For Class 6 to 12 | Psychological infrastructure for India's schools

Building the psychological foundation for schools.

Emotional intelligence, mental resilience and intrinsic motivation, built during the formative years, when it matters most and lasts the longest.

6 hrs Deep-shift workshop One day or 3 × 2 hrs	**5** Structured sessions Progressive curriculum
6–12 Classes covered Age-adapted delivery	**100%** Clinically reviewed Safe for all students

The challenge

Indian schools produce academically capable students who reach board exams and adult life psychologically unprepared. Motivation, resilience and emotional intelligence were never taught.

The solution

Structured, IIM alumni-facilitated psychological development: clinically vetted, NEP 2020 aligned and built to change how students think, feel and perform.

The modern student crisis.

Students know the curriculum but struggle with everything around it. Three patterns appear consistently across India's top schools.

Pattern 01

They don't know who they are

Ask a student to describe themselves honestly and most can't. They define themselves by marks, ranks and what parents expect.

"I'm a 92% student."

Pattern 02

They have a quit loop no one has named

Every student has a precise moment where they give up: a thought pattern, a spiral. Unnamed, it runs on repeat through every exam and setback.

"What's the point anyway?"

Pattern 03

They work hard with no idea why

Students chase marks and careers chosen by others, with no inner compass. Without purpose, effort has no engine, and burnout is the outcome.

"My parents want engineering."

> **"Students are bigger than their doubts, failures and society's expectations. They don't need to fake life. They need to live it."**
>
> The belief behind Mind Your Life

The gap no one is filling

No structured, clinically vetted psychological programme exists for Class 6 to 12 in most Indian schools.

- ✕ **Motivational talks:** no curriculum, no follow-up, no outcomes
- ✕ **Reactive counselling:** steps in after students break down
- ✕ **NGO programmes:** no IIM rigour, clinical oversight or structure
- ✓ **Mind Your Life: IIM alumni, clinically vetted, scripted curriculum, measurable outcomes**

The Human Blueprint: a 6-hour workshop.

Scripted and IIM alumni-delivered, with five progressive sessions, student worksheets and defined outcomes. Run in one day or as 3 × 2-hour sessions.

#	Session	Outcome for the student	Time
S1	Roots and identity	Students describe who they are beyond marks and ranks, many for the first time.	75 min
S2	Pressure, failure and the quit-point	Students name their personal quit signal and learn the loop that drives it.	75 min
S3	Confidence and real value	Students separate real self-worth from comparison, anchored with an applied NLP technique.	60 min
S4	Plot twists and grit	Students practise adapting when plans break, and find their identity survives the change.	60 min
S5	Purpose and close	Every student leaves with a personal compass and a public commitment witnessed by peers.	60 min

5	5	2	5	1
sessions	worksheets	NLP moments	IIM stories	golden thread

Why Mind Your Life

- **IIM alumni facilitation**
  Real failures and real credibility, not motivational speakers. Students feel the difference at once.
- **Clinically vetted and safe**
  Every module reviewed by a licensed clinical psychologist.
- **Curriculum-grade structure**
  Facilitator scripts, student worksheets and defined outcomes.

What your school gains

- **More consistent results**
  Regulated students focus better, manage time and perform without burning out.
- **A stronger school brand**
  Differentiation that parents and accreditation bodies recognise.
- **NEP 2020 documentation**
  Reports for inspections, accreditation reviews and governance audits.

Online portal, included

- **Six self-paced courses**
  Entrepreneurship, personal finance, critical thinking, motivation, mindfulness and communication.
- **Live simulations**
  Pitching, budgeting and stress regulation, practised before real life.
- **Year-round partnership**
  Workshop, portal and monthly check-ins: a partner, not a one-day vendor.

Leading education systems already do this.

Finland

Wellbeing and socio-emotional skills are built into the national core curriculum from primary school.

Singapore

Character and Citizenship Education is compulsory in every school, primary through secondary.

India

NEP 2020 names socio-emotional learning as a core pillar. Most schools are still working out how to act on it.

+11
percentile points

Independent research: a meta-analysis of 213 studies (Durlak et al., 2011, with CASEL) found students in structured SEL programmes scored 11 percentile points higher academically. A later review found benefits lasting up to 18 years.

Let's build the foundation together.

Schedule a consultation and we'll design the right programme for your school, starting with one workshop and scaling to an annual partnership.

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Book a consultation