

Khel Khel Mein

In today's fast life, we all have got into the habit of looking for readymade solutions and answers to all their problems, which thus, restricts their capability to think beyond a point. But, life throws problems which do not have readymade solutions. In order to bring flexibility and to allow the mind to emanate wise thoughts, it is necessary to provide exercises and opportunity to think. **Thinking cannot be taught**, it is a skill that can only be developed through repeated application. **Games provide this opportunity.**

Thus, Khel Khel Mein (K2M) aims to provide this rich experience for thinking and expressing through play and games. We do various game-based events and workshops for children and adults, for parents and teachers, for social groups and corporates.

K2M conducts annual game classes for children that enhance their life skills, especially thinking skills.

These programmes are:

- **K3 Club** – (for children 8 to 18 years) an *ancient board games* club that exposes children to many ancient games existing from thousands of years played by Kings, soldiers or common man. These games are full of wisdom, and develop strong strategic skills in children.
- **Chatur Chanakya** – (for children above 8 years) an annual concept that focuses on development of Higher Order Thinking Skills. This class is sub-divided into 3 types of sessions – concentration & memory; problem solving & strategic skills; and third managerial and leadership skills. All these sessions are done through games – no lectures.
- **Brainy Birbals** – (for children 3 years to 7 years) This concept focuses on Physical exercises that stimulate the brain for developing thinking skills. We call it development through the **MYND way**, i.e. Meditation, Yoga, Neuro-exercises and Dance.

In addition to the weekly classes, K2M also does various **workshops for parents and teachers** on different topics to promote learning through the game method. We also do events such as Treasure Hunts, Road Hunts, Scavenger Hunts, Game-a-thons for different ages and groups.

We also expertise at setting **Game Rooms** and **Game libraries** ensuring to focus on every type of development customized to the budget, needs and age group of the organization (schools or corporate). We also expertise at setting an Ancient Board Games room, with knowledge of games right from the year 3500 BCE till the games played few decades back.

Mital Salia, a Counsellor and Game Therapist, is the founder director of Khel Khel Mein, and is also a game curator. She has immense passion for games and also writes game reviews. She has a collection of hundreds of games and uses them for different ages and purpose.