



SHARE AND GROW Initiative

- HIMANSHU ASHOK MALHOTRA



Share And Grow Overall Development Course

Each student will follow an example, not an advice!

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**For Class
8th to 12th
Students**

EVERYDAY WE READ NEWS ABOUT STUDENTS GOING THROUGH:

- **Anxieties Disorders**
- **Stress Disorders**
- **Emotional Turmoil**
- **Nervous Breakdown**
- **Depression**
- **Committing Suicide**



STATISTICS:

- **One among four** Indian children in age group **13-15 yrs.** suffers from **depression**:WHO (07/04/2017 Business standard)
- Between **2007-2016**, India recorded a massive **75000** suicides by students. (Edinbox.com 23/04/2018)
- At present, India has one of the **world's highest rate of suicides** in age group **15-29 yrs.** (LiveMint 04/07/2017)
- Every **60 minutes** a student tries to commit suicide in India. (Hindustan Times 08/05/2017)
- Researchers report in journal Pediatrics that **50% of parents are unaware** that their **11-17yrs** olds are having suicidal thoughts. (Medical Express 14/01/2014)



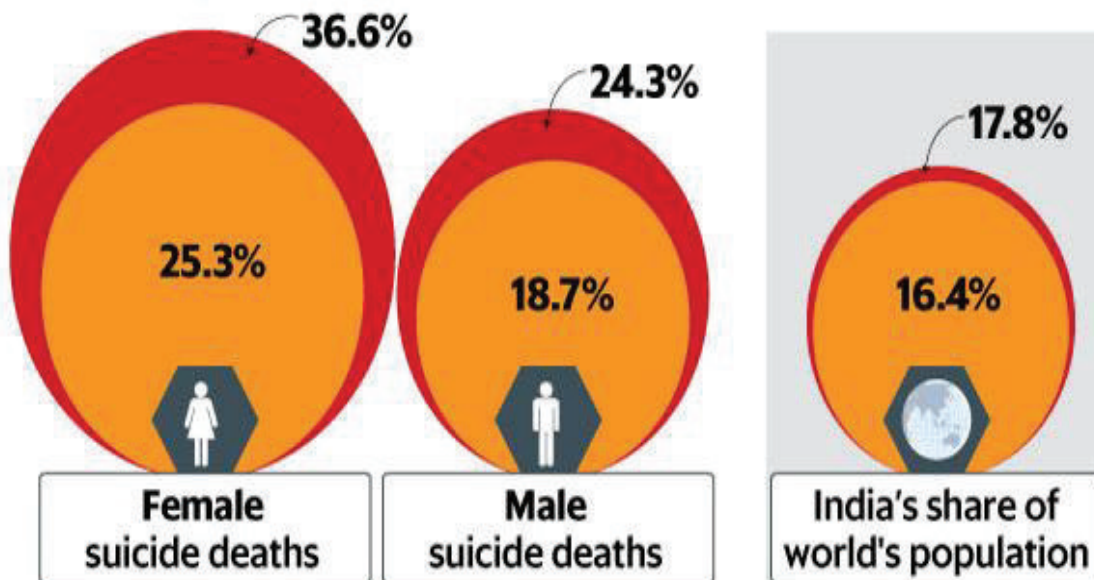
MAGNITUDE

Chart 1a

India's growing suicide burden

Suicide deaths in India as a percentage of world

1990 2016



Source: Dandona et al; Lancet, 2018

CAUSES:

- **Exam Phobia**
- **Gender Bias**
- **Peer Pressure**
- **College Admission Pressure**
- **Relationship Issues Breaking up with a gf / bf, witnessing family turmoil**
- **Thriving Competition**
- **No Guidance**
- **Influx of Information from everywhere**
- **Family Pressure**
- **Parent- Teacher Expectation**
- **Substance Abuse**



DO WE HAVE A
SOLUTION?

YES



Introduction

Share And Grow Overall Development Course by Himanshu Ashok Malhotra

This course aims to:

- Guide and mentor students to their utmost potential,
- Lead them to right course of action in their lives,
- Help them with positive approach,
- Push them into the right direction,
- Instill self confidence, self esteem in their minds and help them create a better version of themselves.



Problem Faced By Students?

- **SOCIAL MEDIA:**

Decreasing
Attention Span

>

Increasing & Building Focus In Life

- **CAREER CONFUSIONS:**

Confusions

>

Clarity In Life (Unique Potential)

- **TEEN RELATIONSHIPS:**

Confusions

>

Fulfilling Relationships

- **PEER PRESSURE:**

From
Competition

>

Connection And Working Together

- **SUBSTANCE ABUSE:**

Stories of
Drug Adicts

>

Bouncing Back In Life

- **GENERATION GAP:**

Bridging The Teacher Student Gap

- **DEPRESSION:**

Solutions

Who?



How?

Orientation session by
Himanshu Ashok Malhotra
includes:



- **Sharing his life's experiences in the form of anecdotes and examples.**
- **Encouraging students to share their issues and core thoughts.**
- **Making things simpler for them to understand.**
- **Giving students a key direction.**
- **Raising their self-esteem.**
- **Making them aware of their conditioning.**
- **Helping them sort out their peer differences.**
- **Encouraging them to create a better version of themselves.**

Session Duration: 150 mins.
No break

Day 1





Words of Wisdom

Students will read notes given by **Himanshu Ashok Malhotra**, compiled from various books, to get the habit of self-reading, gain insight, wisdom & learn to be self-sufficient.

Simultaneous debriefing will be done by **Himanshu Ashok Malhotra** to explain the various details of the notes while connecting his life's experiences with them.

Session Duration : 150 minutes

Break : 15 Minutes

Day 2

Street Play

2 street plays - Each highlighting common issues prevalent amongst school students.

A live performance will be done by students which will help in creating awareness and identification amongst students. The idea here is for students to understand and introspect themselves to grow and excel.

Each street play will emphasise a strong topic, the core issues of students will be highlighted and solved by **Himanshu Ashok Malhotra**.

Duration : 120 minutes

Break : 15 minutes

Day 3



Team Building Sessions



In this session, students will play games to create trust and bond amongst each other.

We will consciously seed in positive qualities of working together as a team to enhance their productivity and creativity.

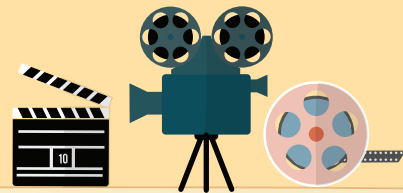
Teach them the art of helping themselves while utilising each other's strength.

Session Duration : 150 minutes

Break : 15 minutes

Day 4

Audio Video Transformation



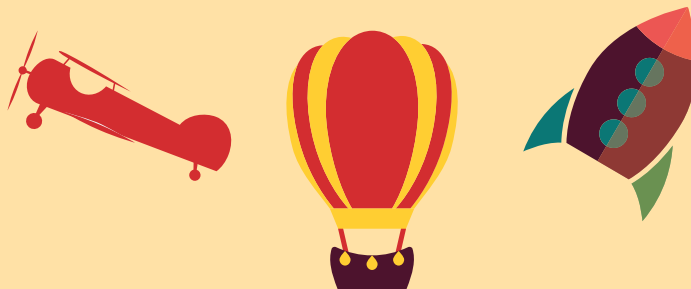
Videos highlighting successful people ups and downs in life will be shown to students in order to make them emotionally strong and guide them in the right direction.

Simultaneous debriefing of the videos will be done by **Himanshu Ashok Malhotra highlighting each major transformation.**

Session Duration : 120 mins

Break : 15 minutes

Day 5





Counselling session with students focusing on the major issues involving board exams:

- Family pressure to top score in exams.
- Lack of discipline.
- Too many distractions.
- Procrastinating the chapter habit.
- College admissions pressure.
- Career confusions.
- Inherent fears in student's mind.
- Sleepless nights just before the exams.
- Lack of guidance leading to loneliness & isolation.

Duration : 180 minutes

Break : 15 minutes

Day 6





Celebrity Guest Lecture

Guest lecture session by a celebrity sharing his/her life experience's in order to help students understand their correct pathway to life.

An interactive session where students get to ask their queries and issues with guest celebrity eventually helping them to move forward and excel in their studies and life.

Session Duration : 120 minutes
No break

Day 7

Session with Teachers

Underneath issues will be worked upon/discussed in this session:

- **Students heavy dependence on personal tuitions / coaching classes!**
- **No respect for teachers by students.**
- **Helicopter parent issues.**
- **Ethics, Morals & values getting lost each day in students.**
- **Result oriented marks as a testimony to teacher's performance.**
- **Records of students to be maintained.**

Session Duration : 120 minutes
No break

Day 8

Unleashing unique potential



In this session, we encourage students to put forth their unique talent and abilities in front of us so that we can nurture their talent and raise it to the highest level.

This will be done in 8-10 batches. Consolation prizes and certificates will be distributed to further encourage students.

*Session Duration : 150 minutes
15 minutes with each group*

Day 9 and 10

Session with Parents

Underneath issues will be worked upon/discussed in this session:

- **How to develop the bond between Parent and child ?**
- **Why is parent child relationship so important ?**
- **Types of Parent child relationship.**
- **How to strengthen the relationship by knowing the flaws ?**



*Session Duration : 120 minutes
No break*

Day 11

Concluding Session

- **An overview of the last eleven sessions.**
- **Reviewing students progress.**
- **Repeating core solutions emphasised over the last eleven months.**
- **Highlighting key points with parent's and teacher's perspective.**

*Session Duration : 120 minutes
No break*

Day 12



Sessions Conducted

- **G.D. Goenka School - Rohini, Delhi**
- **Delhi Public School - Megacity, Kolkata**
- **Jagannath Institute of Management Sciences - Rohini, Delhi**
- **Amity University, Dubai**
- **Kulachi Hans Raj Model School - Ashok Vihar, Delhi**
- **School Of Engineering and Technology, Cochin**
- **D.A.V. Pushpanjali - Pitampura, Delhi**
- **All India institute of Medical Sciences - Saket Nagar, Bhopal**
- **International Institute of Fashion Design - Gurugram, Delhi**
- **Kreating Characters Acting Institute Students, Mumbai**
- **Mrs. India International Contestants, Dubai**
- **Adarsh World School, Delhi**
- **VSPK School, Delhi & Kolkata**
- **Meraki institute, Delhi**
- **International College For Girls, Jaipur**
- **Indus Business School, Pune**



TEACHERS TESTIMONIALS

- **It's a very unique way of letting each other express and learn from each other's sharing.**

Manoj Mittal CEO, Alumni Mgt. DAV

- **Share and Grow is a very noble initiative started by Himanshu. The sessions conducted under this initiative are highly informative and motivational. This brain child of Himanshu is really appreciated and acknowledged by everyone.**

Parul Malhotra, Professor, JIMS college, Delhi University

- **I think it was amazing because as an educationist, people like Himanshu who are so inspirational should be visiting schools because in schools, for 13-14 years old students, that is the age which is impressionable where they should be given examples of people as role models, because it leaves a strong impression on them.**

Principal, GD Goenka School, Delhi

- **Simple, candid, straight-forward, practical, pragmatic session.**

Teacher DAV Pushpanjali, Delhi

- **His story about his failures finally leading to his success truly touched everyone's heart.**

Teacher, Amity University, Dubai

- **Himanshu has come a long way and he can be a great icon for the youth. He is the right combination of hard work, determination and ofcourse God's blessing on him.**

Principal, VSPK School, Delhi

- **I honestly felt that there has been so much that each of us can share all the time. It's like we all go through ups and downs but experiencing them and sharing your journey is a really remarkable thing which I really like about him.**

Principal, IEEE, Kerala

STUDENTS TESTIMONIALS

- **"Today's interaction was very different. He was sharing his memories, his personal life. He was talking to us like a friend. He was sharing views, he had a smile on his face that was so welcoming that I felt so good. Usually, I am nervous about asking questions or sharing my views but honestly today, I was like I have to let this out."**

Student, GD Goenka School, Delhi

- **"The session held by Himanshu sir was very inspiring, I got some good inspiration from the way he described his journey. I wish that this initiative taken by him may affect people around the country and he may keep up his good work."**

Student, DPS School, Kolkota

- **"Today's session helped me realize that despite all difficulties, just grow, and let other's grow. Thank you "Share & Grow initiative."**

Student, DAV School, Delhi

- **"Share and Grow Initiative" did whole justice to their name. Not only Himanshu sir shared, but everyone came forward with their own stories and got involved. During the session, we shared. But after it was concluded, we grew. I wish the whole team of "Share & Grow Initiative" best of luck for coming adventures and also that they continue to touch people's inner-depths."**

Student, Amity University, Dubai

- **"One thing I learned from session was that no matter what people think about us, we should always do whatever we enjoy and just forget about what world says about us."**

Student, VSPK International School, Delhi.

- **"It was not only an interesting session but it just made me feel pleasant. The involvement of students and the way Himanshu sir carried himself and his speeches was commendable and really appreciable."**

Student, IEEE, Kerala



- **12 sessions – 8 months**
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- **Odd month – 1 session**
 - **Even month – 2 sessions**



Whom?



Himanshu Ashok Malhotra **has scientifically designed Share And Grow Overall Development Course and has conducted workshops across the globe.**

He aims to help, guide and mentor school students, make them aware of their unique potential, instill confidence and self esteem in their minds and help them overcome their anxieties, stress, fears and depression which is prevalent today.

Students today need a youth icon to help guide them in their life path. Himanshu Ashok Malhotra stands committed to that goal.

With a strong body of work and his extensive experience in TV, films and reality shows, he has gained deep insights about human behaviour and patterns.

Through Share And Grow Overall Development Course, he shares his well rounded life experiences with students, help them excel in studies, career and lead them to highest achievements in their life.

Founder Details

**Credits: Hum Tum on Zee TV, Bhagonwali on Zee TV, Aap Ki Antara on Zee TV
Simply Sapney on Zee TV, Seven with Yashraj Films Sony TV,
Airlines on Star Plus, Enounter on Sony TV, Fear Files on Zee TV,
Dr. Roshni on Life OK, Love Marriage on Sony TV.**

- **Currently shooting for Dharma productions “SHERSHAH” with siddhartha malhotra.**
- **Winner of “NACH BALIYE” season 7.**
- **Participant in “KHATRON KE KHILADI” season 7.**
- **Associate Producer in “GALI GULIEYAN” starring Manoj Bajpayee.**