



Ascendia

Transforming Students Beyond Academics

PROGRESS PROMPT
Potential Into Progress..

About

ASCENDIA

Transforming Students Beyond Academics

Ascendia is a structured mentorship program designed for school students to develop confidence, clarity, and life skills beyond the classroom. More than academic training, Ascendia nurtures the whole student - combining emotional wellbeing, academic preparation, and personal growth. Rooted in the Biopsychosocial Model and delivered through experiential learning, the program is facilitated by experienced psychologists, trainers, and social development professionals.

A **premium year-long mentoring program** delivered by qualified psychologists - designed to help your students **Grow, Glow, and Rise.**

- ♦ **9 Transformative Camps in the journey**
- ♦ **40 – 50 Students per batch**
- ♦ **8+ Months full program**

Core Philosophy

It's not just a program-it's a journey of growth for students, with parents and teachers walking alongside.

Oxyprompt Global

OXYPROMPT GLOBAL is a pioneering holistic mentorship program that nurtures resilient, empathetic leaders. We integrate expert mentorship with AI-driven technology to provide personalized learning pathways addressing academic, emotional, social, and ethical development.

Wellness Prompt

Premium counseling services rooted in the biopsychosocial model, offering holistic care for mind, body, and relationships.

Progress Prompt

Comprehensive training programs that unite experiential learning with psychological growth—empowering students, educators, and professionals to build skills, resilience, and confidence for success.

Mission

Empower students with confidence, skills, resilience.

Reach

Partnered with progressive schools across India & GCC.

Team

Professional social workers, Psychologists, trainers & consultants.

Values

Excellence, Empathy, Evidence, Empowerment.

Critical Challenges Schools Face Today

Modern students face pressures beyond academics

Social Media & Digital Safety:

Unsafe internet use, cyberbullying, screen-time issues.

Relationship Challenges:

Premature relationships, toxic peer dynamics.

Substance Abuse Risks:

Exposure to drugs, peer pressure, lack of awareness.

Rising Stress & Anxiety:

Exam pressure, performance anxiety, declining resilience.

Communication Gaps:

Weak parent-student communication, difficulty expressing emotions.

Lack of Life Skills:

Poor decision-making, emotional regulation, problem-solving.



Empowering the Next Generation

ASCENDIA: A Comprehensive Solution

Structured mentoring, psychosocial support, and evidence-based interventions create a protective ecosystem for holistic student development.

What is ASCENDIA?

A mentoring program bridging the gap between academics and life skills.

Biopsychosocial Model Approach

An evidence-based framework integrating biological, psychological, and social dimensions of growth.



— Key Pillars —

Scientific Growth Architecture

Evidence-based pathways for structured development.

Experiential Learning Framework

Hands-on methods that turn knowledge into practice.

Synergy Ecosystem

A holistic network connecting learners, mentors, and communities.

Expert Mentorship & Guidance

Continuous support from seasoned professionals.

Nine Transformative Camps >>>

9 camps | Students grow | Teachers guide | Parents nurture

A YEAR LONG *Journey*

01

STEP UP (For Students)

Foundations of self-awareness, planning, and growth through interactive activities like vision boards, time management, and group counselling.

02

GUIDE UP (For Teachers)

Empowering educators to connect with Gen Z through psychology insights, classroom engagement strategies, and resilience-building mentorship.

03

NURTURE UP (For Parents)

Creating supportive home environments with a focus on adolescent psychology, emotional safety, and effective parent-child communication.

04

ALLY UP (For Students and parents)

Joint counselling and psychological screening to strengthen family bonds and shared growth journeys.



05

GLOW UP (For Students)

Boosting learning, memory, and psychosocial competence with practical techniques for exam readiness and life skills.

06

CONNECT UP (For Students & Parents)

Telephonic support and counselling.
Parenting support.
Review sessions.

07

ASCEND UP (For Students)

Advanced guidance for exam season, focusing on motivation, stress management, and creating pressure-free routines.

08

LEVEL UP (For Parents)

Practical support for parents of exam-going children- covering strategies to sustain motivation, maintain emotional balance at home.

09

SUPPORT UP (For Students & Parents)

Psychosocial tele-counselling.
Examination management.



Why Schools Choose **ASCENDIA**

Transformative Outcomes

For Students

Improved self-confidence & self-awareness | Better study habits & memory skills
Emotional resilience & regulation | Strong communication & life skills
Reduced exam anxiety & stress | Strong parent-teacher support system
Goal clarity & purposeful planning | Enhanced psychosocial competence

For Schools

Enhanced well-being metrics, reputation, parent engagement, reduced discipline issues, empowered teachers.

Complete Ecosystem Engagement

Teachers

Workshops on Gen Z learners, pedagogy, discipline strategies.

Parents

Home nurturing & parenting sessions (basic + advanced exam support).

Students

Group counselling & self awareness sessions across camps.



Beyond ASCENDIA

Our Extended Learning & Wellness Tracks



Cambiar – Summer Camp for Children

A joyful, skill-building camp designed to spark creativity, resilience, and social-emotional growth.

Teacher Enrichment Series

Teachers Training
Montessori Training
School Counselors Training

Student Development Tracks

Outbound Training for Students: Adventure-based learning to build leadership and team work.

Mental Health & Wellness Programs

Training for Mental Health Professionals

Employee Wellness Training

Corporate
Managers Training:

Safety Programs

Child Protection Training: Awareness and prevention strategies against **child sexual abuse**, with guidance on safe practices, early intervention and **Sex Education programs**.

Couples Camp

A guided journey to strengthen communication, trust and **emotional bonding** in relationships.

Customized programs can be designed based on the specific needs of schools and organizations.



CP SALEEM

Chief Trainer & Experiential Educator, Professional Social Worker, Parenting Coach & Module Development Specialist.

Former District Coordinator
Childline Malappuram.



ANVAR KARAKKADAN

Senior Consultant Psychologist, Mental Health Educator & Columnist, Module Development Specialist.

Former, Child Counsellor &
Co-ordinator – Childline Malappuram.



Navas Kooriyad

Happiness Coach &
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Mansoor K

Corporate Trainer
L&D Specialist



Jamaludheen NK

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Our Team of Experts

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PROGRESS PROMPT

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