

Child360 for School Teachers

2 Day Intensive Certificate Course in Teacher Training

About Us and Our Journey

AskKrishna Centre For Mindfulness (P) Ltd.,
is **your happiness partner to your wellness.**

There is a fundamental human need to be better and continuously evolve, which is the most compelling aspect of this beautiful journey called life. It is an authentic need to be a better human, as an individual, as a family and in business too.

Krishna, a mindfulness and leadership coach with over two decades of experience, felt it is not a question about the authenticity of your need, but more importantly about knowing what it means to "being" better. Thus, began the journey of AskKrishna.

With Masters in Psychology, Yoga, Computer Applications, Business Administration and Educational Administration, he has been the key driver behind the various corporate and institutional programs at AskKrishna. Over the last 20 + years, he along with the AskKrishna team has delivered training programs for various institutions, universities and is the Industry Member – Board of Studies (BoS) for various institutions.

AskKrishna – What it is now

Over the years, we at AskKrishna have become a strong team who are the concierge that synergizes with you (as an individual/ as a key organizational driver) to co-create, collaborate and be an equal partner in your journey to be better human beings, an all-round professional, help you build highly responsive and compassionate teachers & students.

As part of our journey together, we bring the essence of mindfulness through mindful institutions, mindful leadership and mindful living, to make you understand and enjoy your journey. This journey not only maximizes your potential, be it as an individual or as an organization but also helps you see what it is to discover yourself and how it impacts your life from moment to moment.

What we do at AskKrishna?

Our team with trans and interdisciplinary expertise and experience, backed with appropriate academic credentials and exposure, offer immense value addition to you as an individual and also for your institutions, through our non-conventional training and exploration programs. The whole learning is delivered in a highly engaging and impactful way by combining mindfulness, psychology, mythology, business and leadership. Our programs comprise the right mix of powerful stories, real time case studies, thought provoking and insightful questions that has transformative impact on you.

In due course of the journey our team often experiences beautiful moments where you get the real intelligence to rewrite your own story. Almost every day we see how this special collaboration continues to make your organizations more relevant, conscious.

Be a leader who is comprehensively ready to nurture and harness the power of present and now and most importantly to create your own happy (not just success) story.

Let's transcend the "becoming" to "being".

"WELLNESS OF A TEACHER IS THE HAPPINESS OF A STUDENT"

We, at AskKrishna Centre for Mindfulness understand that a teacher's wellness is a ripple effect on its school. At various points and instances, a teacher has to be empowered with right skills, knowledge and attitude to handle challenges personally and professionally to bring out the best in the student.

Challenges and opportunities in classrooms, stress due to deadlines, along with personal aspects, etc becomes a hurdle to the teacher to create a healthy and positive learning environment.

To understand the student, communicate efficiently, make the classroom a co learning space & to bring out the best in the student, we offer a 2 Day Intensive Certificate Course in Teacher Training - Child360

The uniqueness of this program is, it is designed and delivered by Psychologists & top class trainers. All the modules are based on mindfulness & neuroscience and are backed with appropriate and relevant classroom case studies.

Child360 offers comprehensive solutions to day to day challenges as well as improving the student's academic efficiency, behavioral issues and enhancing and enriching the overall teacher-student relationship and experience.

Session 01

Innovative Classrooms by Krishna

- Concepts of Reinforcements
- Communication that works
- Reproduction to production

Session 02

KadhaiTales Learning storytelling by Manjula

- Why is Storytelling an effective tool in communication?
- Components of a story/storytelling
- How can storytelling assist in delivering academic concepts?
- Case Study

Session 03

Language Enhancement and mindful communication by Pavithra

- The Role model – “You” – The teacher
- Instruction based communication Vs Partnership communication
- Using language as a communication tool to enhance a students performance

Session 04

Mindful Movement & Music by Surabhi

- Introduction to mindful movement & music
- Components of mindful movement & music to enhance focus & attention
- Application in a classroom setting
- Case study

Krishna, B.Sc (Phy), M.Sc (Psy), MA (Yoga), MBA, MCA, PGDEA
Founder Director, AskKrishna Centre for Mindfulness (P) Ltd.

Krishna has over two decades of experience and has designed and delivered talk shows, training programs, L&D content for various schools, universities, colleges and corporates. He delivers content using mythology, anecdotal ideation, storytelling and insight building questions.

Surabhi, B.Sc (Vis.Com), M.Sc (Psy), MA (Mass Comm)
Founder Director, AskKrishna Centre for Mindfulness (P) Ltd.

Surabhi has over 15 years experience in media & advertising. She guides children, teens and parents through interactive counseling based on mindfulness. As a Movement and Music trainer, she throws light on the various techniques that a teacher can implement to improve the focus & attention of a student and make the classroom a space for permanent learning. She has been working with children from various reputed schools, camps & retreats.

Manjula, B.A (Lit), M.Sc (Psy), M.A (CCE)
Founder Director, AskKrishna Centre for Mindfulness (P) Ltd.

Manjula has been in the field of education and teaching and worked with various reputed educational institutions. She dons various hats as a storyteller, teacher and also actively involves in various children related programs.

Pavithra, B.A (Lit), MA (Lit) M Phil (English & Communicative Studies)

Pavithra has been closely working with teachers & students to bridge the language barriers they come across through sessions on theatrics & language enhancement sessions. Her sessions are very interactive and thought provoking providing insights to various challenges in a classroom.



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