

Indu Punj

Indu Punj is a trainer and counsellor with over two decades of experience. She has also worked as **Ex-DPS International Educator** and as **Ex-Director Teacher Training, Katha**. Worked as a **wellness counselor** with **IIT Delhi students**. She has worked closely with various educational institutes in the country. Her sessions are:

- **Interactive**
- **Customised**
- **Fun**
- **Engaging**

This ensures children across age groups not only enjoy her sessions but also learn through them.

She is known to go beyond the training room by equipping individuals with practical tools. These tools help them sustain their personal growth journey

Indu Punj has been honored with numerous prestigious awards and accolades in recognition of her exceptional work with students and teachers.

Indu combines over twenty years of psychological insights with educational innovation to guide individuals and organizations toward holistic well-being. Her qualifications include a Master's in Psychology and a distinguished Post Graduate Diploma in Counselling and Family Therapy, making her a pivotal figure in fostering growth and resilience.



Key Skills

- ✓ Communication with Empathy Social
- ✓ Skills Development
- ✓ Stress and Anxiety Management
- ✓ Training Quality Assurance
- ✓ Emotional Intelligence Enhancement

In 2019, she founded Stories Matter, a YouTube channel dedicated to creating awareness through personal stories. Through her work, she discovered an imperative need to enhance parent-child interactions which led to this.

Today it has garnered 2 million+ views and around 22k+ subscribers. Her insightful videos include inspiring interviews along with conversations on difficult but important topics.

Indu Punj

Popular Programs

- Counselling
- Elementary Education
- Curriculum Design
- Developing Emotional Quotient
- Teacher Enrichment Program
- Gender Sensitization

Praise for the Workshop & Sessions

'Ms. Indu Punj's ability to communicate complex concepts in a clear and concise manner made the learning experience both enjoyable and enriching.' - *Dr. Bindu Sharma*

'...Excellent workshop on integrating storytelling to the regular curriculum.' - *Sudha Sadhangi, Head of Shree Ram World School, Dwarka.*

'We all are fortunate that we received valuable inputs from the rich, experienced, and eminent resource person like you.' - *Rajneet Kaur, Vice Principal- Guru Amar Das Public School.*

'I wish to convey my thanks and heartfelt gratitude to you for sharing your knowledge and guidance. I am confident each of us has gained immensely from the inspirational online lecture delivered by you.' - *Mrs. Anupama Chauhan, President- Defence Wives Welfare Association*



Open to

- ✓ Collaborative relationships with schools and educational institutions to provide training for students and teachers.
- ✓ Working with parents, either on an individual basis or in group settings, to enhance the parent-child relationship.

Contributions

- ✓ **Educator:** A two-decade journey refining pedagogy and curriculum, markedly enhancing educational experiences and outcomes.
- ✓ **Trainer & Facilitator:** Developed transformative training programs across educational and corporate sectors. She has achieved significant improvements in participant engagement and performance in over 50 schools and colleges across India.
- ✓ **Wellness Counsellor:** Provides counselling services at Disha Kiran, IIT Delhi, aiding students in their journey toward better mental health.
- ✓ **Content Creator:** With over 22k subscribers and 2 million views on YouTube, she has built a community dedicated to emotionally intelligent learning.

Indu Punj

Topics

- Integrating Stories into Regular Curriculum
- Social Emotional Learning
- Creating inclusive and emotionally safe classrooms
- Effective Classroom Management
- 21st Century skills/Lifeskills
- Stress Management

For Students

- Adolescent issues
- Time Management
- Stress Management
- Emotional Intelligence
- How to enhance LSRW skills through stories
- Career Counselling

Previous Collaborations

- Modern Public Schools
- India Today Media Institute
- Delhi University
- Punjab University
- Lovely University
- DPS
- Ryan International School
- Kokilaben Dhirubhai Ambani International School
- DAV

Founded Stories Matter Pvt. Ltd. to leverage story telling to forge meaningful connections and facilitate effective learning. Her work with companies like TATA Power DDL and various Publishers highlights her capacity to introduce innovative solutions and advance various initiatives at scale.

