

VES LEADERSHIP ACADEMY & RESEARCH CENTRE

VESLARC

APRIL 2026 NEWSLETTER

THEME: TURNING CRISIS RESPONSE INTO DAILY PRIORITY

MESSAGE FROM THE COUNSELOR

As April concludes, we celebrate our shift toward preventive mental health. This month, we focused on equipping you with practical tools to navigate the upcoming exam season with resilience. By prioritizing proactive selfcare and emotional regulation, you've built a foundation to stay calm under pressure. Remember, your well-being is the engine of your success. Carry these hacks forward as you study. You aren't just preparing for tests; you're mastering the art of staying grounded. Stay steady, stay mindful.

FINALS WITHOUT FAILING- BBA STUDENTS



WHAT HAPPENED THIS MONTH AT VESLARC:

- ★ Workshop on "Finals without failing: for student of BBA- VESASC
- ★ Workshop on "Effective classroom management for DBC Primary Teachers"
- ★ Gurutattva session on Dhyanyoga
- ★ Decoding happiness by Prasad Deole for Staffs
- ★ Workshop on fun activities for teachers and staff at SS Primary

STRENGTHENING CORE BY DHYANYOGA



✓ (THE COLD WATER HACK)

WHAT:



SPLASH ICE-COLD WATER ON YOUR FACE OR HOLD A COLD COMPRESS TO YOUR EYES/CHEEKBONES FOR 30 SECONDS.

WHY:



THIS TRIGGERS THE MAMMALIAN DIVE REFLEX, AN BIOLOGICAL "KILL SWITCH" FOR STRESS. IT INSTANTLY LOWERS YOUR HEART RATE AND FORCES YOUR NERVOUS SYSTEM TO SHIFT FROM PANIC BACK INTO A CALM, GROUNDED STATE.



THE MONTHLY MANTRA

(or get it on your mobile wallpaper)

SCAN QR



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



NEED HELP?

VESLARC : YOUR HAPPY PLACE

11:00 AM - 5:00 PM



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