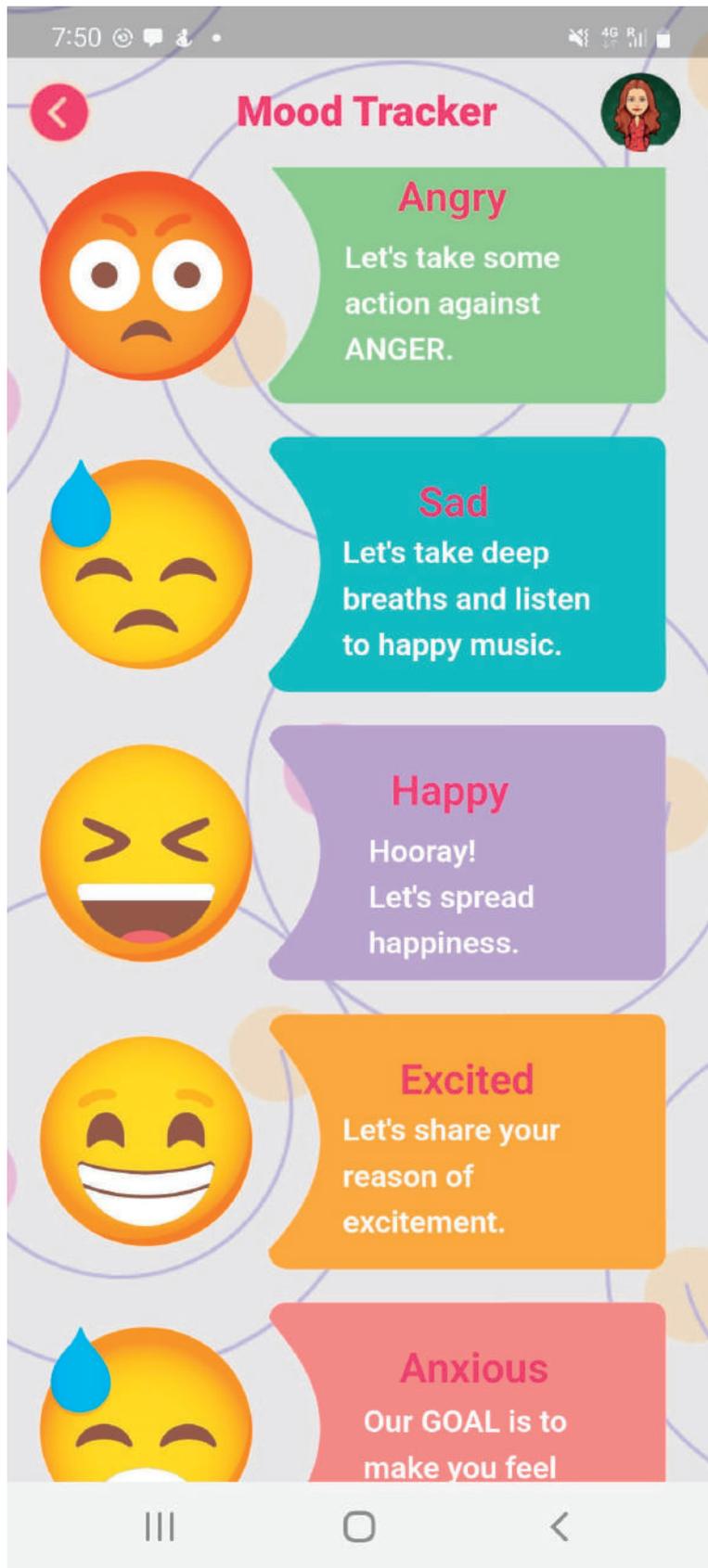
Spark of Lights App is a well-being app that aims to improve mental and emotional health, resilience, and increased levels of happiness across all ages.

The app contains a plethora of tools and activities that can help you to master everyday stress, improve creativity, imagination, attention and focus, track your emotions and mood, and help you lead a happy and flourishing life.

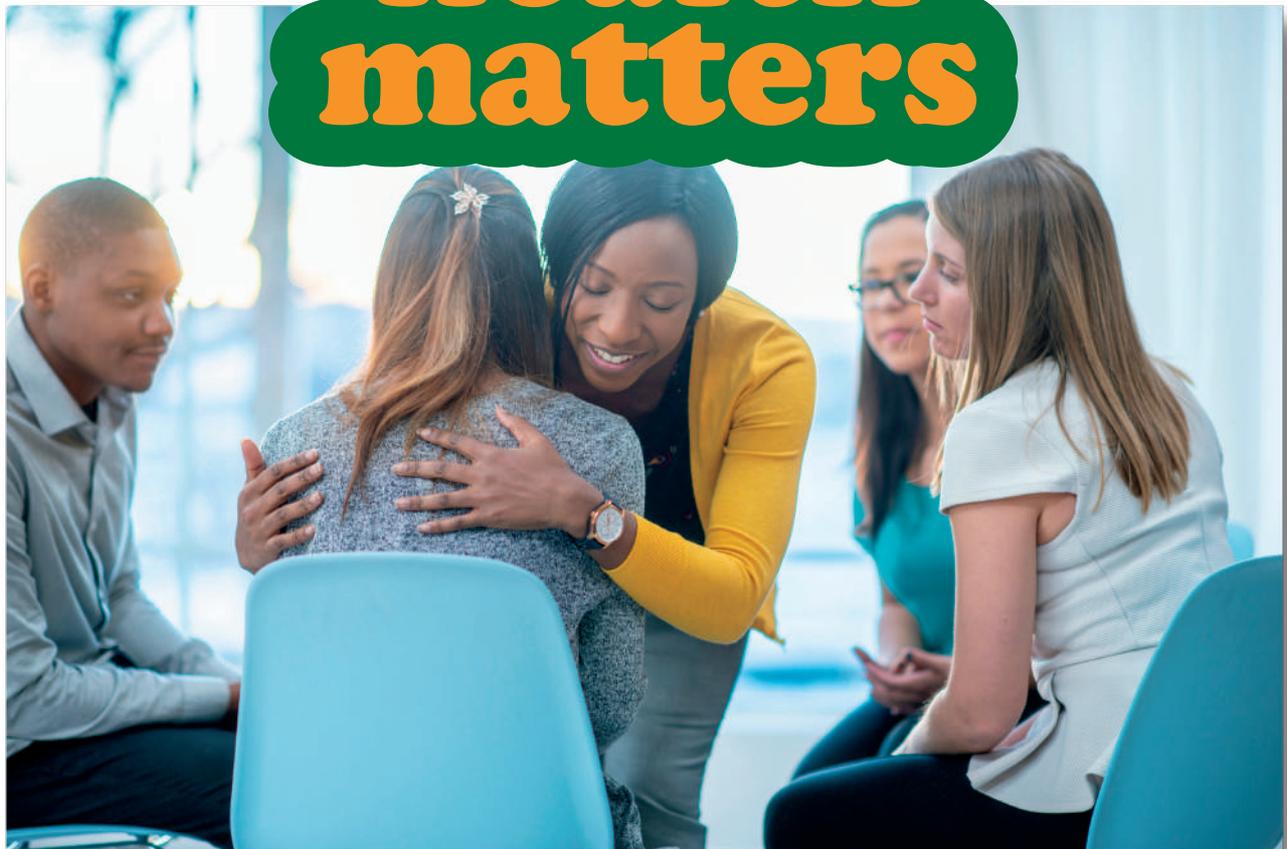
## App Features:

- Mood Tracker
- Emotions Tracker
- Gratitude Jar
- Anxiety Jar
- Happiness Jar
- Mindfulness
- Colouring Videos
- Study Music
- Relaxation Music
- Brain Power Games
- Mindful Colouring
- Positive Affirmations





# MENTAL HEALTH TRAINING



# WORKSHOPS/WEBINARS

Our experts provide evidence-based training programmes that have been demonstrated to build resilience, well-being, and optimism. These strengths-based programmes equip individuals with a set of practical skills that can be applied in everyday life to navigate adversity and thrive in challenging environments. We deliver programs in-person or virtually.

## **The workshops aim to:**

- Increase well-being and optimism
- Reduce and prevent depression, anxiety, and behavioural issues
- Improve physical health

These webinars are highly interactive and full of engaging activities. They will enable students to adopt simple strategies to develop essential character strengths and a positive mindset. The students will be able to create healthy lifestyle and habits which are a must in today's world.

## **The topics for the webinars/workshops could be:**

- Stress Management
- Time Management
- Study Skills
- Revision Skills
- Developing 24 Character Strengths such as
  - Gratitude
  - Creativity
  - Teamwork
  - Leadership
- Mindfulness
- Resilience: How to bounce back from challenging situations and develop healthy habits of the mind and the body
- Goal Setting: How to set SMART Goals
- How to develop a GROWTH MINDSET
- Mental Health
- Social and Emotional Health
- Physical Health
- Financial Literacy
- Personality Development
- Brain Breaks: Activities for stimulating student engagement.

# TRAINING IN AUSTRALIA

## NOTES



- Teachers from your school will come to Australia to observe and adopt new teaching methods.
- Our team of highly talented education consultants will provide workshops and training to your teachers in Australia.
- The teachers will gain international exposure and learn innovative teaching practices.
- The teachers will become 'students' and observe the teaching procedures at leading Australian schools.
- Teachers will attend sessions with school mentors and learn about new avenues of teaching that focus on student development, rather than reinforce rote learning.

# PARENTS WORKSHOPS



# CORPORATE TRAINING



Our experts provide evidence-based training programs that have been demonstrated to build resilience, well-being, and optimism. These strengths-based programmes equip individuals with a set of practical skills that can be applied in everyday life to navigate adversity and thrive in challenging environments

# PSYCHOLOGICAL SERVICES OFFERED BY SPARK OF LIGHTS

- Counselling services with different modalities such as -
  - Art Therapy
  - Behavioural Therapy
  - Child-centred play Therapy
  - Rational Emotive Behavioural Therapy (REBT)
  - Cognitive Behavioural Therapy
  - Narrative Therapy
  - Expressive Arts Therapy
  - Graphology and graphotherapy
  - Dance and Music Therapy
  - Dream analysis
- Life Skills Workshops
- Career Counselling
- Meditation workshops
- Capacity Building Programmes
- Resilience Coaching
- Screening for:
  - Depression
  - Anxiety
  - Social Anxiety
  - Anger management issues
  - Stress
  - Emotional and Behavioural problems.



# OUR WELL-BEING PACKAGE FOR SCHOOLS

## Our Well-being Package for Schools includes:

- Well-being Journals
- Well-being Tools
- Webinars/Workshops for students and teachers by our Experts
- Access to a wide range of online resources
- Personalized consultation with a Child Psychologist.
- Psychological assessments
- Psychotherapies
- Access to the Spark of Lights Well-being APP
- Well-being Activities at school
- Our consultancy services will assist your schools to harness the opportunities and address the challenges faced in the implementation of a sustainable, evidence-informed, whole-school approach to wellbeing.
- We will assist your teachers to create happy and flourishing classes.
- Principal/ school leaders will get a complimentary invite to the SOL for a full day conference where the school leaders will get an opportunity to meet up with other principals and higher educators as well as notified industry professionals and psychologists to discuss the future of student wellbeing.
- Regular interaction with the school's Well-being Leader
- Teachers will have access to a repository of copyright **Resilience and Positive Education content.**

We will support your school to become a leader and role model in Well-being. We will help you create happy, engaging and stimulating schools which focus on all round development of students and staff.

**Please contact us for more details and a tailor-made package specific to your needs.**

**For more information, visit our website at**

**<https://sparkoflights.com.au>**

**or**

**email us at [info@sparkoflights.com.au](mailto:info@sparkoflights.com.au)**

# TESTIMONIALS

## WHAT DO THE STUDENTS SAY?



I really enjoyed the session. It was so captivating and entertaining. Learned a lot about mental health and how can we cheer up ourselves when we feel down. Thank you so much.

The session was quite good. These sorts of sessions are very helpful for us. I enjoyed it and would love to attend more of them. Keep visiting our school "SPARK OF LIGHTS"



This is very nice for young people. It teaches us how to manage our emotions and increase confidence.

It was a good and interactive session, their personalities were so attractive and active, the session was actually practical. Will expect a long session next time

The session was amazing and energetic I really enjoyed the conversation (5 stars from me)

It's very interactive. We want you back in this week. Thank you! I felt very connected.

Fantastic teachers and the best workshop!



Waiting for more such sessions.

It's a five star from me. I love the session because it was full of fun and important knowledge

The session was amazing. I enjoyed the interactions and the ball games.

It was very nice and helpful as we students face a lot of mental challenges. The instructor made it very interactive. I appreciate their effort.

Had an amazing time with you all and really love your accent and really enjoyed very happy to learn new things and keep myself happy in hard time

Very interactive and Playful session ever. knowledgeable also, they just lift my mood to very good stage. I enjoyed it very very much



The session was fantastic. Hope another session is held soon.

Sangeeta Ma'am, thank you for sharing your time with us to teach us how important our mental health is. I love the way of your interaction and your accent!

This session was amazing and I seriously enjoyed it. 5 stars from me



The whole session was very amazing, unique, interactive and knowledgeable. I enjoyed it very much and learned how to overcome my stress with small steps. Hope to have this kind of interaction again

# TESTIMONIALS

Your team is very good and we are very happy to talk to you.

About the session I am very glad to be a part of this. The session is very helpful. I learn how to reduce stress and to take care of myself. I learned that I need to love myself and believe in myself.



The best interaction of my life so far!

No words should be enough to express my gratitude towards the session and how helpful it was for me. It made me realize how important and necessary my sanity is.

The session was very amazing and knowledgeable. I feel very energetic after attending the session. It made my day, I will follow all the tips that were given by ma'am and sir, and I will surely take care of my mental health. I want to have this session again. Thank you very much!

Loved the session, the presenter presented all the information in a fun and interacting way. Thanks for the information.

It was an amazing session. Thanks for refreshing us.



I AM FEELING VERY FREE NOW AFTER AN AMAZING SESSION

Very interactive and playful session ever, knowledgeable, discussed about mental health. I enjoyed it very much.

Session was so interactive and it lift my mood up session was full of enthusiasm and giggles of children, due to exam and other stress I literally forgot about my mental and physical both health so Thank you very much and I really loved it

It was nice. I am giving 5 stars. I will like to meet them again. Thank you for telling me to love myself and reminding me that I am not alone fighting this.

Very nice !!  
Innovative !!  
Interesting !!



Fantastic teachers and the best workshop!



The session was fun and it will help me to maintain my mental health in the future. I came to know some new things about maintaining my mental health too. It has made me feel energetic and confident. Thank you for such an amazing session. I hope to have this session again

I really enjoyed your session. It was surely knowledgeable but very unique and interactive too. I would like to get the session more frequently I will surely use the trick given for instant energy. I love the session

I enjoyed this session and found the solutions to my problems. Please come again and we will participate in your activities more.



**OUR PROUD MOMENTS**





# BENEFITS FOR CHILDREN

- Reduces their stress level
- Helps them recognise their big emotions
- Teaches them to deal with their emotions
- Reduction in Obesity as it will teach them about healthy diet and physical health
- Physically, mentally, socially and emotionally sound students
- Increase in focus and attention span.
- Improved Study skills
- Planning and revising skills
- Time management skills
- Digital detox
- Improved Confidence level
- Development of Communication skills
- Leadership, creativity
- Improvement in marks

# BENEFITS FOR TEACHERS

Charity begins at home

Self-care

Teachers' well-being

Happier teachers- happier classrooms-  
happier school

Less discipline issues

More focussed and attentive students

Better results

## PRINCIPALS

Schools will be pioneer in Positive Education

Whole school well-being

Positive, happy and flourishing school  
environment

# BENEFITS FOR EDUCATION DEPARTMENT

- You will be a leader/pioneer in revolutionising the education system.
- You will take your state 5 years ahead of others
- Less suicides and mental health issues in the schooling system
- Better results
- A education department that focusses on the holistic well-being of students.
- An education system that produces well-rounded grateful human beings who are emotionally, socially, physically and mentally intelligent.



# SPARK OF LIGHTS

To brighten your life



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