BREAK!!!

“BRAKE the Stress, come to BREAK”

Here at BREAK, we put the brakes on stress and monotony faced by the students in today’s time.

We aim to educate and aware the students regarding Mental Health and it’s importance. But we don't take the boring, old school approach. We plan on doing it through a fun and interactive webinar, with the comfort of students being in their bed at their homes.

We will have professional speakers and counsellor to talk to the students and answer any of their queries.

We will also have different celebrities in each webinar to share their experiences and learnings with the students.

We want to provide a safe space to the students, full of fun, creativity and open interaction. To provide them with the confidence to talk about the issues that they are hesitant to take up with their parents and teachers. We want to let them know that it is okay and rather good to talk about it. This will improve their over all personality and public speaking skills as well. All of this and more, here at BREAK.