



International Blackbelt in Mental Health

Educator's Certification Program – LearnX, Singapore

In Collaboration with:



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Professional development training for educators in the field of Mental Health and Wellbeing. Enhancing Mental Health awareness amongst students through LearnX (Singapore).

Dear Sir,

As we navigate the complexities of modern education, it is increasingly evident that addressing mental health concerns amongst students is of paramount importance. Recognizing this, we are excited to introduce LearnX Singapore, a cutting-edge platform dedicated to mental health education, and propose a collaboration to empower your esteemed schools in prioritizing the wellbeing of its students.

Importance of Mental Health Education:

In today's educational landscape, the mental health of students is a critical aspect that cannot be overlooked. The pressures and challenges students face can have a significant impact on their overall well-being, affecting academic performance, behaviour, and future success. By prioritizing mental health education, schools can create a supportive environment that fosters not only academic growth but also emotional resilience.

1. International Partnerships: LearnX's collaboration with the Institute of Mental Health in Singapore and NITI Ayog in India reflects its commitment to providing comprehensive and culturally relevant mental health education. Drawing on the expertise of these established institutions ensures that LearnX's programs are aligned with the latest research and tailored to meet the specific needs of students in India.

2. Bite-Sized Learning: LearnX stands out with its innovative approach to education through bitesized learning modules. Recognizing the time constraints faced by educators, LearnX offers 10- minute sessions on alternate days. This bite-sized format allows educators to seamlessly integrate mental health and well-being into their busy schedules, fostering consistent learning and implementation.

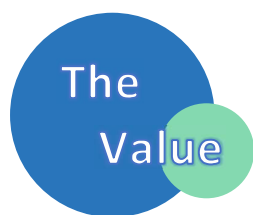
3. Scenario-Based Flip Learning Modules: LearnX's scenario-based flip learning modules provide a practical and engaging learning experience. These modules are specially designed for educators, offering real-life scenarios that they may encounter within their classrooms. This approach enables educators to apply their learning directly to their teaching environment, enhancing the effectiveness of mental health education in schools.

We propose the integration of LearnX's program into your school's curriculum, aiming to equip educators with the knowledge and tools to address active concerns among students effectively. This collaboration will not only contribute to the holistic development of students but also foster a school culture that prioritizes mental well-being.

We are enthusiastic about the opportunity to discuss this proposal further and explore how LearnX Singapore can tailor its program to meet the specific needs of your school. Together, let us embark on a journey to create a nurturing and supportive environment for the students and teachers under your care.

Thank you for considering this proposal. We look forward to the possibility of working together to make a positive impact on the mental health of community as a whole and students in particular.

Sincerely,
Chandrakant

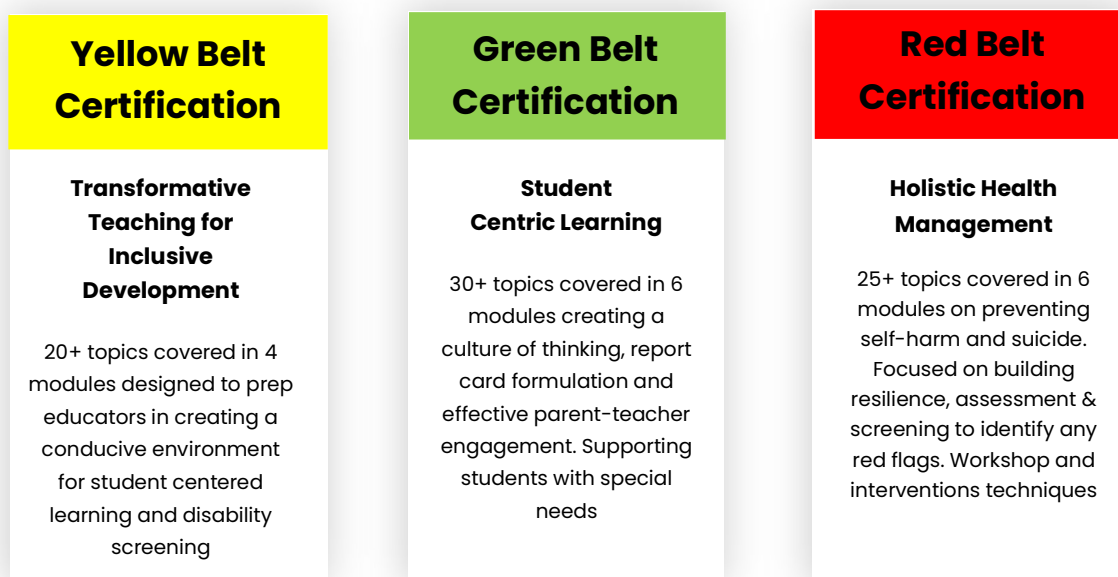


When a school signs-up with **LearnX** they receive the following **value**:

1. International Certification	Yellow Belt Certification (online) Green Belt Certification (online) Red Belt Certification (online) Black Belt Certification (Singapore)	Recognised by: • AIM- NITI Aayog (India) • Institute of Mental Health (Singapore) • IACAPAP (Canada) (The International Association for Child and Adolescent Psychiatry and Allied Professions)
2. Global Workshop	Black Belt Certification: 2 Seats allotted per school for travel to Singapore	• An all-expense paid trip to Singapore for a two-day workshop with educators, authors and influencers (post completion of the Yellow, Green and Red Belt certifications)
3. Continuous Professional Development (CPD)	Currently, NEP & CBSE boards mandate that every school provide a minimum of 25 hours of CPD training	• Cumulatively, the LearnX belts provide the required 25 hours of CPD training • Ability to digitally track and report required participation
4. On-line Workshops/ Webinars: Self- Harm, Cyberwellness, etc.	LearnX conducts 4 to 5 interactives online workshops with acclaimed child psychologists, academics, and leading authors/ influencers.	• Free access to workshops for all LearnX enrolled schools • Certification provided and CPD hours covered through online workshop participation
5. Panel Position on Webinar	Every webinar panel to include a nominated school representative	• An opportunity to be a panelist with policy makers, child psychologists, industry representatives, students • Engage and communicate with audiences in excess of 10,000 international peers
6. New-Hires/ Substitution/ Replacement teacher policy	LearnX allows up to 20% absorption of additional teachers as part of the program	• Recognising the natural attrition / turnover rate of teachers, LearnX provides protection for new hires without an additional cos
7. Free Customized School Video	LearnX will develop one topic based digital video as needed by the school management	• Scenario based quizzes on the topic will be provided and managed on the LearnX platform
8. Survey Option / Insights for Management	One customized survey as required by the school management for the participants can be designed by LearnX	• Key opportunity to gain insights on areas of development and improvement needs



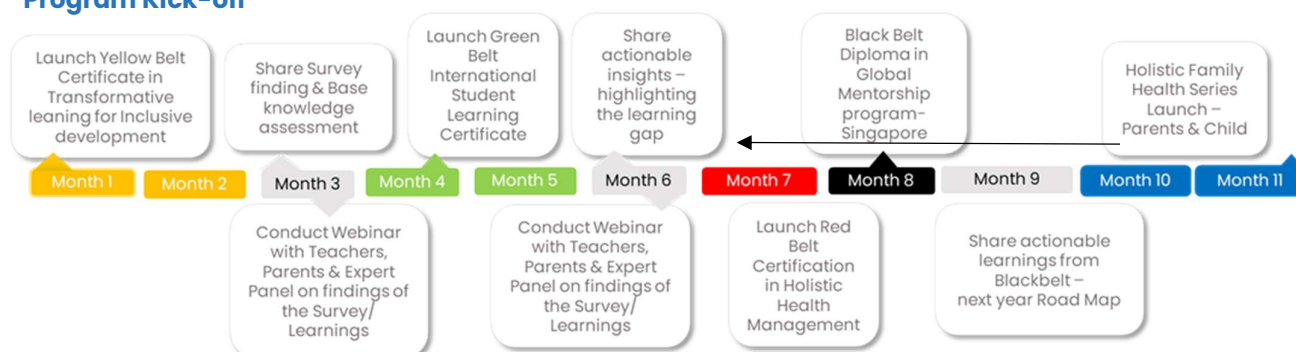
LearnX's Mission is to equip educators to deliver better outcomes for their stakeholders and themselves. It aims to be a valued and recognized contributor building a strong mental health framework within society.



LearnX modules require only 10 minutes of learning on alternate days. The platform is powered by artificial intelligence to personalize engagement and mastering of topics.

LearnX's unique delivery of scenario-based learning with rationale allows educators to engage and transform.

Program Kick-off



Why LearnX



The Curriculum/ Content: LearnX content is designed by experts from Institute of Mental Health to deliver training to Teachers with scenario-based learning. All stakeholder groups in the community are empowered to both create and receive transformational value



The Platform: The AI (artificial intelligence) driven platform drip feeds with continuous learning and reinforcement. Adaptive and personalization to cover any time, any device, any language with mobile first technology for convenience to the Learner.



Measurable, Actionable insights: LearnX AI measures base knowledge and provides learning path to support mastery of topics. Analytic reports identify gaps and progress with Live Dashboard. Auditable tracking for reporting on CPD.



NEP & CPD: LearnX platform comprehensively offers the required hours needed to meet the mandate. The curriculum is designed keeping in mind the directions laid down in the NEP 2020 and will regularly be updated to reflect the soul of the policy.



Teachers Rating: Educator's love LearnX platform – They enjoy the content and have passionately adopted the Leadership board to compete with their colleagues in trying to drive the change and create a better environment for students learning. ***Click to view***



COVID-19

Covid 19 has changed the world of mental health forever. Governments are realizing the need for a national mental health and well-being strategy signalling recognition by the authorities that mental health has become a significant health and social issue. There is absolute need tackle the issue coherently and holistically, from both preventive and curative perspectives, through the community, schools and workplaces.



Educators, Authorities, Management & Influencers would be part of the LearnX Global movement to conduct a **2 days' workshop in Singapore**. The event will drive policy improvements that will transform Education system and drive a better eco-system to protect the youth.

Black Belt Certification

Global Mentorship Program

2 Days Workshop in
Singapore with
International Leaders &
Mentors preparing
Educators in delivering
world class education to
the next gen.

The two-day workshop conducted every year will drive and create transformational leaders through the Blackbelt Certification program and the selected champions will take back the learning to become the regional leaders of change.

Program Layout

LearnX Innovative Curriculum Yellow Belt Program



Certification in

"Transformative Teaching for Inclusive Development"

Module	Heading	Topics
00	Welcome	Introduction / Welcome
01	Communication : How I Connect	1.1 Presentation Skills 1.2 Active Listening 1.3 Effective Communication 1.4 Difficult Conversation 1.5 Self-Awareness
02	Understanding Learning Issues	2.1 Living with Intelligence and learning issues 2.2 Attachment Issues 2.3 Separation Anxiety 2.4 School Refusal 2.5 Disability screening checklist
03	Developing thinking in Students	3.1 Inclusive development in classroom 3.2 Culture of thinking 3.3 Creating a conducive environment for learning 3.4 5 E's 3.5 Inquiry Based Learning 3.6 Managing disruptive classroom
04	Transformative : Online Learning	4.1 Student centred online learning 4.2 Understanding students in online environment 4.3 Principles of online learning 4.4 Understanding VUCA World 4.5 Exploring modes of interaction 4.6 Asynchronous and Synchronous Learning 4.7 Tools for Asynchronous learning



48 Digital Files



4 hours of materials



15mins Alternate days



4weeks



LearnX Innovative Curriculum Green Belt Program



Certificate in

"International Student Centric Learning"

Module	Heading	Topics
05	Communicate with Impact	5.1 Emotional Intelligence
		5.2 Showing Respect
		5.3 Am I Pampering my Students
		5.4 Am I being too strict
		5.5 Empathy
06	Teacher's Observation: a measure of Growth	6.1 Cooperative Learning – the fundamentals
		6.2 Perspective taking & Inquiry based learning
		6.3 Report Card formulation & Presentation
		6.4 Effective way to conduct Parent-Teacher meeting
		6.5 Living with Discipline issues
07	My Wellbeing My Strength	7.1 Being Mindful
		7.2 Nutrition & Exercise
		7.3 Yoga for Educators
		7.4 Knowing and understanding your Emotions
		7.5 Stress Management
		7.6 Living with Anger Issues
08	Technical Bites- Role of Innovation	8.1 Effective Teaching – Online Methods
		8.2 Blockchain: Part 1
		8.3 Blockchain : Part 2
		8.4 Role of Metaverse in e-governance
09	Early Intervention : Disability & Disorder	9.1 Sign of Hearing & Visual Impairment
		9.2 Learning Disorder & Orthopaedic impairment
		9.3 Sign of ADHD
		9.4 Autism Spectrum Symptoms
		9.5 Symptoms of Eating Disorder
		9.6 Internet overuse symptoms
10	Accessible & Equitable : Real world Learning	10.1 How to strengthen School Community
		10.2 First AID & POCSO (Child protection / Child Abuse)
		10.3 Bully Prevention for Educators
		10.4 Effective way to interact with support staff



76 Digital Files



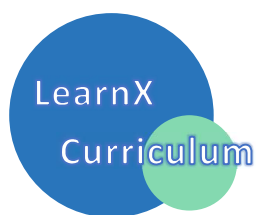
7 hours of materials



15 mins Alternate days



6 weeks



LearnX modules are designed to consume only 15 minutes of Learning on alternate days. The platform is powered by artificial intelligence to personalize learning and mastering of topics.

LearnX Innovative Curriculum **Red Belt Program**

Certificate in **"Holistic Health Management"**

Module	Heading	Topics
01	Self Harm	1.1 Understanding Self Harm and its various forms 1.2 Common Reasons and Triggers 1.3 Risk Factors and warning Signs
02	Wholistic Health	2.1 Self Care and Wellbeing 2.2 Prioritizing mental and emotional Health 2.3 Maintaining Balance 2.4 Coping with Challenges and Managing Stress 2.5 Exploring Mindfulness and Relaxation Technique
03	Psychological First Aid (PFA)	3.1 What is PFA Helpful 3.2 PFA Versions : Teachers Parents Students 3.3 Look – Listen – Link 3.4 Knowing and understanding your Emotions 3.5 Do NO HARM 3.6 Self-Care and support 3.7 Making Referrals
04	Building Resilience against Self Harm	4.1 Enhancing Emotional Resilience & Problem solving skills 4.2 Promoting Self-Esteem and Self Acceptance 4.3 Fosteing a sense of purpose and connectedness 4.4 Tracking and Reflecting on Positive changes 4.5 Connecting supportive Enviorment
05	Assessment and Screening Physical & Mental Health	5.1 Physical Health BMI : Wt. Ht. – Blood Pressure 5.2 Mental Health : PHQ-9 & GAD-7
06	Risk & Mitigation	6.1 Workshop : Prevention and Management Techniques 6.2 Active Support : Identification, Strategies, Interventions

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