

**CORE™**

A word cloud of negative psychological and behavioral traits. The words are arranged in a circular pattern, with some appearing in larger, bolder fonts than others. The traits include: ENTITLEMENT, DEPRESSION, POOR SLEEP, DISCRIMINATION, RIGIDITY, INSTANT GRATIFICATION, BULLYING, DISRESPECT, INTERPERSONAL PROBLEMS, LOW CONFIDENCE, IMPULSIVITY, FAULTY EATING HABITS, BODY IMAGE, PROCRASTINATION, ADDICTIONS, EMOTIONAL DYSREGULATION, MOBILE USE, IRRESPONSIBLE BEHAVIOUR, ANXIETY, INERTIA, POOR EMPATHY, AGGRESSION, LOW EFFORT TOLERANCE, PEER PRESSURE, and DISCRIMINATION.

A program by Morphic Minds,  
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# WHY CORE™?

CORE™ stands for Cognitive Rational Emotive Education. Today's world is changing fast, it is unpredictable and the future is even more challenging. Many children, adolescents and young adults who are not able to achieve their goals as per their potential, are stressed or too complacent. Anxiety, depression, aggression, irresponsible behaviour, impulsivity and mobile usage are growing. More serious problems like suicide, addictions and assault are alarmingly on the rise. The World Health Organisation has already predicted that Suicide will overtake Cancer in the number of deaths per year by 2020.



Interestingly, these problems can be largely prevented by a structured, researched program that starts right in the formative years of children, and it's never too late to start. Many institutions are actively taking up life skills programs but CORE™ is more structured, is beyond a simple life-skills training, based on researched therapies like CBT and REBT, delivered by trained and supervised professionals, and is already running successfully in four schools at Mumbai, and completed in three schools at Mumbai. Running successfully in four schools at Nagpur and completed in three schools at Mumbai.



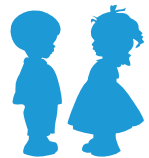
Ann Vernon PhD  
President, Albert Ellis  
Institute, New York, USA

The program is firmly anchored on evidence based therapies viz. Cognitive Behavior therapy and Rational Emotive Behavior therapy, the leading psychotherapies in the world. Dr Shishir Palsapure MD (Hom) MSc (Psy), Psychotherapist, Associate Fellow and Supervisor of Albert Ellis Institute, New York has developed this program from the foundational writings of Ann Vernon PhD, and adapted it to the Indian population and modern times.

The preventive emotional education is for three categories of learners:

# 1 CORE™ for toddlers:

Pre-schoolers  
up to SKG



# 2 CORE™ for Schools:

Grade 1-10th



# 3 CORE™ for Youth:

Grade 11th up  
till graduation



# WHAT DO THE NUMBERS SAY?

51%

UNHAPPY / LOW CONFIDENCE

57%

NEGATIVE BODY IMAGE

61%

PRIMARY INFLUENCERS ARE PEERS

42%

SOCIAL MEDIA USE

71%

EMOTIONALLY DISTRESSED

74%

PROCRASTINATION IS A MAJOR PROBLEM

59%

CAN'T HANDLE BULLYING

84%

NEED FOR AN EMOTIONAL EDUCATION PROGRAM

Reference <sup>1</sup>

### 15 Million

Number of people struggling with mental health related issues in India

### 10-12%

Percentage of children with mental health issues. More in the age group 12-17

### 50%

Percentage of children who are untreated

### 7 years

Average time lost before a child receives treatment

### 91%

Percentage of children experienced at least one physical or emotional symptom because of stress, eg depressed or sad, lack of interest, motivation or energy

**SUICIDE WILL  
OVERTAKE CANCER  
IN THE NUMBER  
OF DEATHS PER  
YEAR BY 2020!**

**SUICIDE**

**CANCER**

*\*Reference 2*

Percentage of people reporting very good or excellent mental health

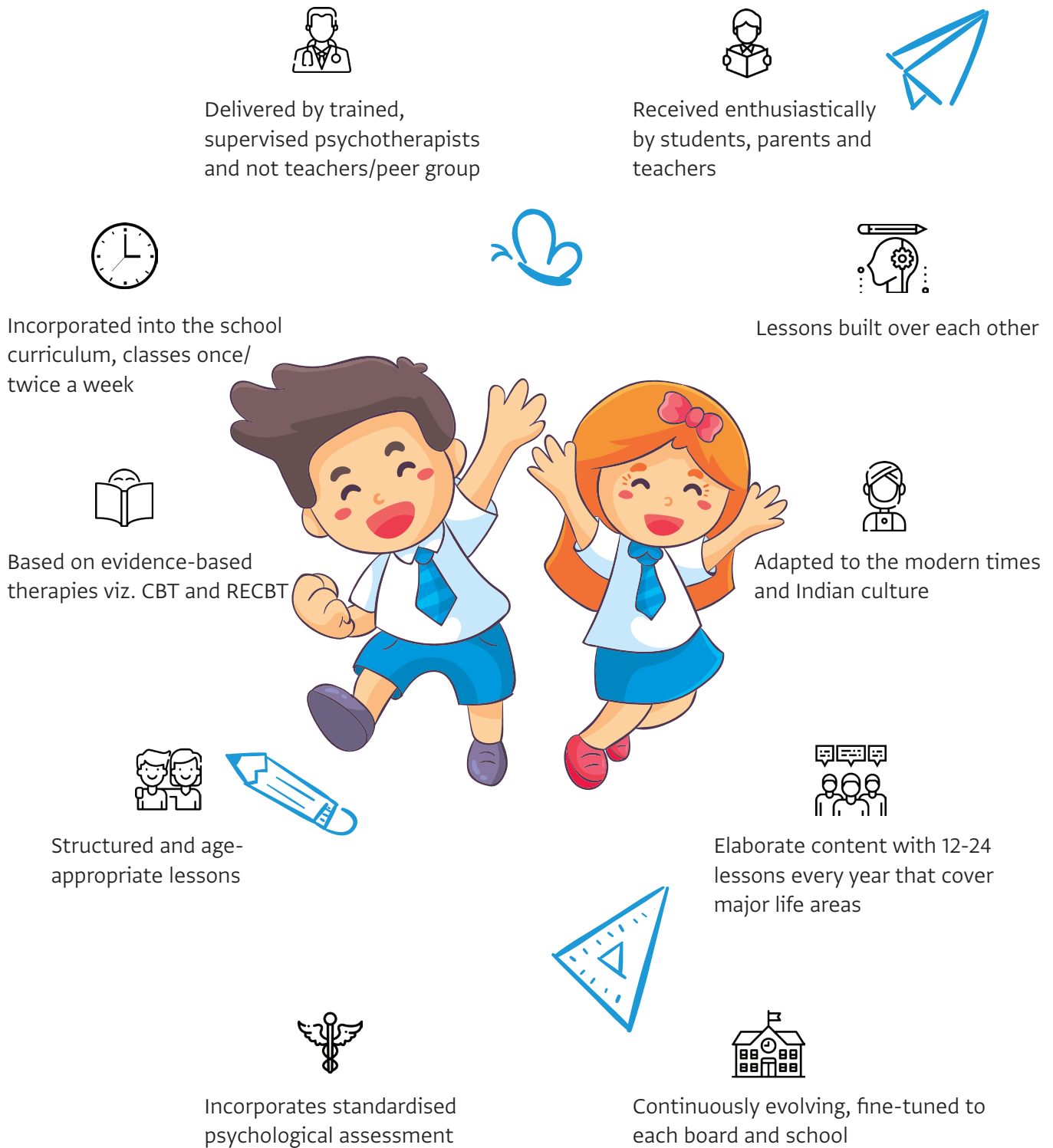
Gen Z (15-21 years) - 45%

Millennials (22-37)- 56%

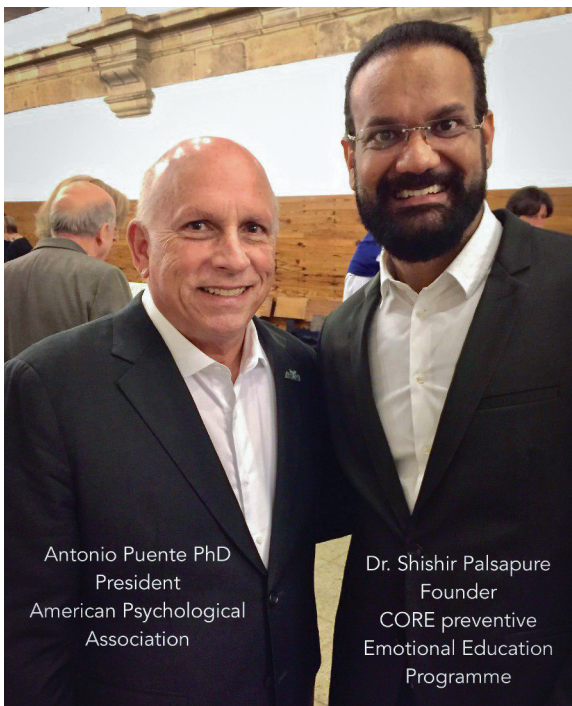
Gen X (38-53)- 51%

References:

1. An independent survey conducted in schools in India by the CORE™ team in students of grade 6-12th.
2. World Health Organization
3. As per the figures by APA monitor on Psychology, Gen Z (15-21) are least likely to report very good or excellent mental health today.



## Topics included (but not limited to) in the CORE™ CURRICULUM



*"Shishir's unusual prevention program is pionerring, farsighted and future oriented. One dollar invested in prevention gives back 37 dollars. I am very delighted, I look forward to his successes, hope he collaborates with international colleagues to make an impact to the rest of the world".*

*Antonio Puente PhD  
2017 President of American  
Psychological Association*

1. Improving academic performance and grades.
2. Reducing total screen usage-mobile, TV, laptop, internet and gaming.
3. Helping children manage aggression, bullying, feelings like anger, low confidence.
4. Improving focus, concentration and interest in studies.
5. Managing depression, anxiety.
6. Numerous life skills e.g. Empathy, respect, time management, gratitude, adaptability.
7. Self-responsibility, pro-activity and discipline.
8. Reducing stress.
9. Skills like Assertiveness, thinking of consequences.
10. Managing procrastination (Postponing tasks).
11. Improving interpersonal relationships, learn public speaking, debates, interviews, stage performances and public appearance.
12. Persistence, decision making, problem solving, resilience, effort tolerance.
13. Acceptance-Self, others, self-identity, body image, puberty.
14. Interpersonal relationships.
15. Growth mindset.

**\*Shorter customised workshops also available on request.**

**\* The CORE program is delivered to Students, Parents and Teachers.**



# CORE™

EMOTIONAL EDUCATION

## The list of schools where CORE program has run successfully

1. RBK school Mira Road
2. RBK International School Mira Road, Bhayender
3. RBK Global school Mira Road, Bhayender
4. Center Point School Katol Road, Nagpur
5. Center Point School Wardhaman Nagar, Nagpur
6. Center Point School, Amravati Bypass, Nagpur
7. Center Point International School, Amravati Bypass, Nagpur

## Short workshops for teachers/students completed in

1. MSB Education Institute, Mazgaon, Mumbai
2. MSB Education Institute Nagpur
3. Lawrence School, Ooty
4. Silver Oaks School, Hyderabad
5. Bhartiya Vidya Mandir School, Civil Lines
6. Bhartiya Vidya Mandir school, Srikrishna Nagar, Nagpur