

# MENTAL HEALTH PARTNER

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# About The Company



Inspiron, a pioneer in Transforming Mental Healthcare at Educational Institutions.

At Inspiron, we firmly believe in the power of scientific assessments, group workshops, and personalized therapy sessions to enhance the psychological well-being of students.

Our primary focus is to empower them to achieve their fullest potential in both personal and professional domains.

Through our program, we aim to equip students with essential social, emotional, cognitive and behavioral skills, enabling them to excel as individuals in all aspects of life.

## Our Team



**Priyanka MB**  
Founder & CEO  
Senior Psychologist



**Dr A Jagadish**  
Director  
Psychiatrist



**Dr Sudarshan**  
Psychiatrist



**Fardeen R**  
Head of Educational vertical  
Counseling Psychologist



**Sonali**  
Clinical Psychologist (RCI)



**Shilpa Mohan**  
Clinical Psychologist (RCI)



**Ahmed Asif**  
Counseling Psychologist



**Prachi A**  
Consultant Psychologist



**Anikha SJ**  
Senior Psychologist



**Shruti N**  
Senior Psychologist

and more....





# Why Mental Health Is Important?

- » Alarming increase in trends of suicide, depression & anxiety
- » Unhealthy coping through drugs, alcohol & gadgets
- » 20% of adolescents experience mental health conditions affecting their Academic performance
- » 10% of children between the age of 5-16 years have clinically diagnosable mental health concerns
- » Today, more children are being diagnosed in the neurodivergent spectrum (ADHD, ADD, Autism, Learning difficulties)
- » Dealing with isolation, loneliness, rejection and competition are growing concerns



# Why INSPIRON?



**Individualized care**

**Qualified Experts**



**Vast Experience**

**Online Consultations**

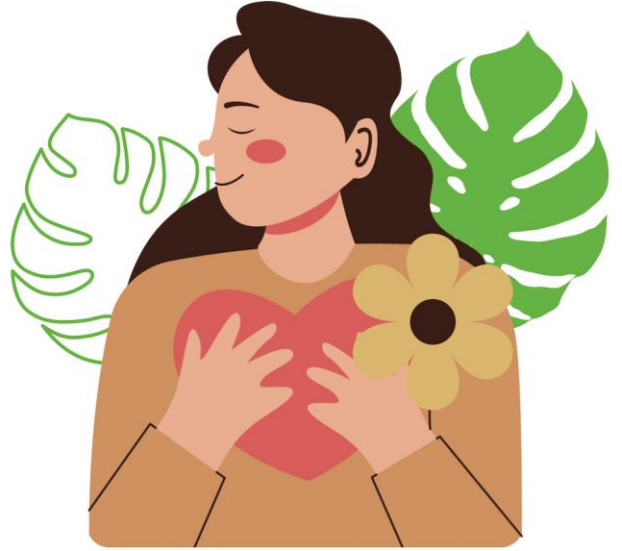


**Two locations**

**Long Term Remedial care**



**Detailed Reports**



## Services



**Psychometric  
assessments**



**Group workshops**



**Individual  
Counseling**



**Newsletters/  
videos**



**Online  
Consultations**





# What We Do?

## SOLUTIONS

### WORKSHOP FOR STUDENTS

Common topics include:

- Stress, Anxiety, Depression amongst teenagers
- Academic Performance Improvement
- Digital distraction & Addiction
- Career Counseling
- Motivation & Goal setting
- Managing emotions & building resilience
- Building a Positive mindset & attitude
- Importance of building meaningful relationships
- Body Positivity and dealing with body image issues

### PSYCHOMETRIC ASSESSMENTS

Common screening tests include:

- Intelligence, Emotional & Social quotient
- Assessing Developmental Milestones
- Career counseling: Aptitude, Personality & Interest
- Personality assessments
- Learning Disability/ Educational Assessments
- ADHD screening
- Behavioral concerns
- Autism Spectrum Disorder assessments

### DIFFERENTIATION INDEX PROGRAM

DIP focuses on Ability Based Intervention (ABI) practices that enhance Multiple Intelligence and skills like social, emotional, higher order thinking and behavioral skills that are required to excel in different facets of life. Building these extraordinary skills will help children ground themselves to their values & principles in an ever changing environment.

This program creates an atmosphere of curiosity and exploration for self-growth therefore creating a wheel of healthy accomplished individuals who are capable of reforming the challenges faced by the world in the field of science, commerce, sports and arts.

## PROBLEM STATEMENT

The formal educational system caters to children's development of curiosity, critical thinking, language, communication, math and science. But there is a critical need to support the emotional and psychological needs of a generation that is growing up today

## SOLUTION

We at Inspiron are on a mission to deliver just that by creating a process that can foster a paradigm shift - in an ecosystem of educators, parents and diverse professionals who can nurture the next generation to be not just more creative and resourceful, but also happier, more compassionate, inclusive and responsible

# What We Do?

## SOLUTIONS

### WORKSHOP FOR TEACHERS

Topics covered:

- 5 c's of Personal skills
- Identifying mental health concerns in students: Conduct disorder, Learning Disability, ADHD, ASD
- Identifying common childhood mental health conditions like Depression, Anxiety, Addiction, Abuse
- Learning better communication skills with children & adolescents
- Addressing concerns with parents
- Enhancing teaching styles

### WORKSHOP FOR PARENTS

Common topics include:

- **Understanding Child development:** stages of emotional & psychological growth, while recognizing normal vs. concerning behaviors
- **Common mental health concerns** like: ADHD, Anxiety, Depression, ASD- signs & symptoms to watch for
- **Effective Communication:** Strategies to foster open, honest dialogue and active listening and empathy
- **Managing Screen Time and Social Media:** Impact on mental health & Setting healthy boundaries and promoting offline activities
- **Building Resilience:** Techniques to enhance coping skills & encouraging positive self-esteem and self-confidence
- **Creating a Supportive Environment:** Importance of a stable, loving home & building a network of support (teachers, counselors, etc.)
- **When to Seek Professional Help:** Understanding therapy options and when to consider them & how to approach seeking help without stigma

## ABOUT THE WORKSHOP

This 3 hour workshop is aimed at sensitizing teachers to different mental health concerns amongst students and equip them with tools and techniques required to manage a diverse classroom

## BENEFITS OF THE WORKSHOP

- Enhanced Awareness
- Better Communication
- Early Intervention
- Supportive home environment

Parents will gain a deeper understanding of their children's mental health and developmental needs. Learn effective ways to communicate with children, fostering stronger, more trusting relationships.

# Contact Us

FOR MENTAL HEALTH PARTNERSHIP

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