

Class to Open the Third Eye for Children! Calm Mind Wellness Centre Is Run by Sumathi Palani



Chennai, 21 Oct 2026: CALM MIND W E L L N E S S CENTRE is run by Mrs. Sumathi Palani in Villivakkam. She is conducting various classes in it. A press conference was held in this regard.

In which Mrs. Sumathi Palani and Head Coach Mrs. Easwari both said:

Stimulate your child's brain power! Say goodbye to stress!

Calm Mind Wellness Centre

Be Kind to Your Brain – Calm Mind. Clear Focus. Confident Future.

In today's fast-paced world, peace of mind, attention, memory and emotional balance are very important for children and adults.

Working with this aim, CALM Mind Wellness Centre offers complete mental health and well-being training for children and adults.

Our special trainings

Brain Gym & Brain Yoga – to promote focus, coordination and learning skills.

Focus & Memory Activities – for attention training and memory development.

Yoga & Mudra – To develop body and mind unity.

Trataka Kriya – A guided mindfulness practice.

Sound Meditation & Singing Bowl – For relaxation and peace of mind.

Breathing & Stress Management – Exercises to help manage stress.

Blindfold Activities – Activities to explore emotional awareness, observation and trust.

Join us to encourage children's talents, help adults manage stress and develop a calm mindset in their daily lives.

“A calm mind and alert thinking are essential for a better future!” they said.

In front of journal lists, they blindfolded the children and made them do the same actions as the person in front of them. They also performed veena and color names with their eyes closed, which was amazing.

The parents of the children said:

We have placed our children in the right place, they are studying well and there has been a good change in their mental state and thanked both of them.

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