



VIVEKANAND EDUCATION SOCIETY

VES LEADERSHIP ACADEMY & RESEARCH CENTRE

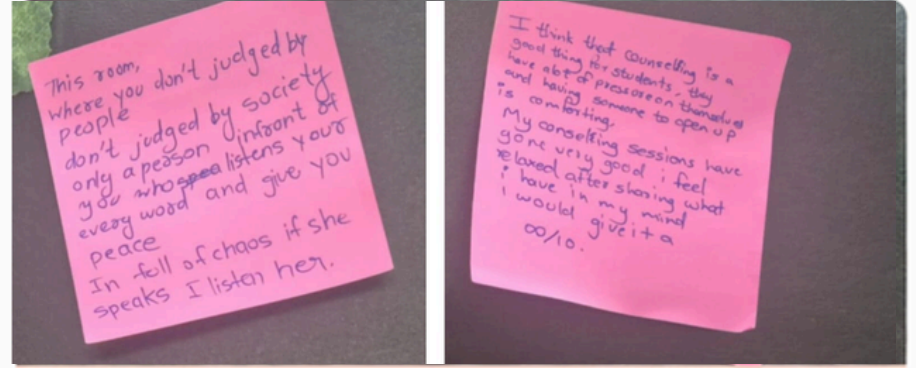
VESLARC MONTHLY NEWSLETTER

MARCH 2026

THEME: YOU MATTER – SUPPORT, AWARENESS & TAKING THE FIRST STEP



STRESS MANAGEMENT GUIDANCE FOR STAFF



STUDENT VOICES

WHAT WE DID THIS MONTH AT VESLARC

This month, we took meaningful steps to promote mental well-being and create supportive spaces for our community.



Delivered mental health awareness posters across institutes.



Conducted the workshop "I Will Do It t Later" (Procrastination) at VESP.



Organized a Digital Detox Workshop at VESCOA.



Provided Stress Management Guidance for Staff.



Conducted a Parenting Guidance Workshop at VEHS.



Offered Remedial Support Sessions for Students at SVHSJC.



Conducted the workshop "Decoding Happiness" at VESIT.



130 COUNSELING SESSIONS
DONE FOR STUDENTS AND STAFF
ACROSS VES

TRY THIS: PAUSE & BREATHE

Take a moment for yourself. Follow these steps:



Inhale slowly for 4 seconds.



Hold for 4 seconds.



Exhale slowly for 6 seconds.



Repeat for a few minutes to calm your mind and body.



PSYCHOLOGY TIP OF THE MONTH

Boost Your Dopamine Naturally
Break Tasks into Small Wins

Our brain releases dopamine — the "motivation and reward" chemical — when we complete tasks and achieve small goals.

Break big tasks into small steps and celebrate each win to boost motivation, focus, and mood.

MESSAGE FROM THE COUNSELOR

As we come to the end of March, we reflect on a month dedicated to raising awareness, building understanding, and encouraging each one of us to take the first step toward better mental health.

Through our collective efforts and meaningful interactions, we acknowledged that many individuals silently face stress, procrastination, emotional challenges, and feelings of isolation.

This month's initiatives served as a reminder that your feelings are valid, and support is always within reach.
You are not alone.

MENTAL HEALTH FOCUS: YOU ARE NOT ALONE

IT'S OKAY TO FEEL:



Overwhelmed



Emotionally Drained



Stuck in Patterns of Delay



Disconnected or Unsupported

WHAT CAN HELP?

- **TALK** to someone you trust.
- **TAKE** small, manageable steps instead of avoiding tasks.
- **SEEK** guidance when things feel heavy.

DOPAMINE MENU STRATEGY

Tiny Treats (1–5 min)

Quick, positive actions that give your brain a small dopamine boost.

- Dancing to a song
- Stepping into the sun
- A 1-minute stretch



NEED HELP? WE ARE HERE FOR YOU.



VESLARC COUNSELING ROOM



10:00 AM – 5:00 PM



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YOU MATTER. YOUR VOICE MATTERS. HELP IS ALWAYS WITHIN REACH.