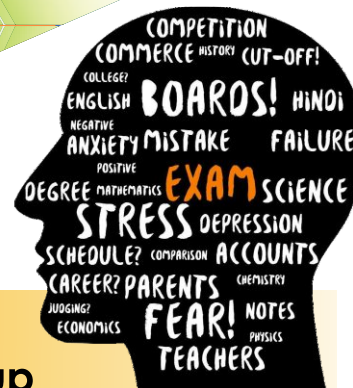




## Services



## Counselling Individual/Group

- \* Lack of concentration & motivation
- \* Exam anxiety
- \* Addiction to gadgets
- \* Behavioral and emotional Issues
- \* Relationship issues
- \* Suicidal/Self-injurious behavior
- \* Dealing with transitions
- \* Mental health issues
- \* Anger management
- \* Bullying
- \* Gender issues and sensitization
- \* School refusal
- \* Career counselling
- \* Substance use



## Training Programs

### Students

- ✦ Study skills training
- ✦ Stress management
- ✦ Self esteem training
- ✦ Communication skills
- ✦ Leadership skills
- ✦ Life skills training
- ✦ Motivation and goal setting
- ✦ Emotional management
- ✦ Promoting resilience



### Teachers

- ✦ Teachers as Leaders
- ✦ Classroom management skills
- ✦ Identifying behavioral and emotional problems among students
- ✦ Understanding and identifying mental health issues among students
- ✦ Stress management
- ✦ Personal / Career development
- ✦ Induction for new recruits



### Parents

- ✦ Positive parenting skills
- ✦ Dealing with a teenager
- ✦ Facilitating study skills at home
- ✦ Insight into mental health
- ✦ Handling behavioral and emotional problems
- ✦ Identifying potentials in your ward



Educational institutions often come across issues like poor academic performance, discipline issues, underachievers, attendance issues, student's behavioral problems, substance abuse, alarming incidences of suicide or attempts, aggressive incidents and conflicts.



The focus of **MANAS** is to guide every student reach his/her actual potential by improving the protective factors and by eliminating/helping them to cope with risk factors in their life. It aims to support the educational institutions provide conducive environment for the students to enjoy the true benefits of "Education".

This helps Management achieve their mission resulting in resilient, successful, happy and more importantly ethical citizens who shapes future of the globe.

This is made possible by using proven scientific principles and **cutting-edge** tools from **psychology** by **dedicated** team of professionals.

## Psychometric Assessment for students and teachers

- ✦ Assessment of behavioral & emotional problems
- ✦ Emotional intelligence
- ✦ Intelligence tests
- ✦ Personality test
- ✦ Interest and aptitude test
- ✦ Career guidance assessment
- ✦ Stress survey
- ✦ Self-esteem
- ✦ Suicidal Ideation test
- ✦ Multiple Intelligence tests
- ✦ Mental health survey
- ✦ Study habits
- ✦ Learning Styles



## Mental health programs

Emotional health and well-being among young people have implications for attendance, educational achievement, self-esteem, behavior, social cohesion and future health and life chances (WHO, 2012).



## About us



MANAS was started in the year 2000 with the idea of spreading the much needed awareness about mental health and to provide preventive psychological health services to make people's life productive and happy. Various counseling, training, and human resource services were undertaken by MANAS. It has touched the lives of various corporate, educational institutions, social bodies and the general public.

Dr. Chitra Aravind, Director of Manas is a RCI certified clinical psychologist, has authored a book titled "**Manase, Manase**", which deals with various mental health issues of Children and Adolescents.

## Preparing Minds for Great Success

### Contact Us

☎ **9566075475, +91 44 2488 1123**

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## “POSITIVE EDUCATION- Educating Hearts & Minds”



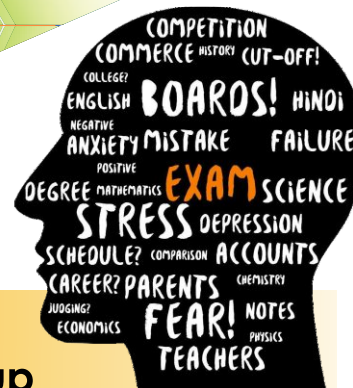
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Mahatma Gandhi





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