

## ABOUT US

Spark of Lights Education is dedicated to empowering young children, teenagers and adults with the life skills they need to thrive in their lives.

It aims to improve mental, physical, social and emotional health, resilience, and increased levels of happiness across all ages.

## 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.

## VISION

- To bring the Well-being Revolution.
- To create happy and flourishing communities.

## OUR SERVICES

- Webinars
- Workshops
- Well-being Journals
- Well-being Planners
- Resources
- Textbooks
- Personalized consultation with Psychologists
- Psychotherapies
- Spark of Lights Well-being App
- Exchange programs to Australia,

## PACKAGE 1 (ONLINE)

- Student Well-being Journal (eBook)
- Access to the Spark of Lights Well-being APP
- Pre-recorded Presentations for students x 6
- Live Webinars for students x 6
- Live Webinars for Teachers x 2
- Digital videos series for parents x 4
- Psychological/Well-being Assessments x 2
- Referral of At-Risk students to Psychologists
- Psychologists visit X 2
- Access to a wide range of online resources
- Complimentary invite to Principals/Leaders to National level Annual Well-being Conference
- Annual Well-being Day Toolkit
- Annual Gratitude Day Toolkit
- Monthly Well-being Challenge

Starting from  
Rs 200/month/student

## PACKAGE 2 (HYBRID)

- Student Well-being Journal/Planner (printed)
- Access to the Spark of Lights Well-being APP
- Pre-recorded Presentations for students x 6
- Workshops for students x 6
- Workshops for Teachers x 2
- Workshops for parents x 2
- Psychotherapy sessions for students x 2
- Psychological/Well-being Assessments x 4
- Referral of At-Risk students to Psychologists
- Consultation with a Child Psychologist
- Access to a wide range of online resources
- Complimentary invite to Principals/Leaders to National level Annual Well-being Conference
- Annual Well-being Day Toolkit
- Annual Gratitude Day Toolkit
- Monthly Well-being Challenge

Starting from  
Rs 300/month/student



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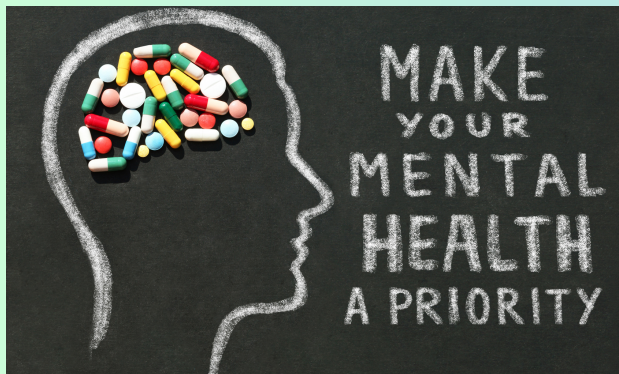
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**SPARK OF LIGHTS**  
**WELL-BEING**  
**&**  
**RESILIENCE**  
**PROGRAMME**



## A Fight for Survival

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

- More than one student dies by suicide every hour in India (NCRB)
- India has one of the highest suicide rates in the world (Lancet study)
- 34 students died by suicide on a daily basis post pandemic hit 2020
- More than 90,000 young students died by suicide in India (NCRB, 2019)

According to the World Health Organisation:

- Half of all mental health conditions start by 14 years of age, but most cases are undetected and untreated.
- Globally, depression is one of the leading causes of illness and disability among adolescents.
- Suicide is the fourth leading cause of death in 15-19-year-olds.
- The consequences of not addressing adolescent mental health conditions extend to adulthood, impairing both physical and mental health and limiting opportunities to lead fulfilling lives as adults.

**These statistics send a compelling message: We, as educators, need to provide our Youth with greater resources to master their mental health.**

## WORKSHOPS/WEBINARS

- Mental Health
- Social and Emotional Health
- Physical Health
- Financial Literacy
- Stress Management
- Time Management
- Study Skills
- Revision Skills
- Developing 24 Character Strengths such as Gratitude, Creativity, Teamwork, Leadership etc.
- 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
- Personality Development
- Brain Breaks: Activities for stimulating student engagement.



## PSYCHOLOGICAL THERAPIES

- 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,
- Resilience Coaching,
- Screening for: Depression, Anxiety -Social Anxiety -Anger management issues -Stress - Emotional and Behavioural problems.



## HOW WILL OUR PROGRAMME BENEFIT STUDENTS?

- Reduces their stress and anxiety 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
- Helps them realize the importance of Digital detoxification
- Improvement in marks
- Improvement in:
- Study skills
- Planning and revision skills
- Time management skills
- Confidence level
- Communication skills
- Leadership
- Creativity
- Teamwork
- Character Strengths

## HOW WILL YOUR SCHOOL BENEFIT?

- **You will be a leader/pioneer in revolutionising the education system.**
- **Less behavioral and discipline issues**
- **Less suicides and mental health issues**
- **Better results**
- **You will be recognised as a school that focusses on the holistic well-being of students.**
- **A school that produces well rounded grateful human beings who are emotionally, socially, physically and mentally intelligent**



VISIT OUR WEBSITE

Download our  
**SPARKOF LIGHTS  
WELL-BEING APP**

