

VESLARC

MAY 2026 NEWSLETTER

THEME: MINDFULNESS. CREATIVITY. GROWTH

WHAT HAPPENED THIS MONTH AT VESLARC:

★ Gurutatwa Meditation Workshops

- Mindfulness & self-reflection
- Emotional well-being & inner calm

★ Motivational Write-ups

- Positive content for NEET aspirants
- Encouraging resilience & hope

★ Team Engagement & Planning

- Positive content for NEET aspirants
- Encouraging resilience & hope

★ World No Tobacco Day

- Designed awareness posters
- Created a reel promoting a Tobacco free lifestyle and healthy choices

“ MESSAGE FROM THE COUNSELOR

Small mindful steps and collective efforts help create meaningful growth, positivity, and better learning experiences.

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THOUGHT OF THE MONTH

"Sometimes peace begins by simply noticing the little things around us."



DO THIS: FUN & RELAXING ACTIVITY

Color Hunt Challenge

- ★ Pause for 1 minute
 - Find:
 - 3 blue things
 - 2 green things
 - 1 yellow thing nearby

WHY:

- Refreshes the mind.
- Brings attention to the present moment.
- Helps reduce stress in a fun way

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



NEED HELP?

VESLARC : YOUR HAPPY PLACE
11:00 AM - 5:00 PM



CONTACT:

+91 8652811026
+91 9594213418