



# KRITAGYATA COUNSELLING SERVICES

## About the 'KRITAGYATA'

'Kritagyata' is an initiative to spread mental awareness and eradicate stigmas related to it. By focusing on 21st Century needs and demands in terms of career development, enhancement of life skills and need of mindfulness to handle daily stressors, we are here to help high school students build a society that promotes unconditional support for each other.



- Counselling Psychologist
- Academic Advisor
- CBSE Master Trainer Resource Person
- Associated Expert for 'Manodarpan - NCERT' PMeVidya Channel
- Practising School Education Consultant
- Trained Guidance & Career Counsellor (NCERT)
- Registered Career Counsellor at National Career Service (Min. of Labour & Employment, GOI)

# WORKSHOPS



## Exploring Horizons

Welcome to our Workshop Series! We are excited to present a diverse range of educational and interactive workshops designed to enhance your skills and knowledge in various fields.



Our workshops are carefully crafted to provide you with practical learning experiences, allowing you to gain hands-on expertise and stay ahead in today's dynamic world.

Read More ....

# "Empowering Educators: Workshops for Teacher Excellence"



## "EmpowerED"

By investing in high-quality professional development opportunities for teachers, educational institutions demonstrate their commitment to providing the best possible education for students. Empowering teachers through professional development translates into improved teaching practices, increased student engagement, and ultimately, better learning outcomes.

## Professional Development

Professional development plays a crucial role in the continuous growth and enhancement of teachers' skills, knowledge, and teaching practices. It is a process that supports educators in staying up-to-date with the latest educational research, methodologies, and technologies while promoting their personal and professional growth.



## Teachers' Wellbeing

Teachers' well-being is essential for their effectiveness in the classroom. Professional development programs can include workshops on stress management, work-life balance, and self-care strategies to support teachers' mental and emotional health.



# SEMINARS

For Parents



## "Building Resilient Families: Strengthening Parent-Child Relationships"

Workshops for parents provide valuable support, guidance, and resources to navigate the challenges and responsibilities of raising children. Workshops for parents serve as valuable platforms for learning, support, and personal growth. They contribute to creating a positive and nurturing environment for children and empower parents to navigate the joys and challenges of parenthood successfully.

Parenting workshops are invaluable resources for parents seeking guidance, support, and knowledge in their journey of raising children. These workshops offer a wealth of information on development, effective communication, behavior management, and nurturing positive relationships.

Through interactive sessions, expert facilitators provide evidence-based strategies and practical tools that empower parents to navigate the challenges of parenting with confidence.

Moreover, parenting workshops create a supportive community where parents can connect, share experiences, and learn from one another.

They foster a sense of belonging, reduce feelings of isolation, and provide a space for collaborative problem-solving. By attending parenting workshops, parents gain the skills, insights, and support they need to create nurturing and thriving environments for their children's well-being.

## What to expect from our seminars for parents?

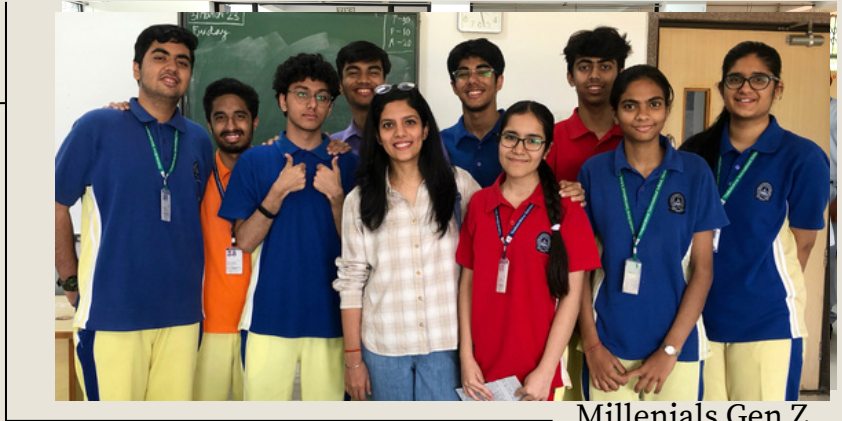
1. Awareness about educational trends
2. Building positive parent - child relationships
3. Understand parenting style
4. Cordial relationship with school and parents
5. Career advancements



# "The Empowered Learner: Workshop Series for Student Growth and Wellbeing"

The importance of students' well-being and growth cannot be overstated. It is the foundation for their development and success.

When students' well-being is prioritized, they experience a sense of safety, belonging, and support, creating an environment conducive to learning. Their emotional and mental well-being directly impacts their ability to engage in academic tasks, cope with challenges, and maintain focus.



Millennials Gen Z

## Millennials

## GEN Z

### WELLBEING AND LIFE SKILLS

When students' social and emotional needs are met, they develop resilience, empathy, and positive relationships, which are crucial skills for their personal and professional lives. By investing in students' well-being and growth, we are investing in their future success, happiness, and ability to make a positive impact in the world.



Building Career Paths...

## CAREER

The importance of students' career and growth lies in their personal fulfillment, professional success, and contribution to society. Moreover, nurturing students' growth allows them to explore their interests, develop their talents, and discover their passions. It fosters a love for learning and encourages them to embrace new opportunities and challenges.



The Journey of Self Discovery and Growth

# EMPOWERMENT THROUGH KNOWLEDGE: THE WORKSHOP SERIES



"Education is not preparation for life; education is life itself."



## 'Creating a Culture of Gratitude'

We are delighted to offer our workshop series to your esteemed institution, aimed at empowering and equipping students, teachers and parents with valuable skills and knowledge for their personal and academic growth. Our workshops are designed to foster a dynamic learning environment, encouraging active participation, engagement, and practical application.

Our workshop leader has conducted workshops and seminars for various public and private schools of Delhi. Moreover Ms. Shruti Pandey is also associated with Manodarpan Initiative of NCERT launched under the Ministry of Education for providing Psycho - Social Support through her live sessions on PMeVidya Channel. She is also a registered Resource Person in the CBSE Training Unit and Master Trainer Resource Person for 'School Health and Wellness Programme' started by NCERT in collaboration with CBSE and UNESCO New Delhi.

Our workshops are carefully crafted to address relevant topics such as life skills, resilience, communication, career exploration, and more.

By hosting our workshops, your institution can provide students with the opportunity to enhance their academic performance, develop essential life skills, and foster personal well-being.

We are flexible in customizing the workshop series to align with your institution's requirements, scheduling preferences, and specific target audience. Our aim is to collaborate closely with you to ensure that the workshops seamlessly integrate into your existing curriculum or extracurricular activities.

We look forward to discussing further details and tailoring our workshop series to meet the unique needs of your institution. Together, let us empower the next generation of leaders and lifelong learners.

## 'THE WORKSHOP SERIES'

- Emotional Intelligence: Managing Emotions for Personal Growth
- Building Resilience and Mental Well-being in Students
- Developing Effective Communication Skills
- Career Exploration and Goal Setting
- Profile Building: International and National Universities
- Peer Relationships and Conflict Resolution
- Effective Exam Preparation and Test-Taking Strategies
- Mindfulness and Stress Management Techniques for Students
- Building Self-Confidence and Positive Self-Image
- Time Management and Organisation Skills
- Empathy building and life skills

Know more about us...

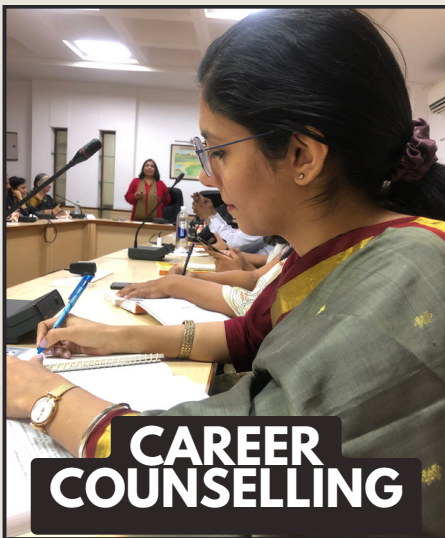
# KRITAGYATA WELLNESS CENTRE

For Counselling Services

**Founder – Shruti Pandey  
(Practising Counsellor)**

**contact@kritagyata.in**

"I started 'Kritagyata Wellness Centre for Counselling services' with the vision of creating mental health awareness and to provide accessible professional guidance and counselling. I believe having focused gratitude within can certainly change our lives but it can also build a harmonious and peaceful society that we all dream of." - Ms. Shruti Pandey



**CAREER  
COUNSELLING**

- Career Selection
- Profile Building
- College Admissions



**PERSONAL  
COUNSELLING**

- Individual Sessions
- Self – Development
- Health & Wellbeing



**WORKSHOPS**

- For Students
- For Teachers & Trainees
- For Parents

**KINDLY WRITE TO US FOR WORKSHOPS AND TRAININGS IN YOUR INSTITUTION –**

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