

# ORANGE OWL

**Your Wellness Partner**



## MINDFUL BEES

CORPORATE WELLNESS



# About Us

## Once upon a time...

In the city of Bhopal, a young couple had a bright idea!

One came from the heart and the other from the brain, yet so similar that they had the same aim.

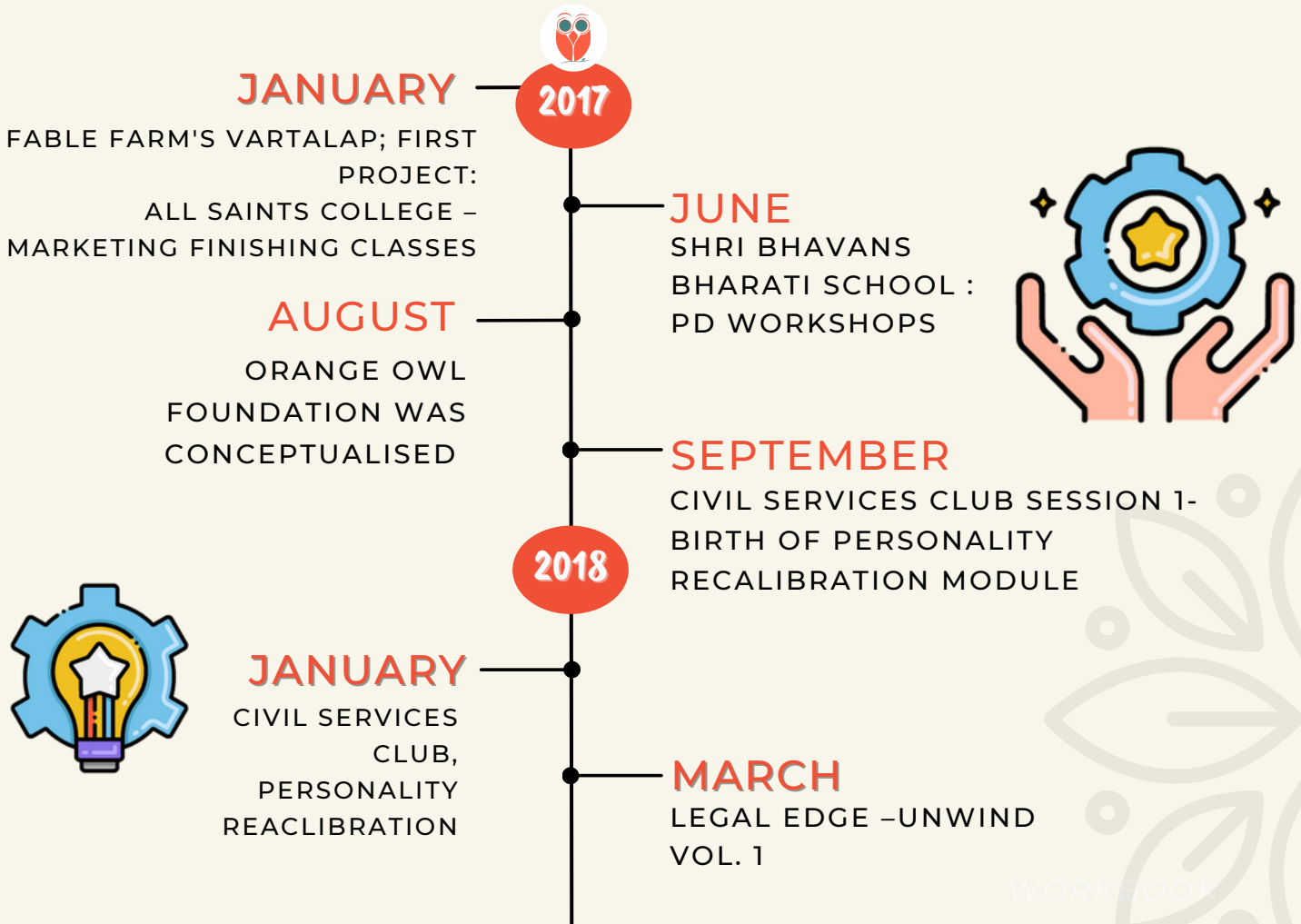
They noticed a gap that needed to be bridged. Among so many things taught in school, they felt something was amiss, some very necessary skills in life that needed to be affixed.

They wanted to talk and play and sing out loud and learn these skills with the kids. What a brilliant fix!

They thought and they planned. Then they thought some more, and then one-day "EUREKA!" a big orange owl swooped into their nest and..

Orange Owl Percepts was born!

## Timeline



## APRIL

BHAVANS BHARATI PUBLIC  
SCHOOL – YEAR 2

## SEPTEMBER

STORYTELLING WORKSHOP  
WITH KATHAVRIKSH.  
ORANGE OWL BEGINS ITS  
“STORYTELLING” SESSIONS

2019

## APRIL

CIVIL SERVICES CLUB,  
PERSONALITY REACLIBRATION

## JULY

- BEGAN VAUDEVILLE WITH KANGAROO KIDS AND COCOON WITH BILLABONG INTERNATIONAL.
- SANT HIRDARAM COLLEGE AND HAMIDIA COLLEGE – PR SESSIONS
- SOS CHILDREN'S VILLAGE PROGRAMME

## JULY

CIVIL SERVICES  
CLUB, PERSONALITY  
REACLIBRATION

## MAY- JUNE

CAMP OWL – VOL. 1



## SEPTEMBER

LEGAL EDGE, BHOPAL-  
UNWIND VOL. 2

2020

## JANUARY

- ORANGE OWL PERCEPTS REGISTERED AS AN OFFICIAL ENTITY
- LEGAL EDGE, INDORE, UNWIND VOL. 3

## FEBRUARY

- CIVIL SERVICES CLUB, PERSONALITY REACLIBRATION WORKSHOP
- SUCCESSFUL COMPLETION OF PROJECT VAUDEVILLE.

## MARCH

SUCCESSFUL COMPLETION OF  
COCOON AND EXPANSION IN  
SCOPE OF THE MODULE WITH  
SEL MODULE

## APRIL

ONLINE NEST CLASSES  
BEGIN – CELC,  
PSYCHOLOGY AND GLOBAL  
SOCIAL



**MAY**

CAMP OWL – VOL. 2 (ONLINE  
VERSION)

**JUNE**

LEGAL EDGE ONLINE SESSIONS  
BEGIN

**JULY-AUGUST**

HOOT TALKS - AN INTERVIEW  
SERIES

**SEPTEMBER**

PSYCH OWLETS- WEBINAR SERIES

**OCTOBER**

- MENTAL HEALTH MONTH
- LEGAL EDGE - ONLINE

**NOVEMBER**

OWL'S JOURNAL

**DECEMBER**

CELC JUNIOR

**2021**

**JANUARY**

- KNOWLEDGE FEST
- PATANG SE PADHAI  
WITH COHOS
- THOUGHTFUL  
THURSDAY

**FEBRUARY**

PR- SIS TECH

**MARCH**

COCOON WORKBOOK FOR  
STUDENTS

**APRIL-MAY**

MINDFUL SERIES WITH  
BSSSS PSYCHOSMOS

**AUGUST**

START-UP STORIES WITH  
SIDDHARTH JAIN

**SEPTEMBER**

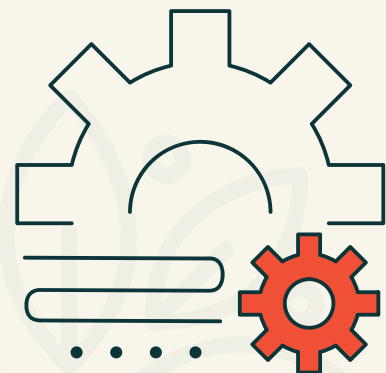
4 YEAR  
ANNIVERSARY

**OCTOBER**

WEBINAR WITH SHRI  
BHAWAN'S BHARTI SCHOOL  
ON WOLD MENTAL HEALTH  
DAY

**NOVEMBER**

LEGAL EDGE WORKSHOP  
ON SOCIAL EMOTIONAL  
LEARNING.



## DECEMBER

COCOON UNWIND WITH  
LEGAL EDGE



2022

## JANUARY-FEBRUARY

ORANGE OWL BEGAN ITS  
DIGITAL JOURNEY

## MARCH

TRAINING MODULE ON  
ASSERTIVENESS

## JUNE - JULY

- THE ART OF STORYTELLING- ONE DAY WORKSHOP BY MS. JYOTI PANDE
- BUDVISOR SESSION AT IIM,UDAIPUR

## AUGUST

15 DAY INDUCTION AT  
SHRI BALAJI UNIVERSITY, PUNE

## SEPTEMBER

- WEBINAR WITH THE STUDENTS OF SYMBIOSIS,PUNE
- WORKSHOPS AT SAGE UNIVERSITY

## OCTOBER

- BHASKAR INDRAKANTI INVITED AS JUDGE AT JOSEPH'S CONVENT FOR AN INTER-SCHOOL NUKKAD NATAK COMPETITION
- EMPATHY CIRCLE 1.0

## NOVEMBER

- DISCUSSION ON MEN'S MENTAL HEALTH WITH PRERNA GUPTA
- EMPATHY CIRCLE 2.0

## DECEMBER

WORKSHOPS ON SCIENCE  
OF WELL-BEING AT SAGE &  
TRUBA COLLEGE



2023



## JANUARY

- COMPLETED 13 DAY WORKSHOP ON PERSONALITY DEVELOPEMENT AT YAVATMAL, MAHARASHTRA
- WORKSHOP AT SAGE UNIVERSITY ON SEL
- BHASKAR INDRAKANTI WAS INVITED AS AN INTERVIEWER IN BHOPAL LITERATURE FESTIVAL
- EMPATHY CIRCLE 3.0

## FEBRUARY

- ENTREPRENEURSHIP OUTREACH PROGRAM AT JAWAHAR NAVODAYA VIDHYALAYA WITH IGNOU
- EMPATHY CIRCLE 4.0

## MARCH

- CORPORATE TRAINING AT IOCL
- EMPATHY CIRCLE 5.0 FOR DEPT OF WOMEN AND CHILD DEVELOPMENT, MP GOVT.

**THE REST OF THE STORY  
IS BEING WRITTEN  
WITH YOU.**



# OWLERY

## SEL Workshop at IIM,Udaipur



## SEL Sri Balaji University, Pune



# OWLERY

## Storytelling at Sagar Public School



## Corporate Training at Indian Oil Corporation Ltd.



Workshop 1



Workshop 2

## Productivity Workshop at Sage University

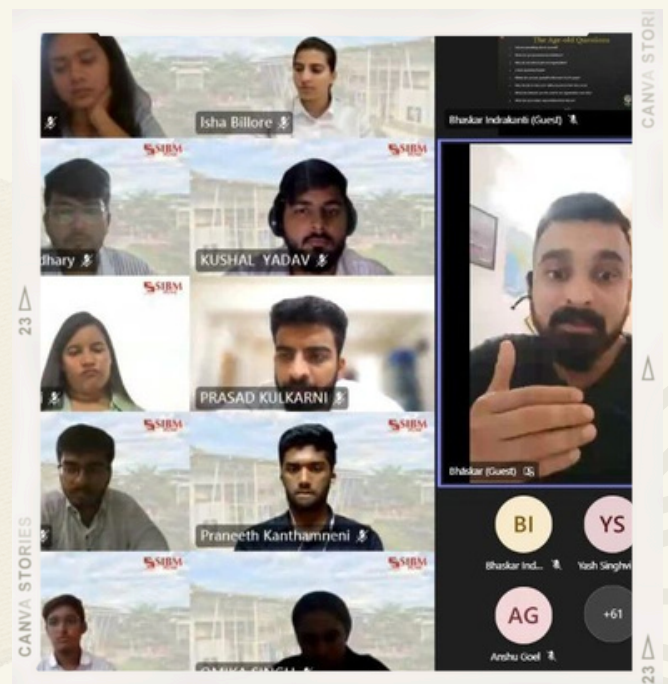


# OWLERY

## Storytelling at Mendora Govt. School (organized by PULER NLIU)



## Webinar for SIBM, Pune



# Around the City

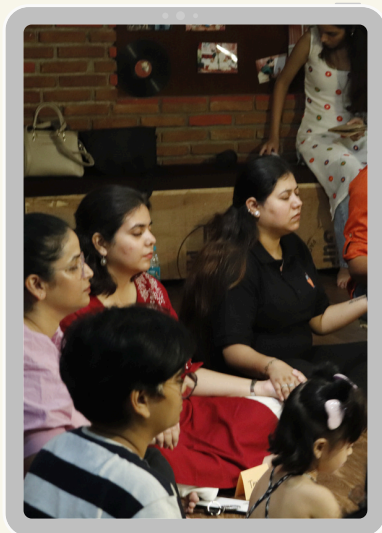
## Storytelling Workshops

Orange Owl's workshop 'The Art of Mindful Storytelling', conducted on 19th June 2022 in collaboration with Soul Katha and hosted by Mrs. Jyoti Pandey, taught participants various storytelling skills, including storyboarding, public speaking, and exercises for body and mind. The workshop aimed to enhance communication skills and emotional intelligence while delivering a story. All 20 participants received immediate feedback on their performance, and the workshop was covered in various media publications.



## Empathy Circle

Orange owl, aspiring to promote the importance of Sympathy, created the Empathy circle on World Mental Health Day. Empathy involves understanding or connecting with someone's state of mind by placing oneself in their shoes, and it leads to Compassion. The Empathy circle aimed to foster a community where individuals could express themselves safely and address their emotional needs. Empathy Circle 2.0 took place on November 20 at Gandhi Bhawan, drawing participants from across the city who shared their thoughts and feelings. The event received tremendous love and continues to be in high demand.



# Our Programs

## AN OVERVIEW

**Mindful Bees**



**Wise Owl**



**Wandering Swans**

# Our Programs

## PROJECT COCOON

SOCIAL AND EMOTIONAL LEARNING

Based on the concept of Social and Emotional Learning (SEL), this is our Corporate Training program to ensure the wellness of your organization.

Under this program we cover corporate trainings and workshops, awareness programs and need-based workshops and sessions related to mental health.

We also offer seminars and webinars, apart from workshops.

# Our Programs

## WISE OWL

COUNSELLING AND PSYCHOTHERAPY

**Personal Counselling** : One-on-one counselling with a trained mental health clinician in a safe, caring, and confidential environment.

**Couple Counselling** : Couples counseling is a type of counseling for intimate partners. It involves exploration of any conflicts between the partners, is often short term, and focuses on specific problems.

**Group Therapy** : Group counseling is a form of psychotherapy that usually involves four to ten participants and one or two group therapists.

These services are available in both online and offline modes.

# Our Programs

## WANDERING SWANS

OFF-SITE RETREAT

An outdoor program to reconnect with your original self to generate harmony within at a surprise destination, far enough to experience tranquility and close enough to reach comfortably.

Activities like yoga, meditation, nutrition training, stress and anger management workshops, trauma focused healing, dance movement therapy, art therapy, etc are the tools of choice for the participants to feel centered and grounded.

# Our Director



- **Name:**
- **Bhaskar Indrakanti**
- **Profession:**
- **Director and Co-founder, Orange Owl,**
- **TEDx Speaker,**
- **Entrepreneur,**
- **Theatre Artist**
- **Specializations:**
- **Language & Communication**
- **Management**
- **Self Development**
- **Mental Health**
- **Soft skills and Personality Development Training**
- **Professional experience:**
- **Over 8 years**
- **Qualifications:**
- **ICF Certified Coach**
- **M.B.A in Marketing and Sales**
- **UGC NET in Management**
- **B.A. (Hons.) in English and Psychology**

# Testimonials

It gave students a safe space to understand the importance of mental health and communication. Making students aware of the importance of communication in this day and age has led us to improve skills. It was a great experience for me as a student and it really changed me in real(good) ways. I'm so grateful to even know Bhaskar sir in person.

Harshita Vyas

I would like to express my heartfelt thanks and a token of appreciation to dyutima mam who helped me a lot and gave me a soothing relief. Dear mam you r a truly great counselor.

Thanks a ton Dyutima ma'am!! ❤️

Anshika Sharma

I know Orange Owl Percepts since 2019 when Bhaskar Indrakanti sir came to our college for personality recalibration workshop and on the last day Dyutima Sharma ma'am joined with sir and his teammates and I came to know about her that she's a counselor and a psychologist. I didn't realise it then that I needed help. When the pandemic hit, it took me a year to accept the fact that I needed help.

So, after a whole year later in May 2021 I mustered up courage and messaged mam and honestly not expecting a reply because I had messaged her from a fake account but I did mention my name and had sent her the picture we took with sir and her on the last day of the workshop. Very soon I got a reply and I could feel the warmth and compassion with which she replied. Then I booked an appointment for counseling, she listened to me with great compassion and understanding and validated my pain(which is what I was seeking in the first place since my realization). She made me aware of the fact that I needed a therapy and that I needed to recover from my unresolved traumas. I can't thank her enough for being extremely kind and supportive and for showing me the right direction and guiding me so well. I am grateful to her and the entire organisation. I have immense respect for the work that they are doing to bring awareness and change in this 'conditioned' society and I am sure this respect will continue to grow...

Thank you!

Kudos to the team!

Lipika Bijor

[View More Reviews](#)

## In the NEWS



## Know More

We are always excited to meet new people and discuss world-changing ideas!

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