

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.