

Me Time - Conversations with Children (CWC) and Curriculum for Conscious Living (CCL)

Building a meaningful connection.

In a world that rarely slows down, Me-Time has become essential for emotional and mental balance. Recognizing this need, Kalorex promotes Me-Time, offering guided sessions that help parents, educators, and children pause, reflect, and nurture their inner selves. These sessions are personally conceptualized and conducted by Dr. Manjula Pooja Shroff, a multifaceted visionary—renowned Author, Edupreneur, Vlogger, Podcaster, Life Coach, and thought leader in education and personal development.

An Executive Alumni from the Indian Institute of Management (IIM) and the London School of Economics (LSE), Dr. Shroff is a President of India awardee and is the Founder Chairperson of Kalorex Group and currently serves as its MD and CEO. Kalorex, today is a leading name in Education which runs over 75 institutions across the country along with many other educational initiatives in the K-12 space.

She is also a regular speaker at the United Nations Summits on Education and Climate Change, and recently represented India at

the World Economic Forum in Davos, Switzerland and the ACUNS Conference in Nairobi, Kenya (2025).

Under her leadership, the Me-Time initiative encourages mindfulness practices, self-awareness exercises, and reflective activities that help individuals reconnect with their thoughts, emotions, and priorities—creating a foundation for healthier relationships and conscious living.

Me-Time is not indulgence—it is an intentional pause to recharge, reflect, and regain

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clarity. When parents and educators dedicate time to themselves, they cultivate mindfulness, empathy, and patience, allowing them to respond thoughtfully rather than react impulsively. This inner balance ripples outward, influencing interactions with children, colleagues, and peers.

From this centered state flows the second pillar—Conversations With Children (CWC).

CWC plays a crucial role in strengthening the bridge between home and school, particularly in the digital age. It equips parents to navigate modern parenting challenges, including anger,

fear, tantrums, depression, phone dependency, digital addiction, online abuse, and the blurred lines between Reel and Real. CWC encourages open, judgment-free dialogues around sensitive topics such as teenage relationships, emotional well-being, and responsible technology use. By fostering understanding and empowerment, CWC helps parents guide their children toward emotional resilience and healthy decision-making.

The third pillar, Curriculum for Conscious Living (CCL), addresses the inner dimension of human growth, specifically for teachers and staff. It empowers individuals to master life's essential aspects—time, money, relationships, and health. By helping educators and staff rise above daily stress, suppressed emotions, and modern-day complexities, CCL not only enhances personal well-being but also strengthens their ability to guide students empathetically and effectively.

Together, Me-Time, Conversations With Children, and a Curriculum for Conscious Living form a holistic ecosystem for nurturing mindful, emotionally balanced individuals. Me-Time helps adults center themselves; CWC strengthens parent-child communication and understanding; and CCL ensures that personal growth and emotional awareness are embedded in education and professional development. By integrating these pillars, Kalorex fosters a generation of children, parents, and educators who are not only capable and resilient but also conscious, empathetic, and balanced in today's complex world.