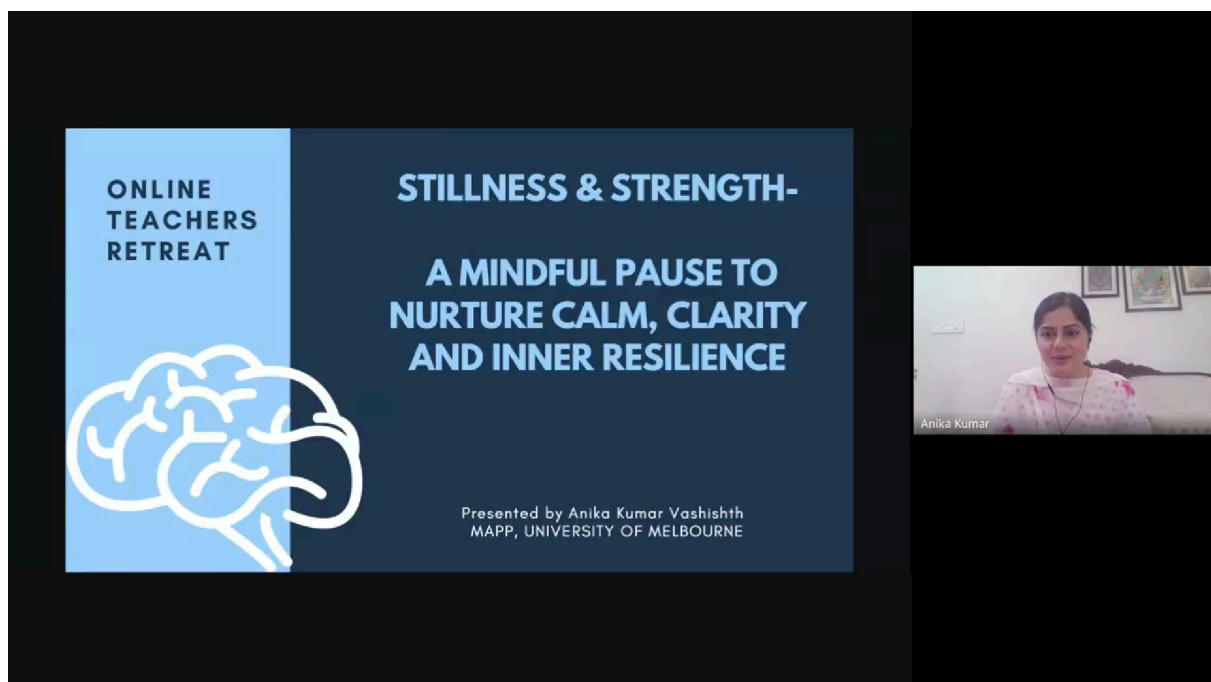




The school recently hosted an engaging online parenting workshop titled “**What Do Children Really Want?**” led by School Psychologist **Ms. Anika Kumar Vashishth** on June 28, 2025. The session introduced parents to practical tools from **growth mindset, positive psychology, and neuroscience**, helping them understand how their daily words and actions shape their child’s learning and emotional world. Parents reflected on concepts like **co-regulation, judger vs. learner path**, and the importance of **mindful screen use** and **physical activity**. The session was interactive, insightful, and deeply appreciated by all attendees.



We recently conducted an **online mindfulness retreat for teachers** on *June 12, 2025*, led by *Anika Kumar Vashishth*, a Positive Psychology Practitioner and CBT Therapist. The

session helped teachers pause, reflect, and reconnect with themselves through calming practices like body scan meditation, gratitude exercises, and nature-based affirmations - a gentle reminder that caring for others begins with caring for ourselves.