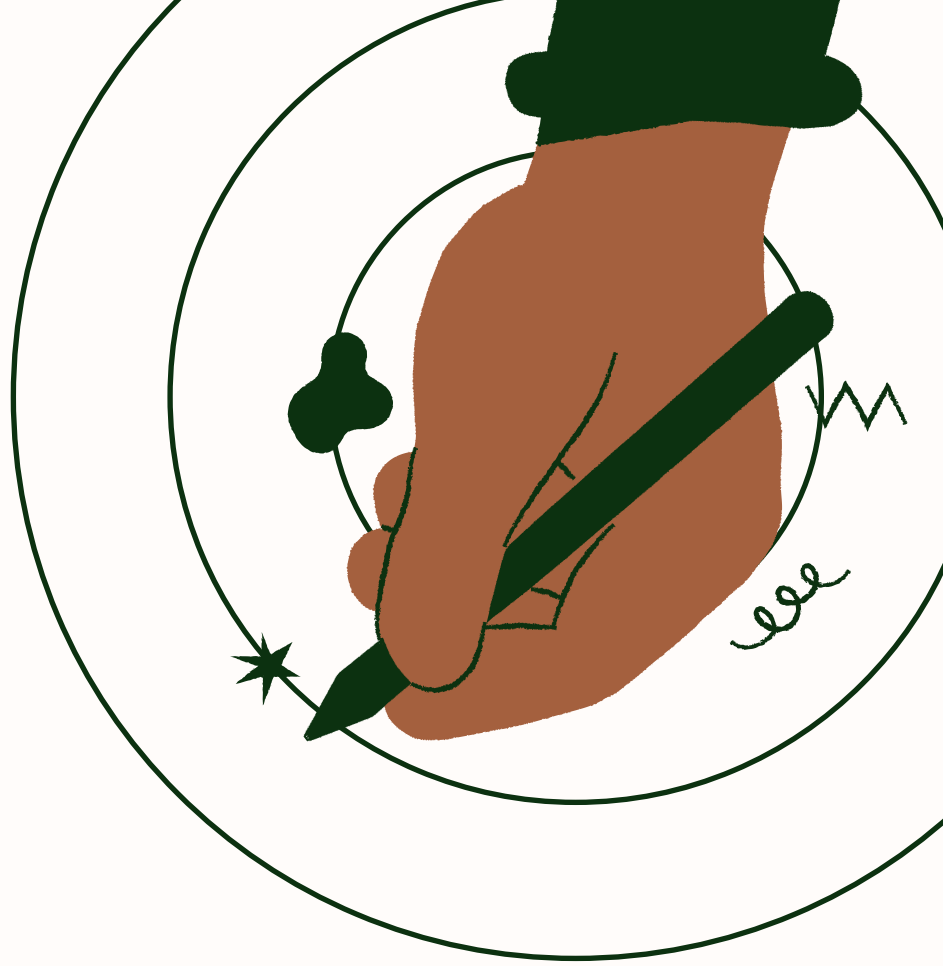




Mind a lot

SCHOOL WELLNESS PROGRAM

Counselling • Mental Wellness • Social - Emotional Learning

Presented by:

Jagrati EdTech Pvt. Ltd.

Supporting schools in building emotionally safe, psychologically healthy and future-ready campuses

If you read nothing else, read this.

THE SITUATION:

India's **National Education Policy** and the **Supreme Court (2025/26)** now expect every school — across every board — to run **structured counselling**, twice-yearly staff training (covering wellness, SEL and child-safety obligations), documented referral protocols, and active parent communication.

THE FIX:

Mind A Lot runs the full counselling, classroom, parent-engagement and staff-training system for you — or alongside your existing in-house counsellor — and hands you the documentation your compliance review will ask for.

Three ways to work with us:

ESSENTIALS

Compliance-first:

- Scheduled Counsellor Visits
- +
- Wellness & Child - safety Staff training
- +
- Documentation

COMPLETE

Essentials

- +
- Classroom Program
- +
- Parent Sessions
- +
- Career Mentoring
- +
- App access

ENTERPRISE

Complete

- +
- Unlimited app Support
- +
- End to End Ecosystem

Counsellor visits are scheduled — 2, 4, 6+ per month, based on your plan — not a full-time resident counsellor. Pricing confirmed on your readiness call.

THE ASK:

20 minutes. Book a Readiness Call — we'll map your current setup against the mandate before you commit to anything.

- 2,00,000+ students mentored
- 80+ trained counsellors
- 100+ schools onboarded
- 9.4/10 satisfaction

THE MANDATE HAS CHANGED

The compliance ground has shifted under every school in India – whatever board you follow.

NEP 2020 – THE FOUNDATION, FOR EVERY BOARD

India's National Education Policy places mental health, socio-emotional wellbeing and integrated counselling support at the centre of school education – a standing national vision for every school in India, whichever board you follow.

SUPREME COURT, JULY 2025 (REINFORCED JULY 2026)

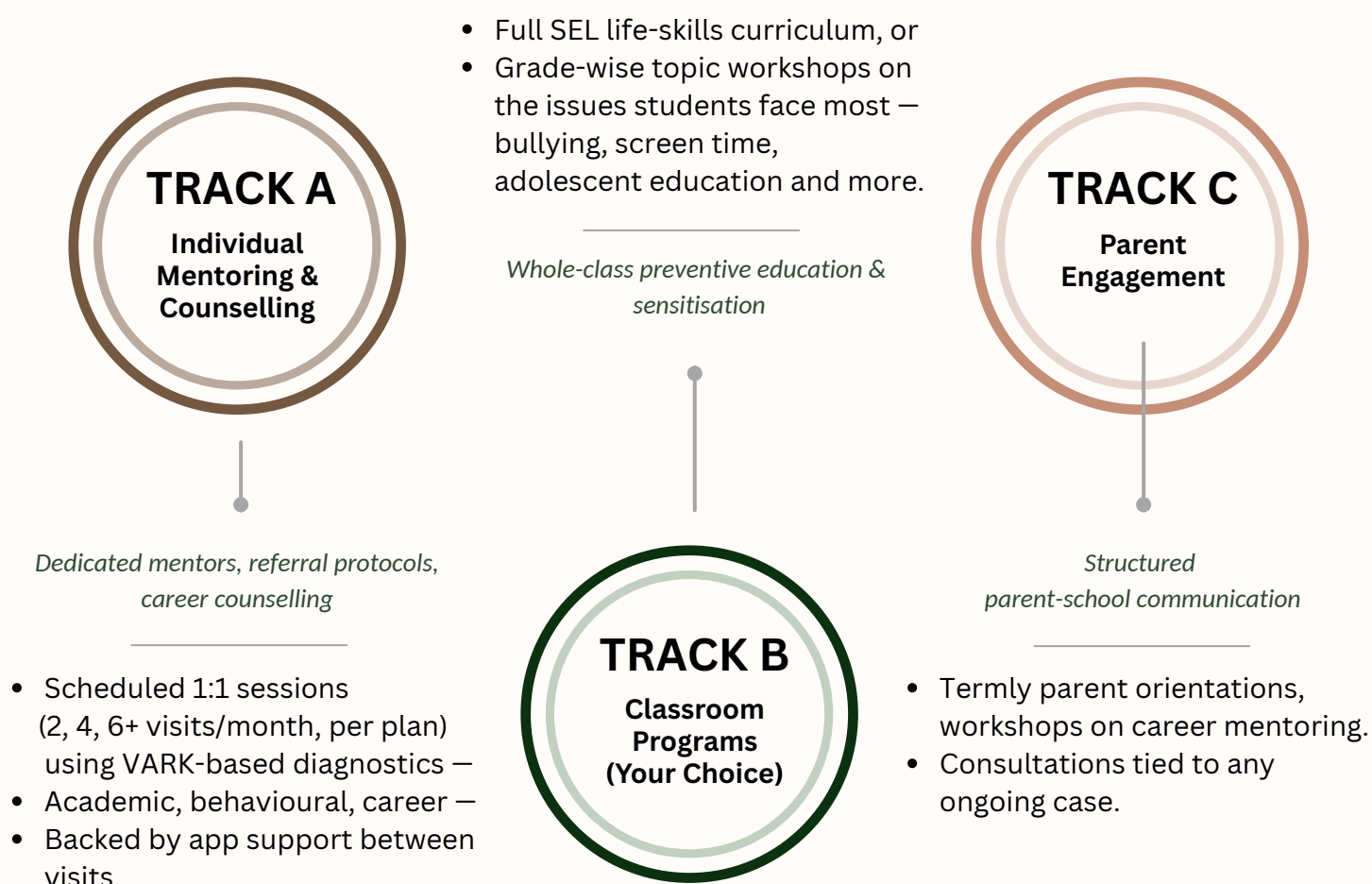
Pan-India guidelines turn that vision into binding practice: trained counsellors, staff training twice a year (covering wellness, SEL and child-safety obligations), referral protocols, structured parent communication, and career mentoring.

Individual boards layer their own rules on top of this – CBSE, for one, amended its bye-laws in January 2026 to mandate counsellors at a fixed ratio. Whatever your board, the underlying national vision and legal obligation are the same.

This is no longer a wellness add-on – it's national policy and legal compliance, for every school in India.

THE MIND A LOT ECOSYSTEM

Three coordinated tracks, mapped to what the mandate now requires.



Underneath all three: twice-yearly staff training on wellness, SEL and child-safety – for every adult on campus.

TRACK A

INDIVIDUAL MENTORING & COUNSELLING

Academic & behavioral mentoring



ACADEMIC

- VARK-based diagnostic assessment
- Personalized study & memory techniques
- Teacher training on learning styles

Improved performance & classroom participation



BEHAVIOURAL

- 1:1 Counselling, NLP, art therapy & journaling
- Habit-formation for discipline
- Parent-child communication workshops

Emotionally resilient, self-aware students

&

Every session and escalation is logged – exactly the referral protocol the Supreme Court now mandates.

Career mentoring



CAREER

Common Challenges in Senior Grades

- Confusion between passion and profession
- Peer and parental pressure
- Limited exposure to career pathways

Our Approach

- Multiple-Intelligence based practical assessments
- Orientation sessions for students & parents
- 1 to 1 counselling for students with parents

Outcome:

Clarity in career direction and confidence in long-term academic choices.

Structured career mentoring is now explicitly required under the Supreme Court's guidelines for every institution, in every board – not an optional enrichment offering.

TRACK B

CLASSROOM PROGRAMS

Not every school wants a full SEL curriculum right away. Choose what fits.

Option 1

- ✓ Monthly sessions on
 - Self-awareness,
 - Empathy,
 - Resilience & communication
 - Antibullying
- ✓ Story-based learning
- ✓ Mindful Journaling
- ✓ 1–2 sessions/month, per class

Option 2

- ✓ Standalone sessions on the specific issues your students face — pick per grade.

Especially urgent right now:

Adolescent Education

Screen-Time &
Digital Literacy

Exam Preparedness

- Self-Esteem Building
- Mindfulness & Concentration
- Time Management Awareness
- Hygiene Education

Either path fulfils the whole-class preventive-education component of the Supreme Court's guidelines.

TRACK C

PARENT ENGAGEMENT

Structured parent-school communication is explicitly named in the Supreme Court's guidelines — not an afterthought.

01

Parent Orientation Sessions

Each term, introducing the program and what to expect from it.

02

Parent Workshops

On adolescent behaviour, screen time & digital safety, exam stress, and communication at home.

03

Individual Parent Consultations

Tied to any ongoing student case — parents are never the last to know.

04

POCSO Awareness for Parents (optional)

Building a shared safety net around every child, at home and at school.

When a concern comes up, the parent, the counsellor and the school are reading from the same page — not hearing about it three different ways.

HOW MIND A LOT WORKS

1

VARK Assessment

For all students, Grades 5–10

2

Teacher & Parent Discussion

Identifying concern areas together

3

Scheduled Counsellor Visits

2, 4, 6+ per month, per your plan

4

Reports to School

Progress tracking & action plan

5

App Support Between Visits

9AM – 9PM expert access for parents & students

This is a structured visiting-counsellor model, not a full-time resident counsellor – visit frequency scales with your plan.

Every case is tracked. Every session is measured. Every step generates the documentation your board's compliance review will ask for.

TECHNOLOGY & SUPPORT

Mind A Lot – Our Digital Counselling Companion

- Secure • Accessible • Confidential



Why it matters:

Because timely help can change a child's life.

ALREADY HAVE A SCHOOL COUNSELLOR?

WE COMPLEMENT YOUR TEAM. WE DON'T REPLACE THEM.

Mind A Lot can run the entire year's counselling program in structured coordination with your existing counsellor —full compliance coverage, without disrupting a relationship your students already trust.

- 
- Joint case planning and clinical supervision
 - VARK / psychometric diagnostics your team may not run in-house
 - Second-opinion review on high-risk or ambiguous cases
 - Monthly reporting to the Principal, co-signed with your counsellor
 - Twice-yearly certified staff training — wellness, SEL and child-safety obligations — fulfils the SC mandate
 - Full compliance-ready documentation trail, whatever your board requires.

Your counsellor keeps the relationship with students. We bring the systems, the specialist backup, and the paperwork behind them.

THREE WAYS TO WORK WITH US

Most schools start with Complete. Pick the shape that fits where you are today – everything can flex from there.

ESSENTIALS

Compliance covered

- Scheduled counsellor visits (2/4/6+ per month, per plan)
- Twice-yearly staff training – wellness, SEL & child-safety (POCSO) awareness
- Referral protocols & compliance documentation

COMPLETE

Most popular

- Everything in **ESSENTIALS**
- Classroom SEL or grade-wise workshops (your choice) + parent sessions
- Career mentoring + Mind A Lot app access (Limited)

ENTERPRISE

For groups & large campuses

- Everything in **COMPLETE**
- Unlimited app Support
- End to End Ecosystem

Already have an in-house counsellor? Every tier above can run in coordination with them instead of replacing them.

Visits are scheduled monthly, not full-time.

Indicative pricing is shared on your Readiness Call, based on student strength and existing support systems.

QUESTIONS SCHOOLS ASK US

Q. We already have a counsellor – why do we need you?

A. We coordinate with them, we don't replace them: supervision, diagnostics, second opinions, and the compliance paperwork behind their work.

Q. Is this a full-time, on-campus counsellor?

A. No. We provide scheduled counsellor visits – 2, 4, 6 or more per month, per your plan – backed by app-based chat and call support between visits. It's a structured visiting model, not a resident placement.

Q. Does this apply to us if we're not CBSE?

A. Yes. NEP 2020 and the Supreme Court's guidelines apply to every school in India, regardless of board – we work across CBSE, ICSE, IB, State Board and international-curriculum schools.

Q. What about confidentiality?

A. All sessions run under strict ethical protocols; only aggregated, non-identifying data is shared with school leadership unless a risk-escalation requires otherwise.

Q. How fast can we start?

A. Typically within 2–3 weeks of sign-off – the first assessment cohort can begin inside the first month.

WHO'S BEHIND MIND A LOT

About the Company

Jagrati EdTech Pvt. Ltd. is the company behind **Mind A Lot** — building confident learners, emotionally resilient individuals, and resilient professionals.

Our work spans schools, colleges, and corporates, enabling holistic development at every stage of life. Through our patented tools and tailored programs, we've impacted lives across India by:

- Supported over 2,00,000 students and professionals.
- Partnering with 100+ educational institutions and organizations.
- Supported by India's largest school counselling network of 80+ trained psychologists.

We empower individuals to unlock their potential, overcome challenges, and thrive—both academically and professionally.

About the Founder

A Chartered Accountant and Ph.D. in Educational Psychology, Dr. Sandhya combines analytical precision with psychological insights.

Additionally, Dr. Nagar has undergone training in Multiple Intelligence Theory by Dr. Howard Gardner. With a talent for translating theory into practice, and a legacy of innovation in mental wellness, her mission is to create happier minds and healthier organizations.



Dr. CA Sandhya P Nagar

LET'S BUILD EMOTIONALLY STRONGER CLASSROOMS.

THREE WAYS TO SAY YES

1. Book the call

20 minutes — we map your current setup against the mandate.

2. Forward internally

Send this to your trustee or compliance lead for sign-off.

3. Pilot one grade

Start narrow with one grade , expand once you see it working.

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