

Motivation and Strategy Workshop for Aakash Students

Powered by Peakmind



Peakmind

1 Digital Detox: Balance Your Online & Real Life

To help students reflect on screen time, reduce dependency, and create offline routines for better wellbeing.

6:00 pm – 7:00 pm

07th June, Sun

10th June, Wed



2 You & Others: Friendships, Fights & Feeling Included

To support healthy peer relationships, handling conflicts, and understanding inclusion.

6:00 pm – 7:00 pm

17th June, Wed

21st June, Sun



3 Self-Care Toolkit: Recharge & Reset

To introduce easy, daily habits for taking care of one's body, emotions, and mind.

6:00 pm – 7:00 pm

24th June, Wednesday



Other ways to join
peakmind.in/aeslinfo



Our sessions are designed and delivered by **PeakMind Coaches**– Experienced student counsellors & mentors, qualified in the field of psychology

[AESL_Workshop](#)



SCAN TO JOIN