

CALENDAR 2025

Welcome to a brand-new year filled with opportunities to grow, connect and thrive!

At Panacea Biotec, we believe that every child deserves a foundation of health, resilience, and emotional well-being.

This calendar is our way of helping you nurture those precious bonds and equip your children with tools to understand and manage their emotions effectively.

Together, let's make this year a journey of learning, love, and lasting memories.

Here's to a healthier and happier future!



THE POWER OF A HUG

Daily hugs release oxytocin, the "love hormone", reducing stress, boosting happiness and lowering cortisol. This promotes emotional stability and strengthens your bond with your child.



← RICKY'S mom's tight hug makes him even more joyous.

January 2025

January 1
New Year Holiday
January 14
Makar Sankranti /
Magh Bihu / Pongal

| Mo | Tu | We | Th | Fr | Sa | Su |
|----|----|----|----|----|----|----|
| 30 | 31 | 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | 31 | 1 | 2 |

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LISTENING WITH LOVE

Active listening with eye contact boosts dopamine, improving trust and connection. Research shows it enhances emotional regulation in children and supports a secure parent-child bond.



February 2025

February 26
Maha Shivaratri

| Mo | Tu | We | Th | Fr | Sa | Su |
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SECURE ROUTINES

Predictable routines lower cortisol, creating security for children. Consistency boosts sleep, cognitive development and emotional regulation.



March 2025

March 10
Holi

March 31
Id-ul-Fitr

| | Mo | Tu | We | Th | Fr | Sa | Su |
|------------------------|----|----|----|----|----|----|----|
| | 24 | 25 | 26 | 27 | 28 | 1 | 2 |
| | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| | 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| March 10 Holi | 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| March 31 Id-ul-Fitr | 31 | 1 | 2 | 3 | 4 | 5 | 6 |

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THE JOY OF PLAY

Playtime boosts endorphins, enhancing mood, creativity, problem-solving and social skills, while supporting brain development.



Collective play time is what GOVINDA gets from his parents.

April 2025

April 10
Mahavir Jayanti

April 18
Good Friday

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|-----------------------------|----|----|----|----|----|----|----|
| | 31 | 1 | 2 | 3 | 4 | 5 | 6 |
| | 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| April 10 Mahavir Jayanti | 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| April 18 Good Friday | 28 | 29 | 30 | 1 | 2 | 3 | 4 |

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WORDS THAT BUILD

Positive affirmations boost self-esteem by activating the brain's reward system, increasing serotonin levels. This helps children develop a strong sense of self-worth and confidence to face challenges.



PINKI'S dad often boost her confidence and morale by using great affirmations.

May 2025

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| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 | 1 |

May 12
Buddha Purnima

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FAMILY MEALS MATTER

Eating together promotes oxytocin release, fostering emotional bonding. Research shows children who have regular family meals exhibit better academic performance and emotional well-being.



Healthy meals and eating together is a tradition of RANI'S and GOVINDA'S home.

**June
2025**

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| | 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| | 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| | 30 | 1 | 2 | 3 | 4 | 5 | 6 |

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PRAISE EFFORT, NOT JUST RESULTS

Praising effort over results activates the prefrontal cortex, reinforcing a growth mindset. It teaches children resilience and the value of perseverance rather than fearing failure.



← SURYA enjoys a weekly karaoke night.

**July
2025**

| Mo | Tu | We | Th | Fr | Sa | Su |
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THE ART OF READING TOGETHER

Reading aloud boosts neural connections in a child's brain, improving language skills and empathy. Shared storytelling also strengthens your bond and enhances listening abilities.



Story reading with dad is PINKI'S and RANI'S routine before bed, every night.

August 2025

August 15
Independence Day

August 16
Janmashtami

August 27
Ganesh Chaturthi

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ENCOURAGE EXPLORATION

Exploration activates the hippocampus, the brain's learning and memory center. Curiosity-driven activities promote cognitive growth, problem-solving skills, and confidence.



RICKY and RANI often meet up for adventure play.

September 2025

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| | 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| | 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| September 5 Eid-e-Milad | 29 | 30 | 1 | 2 | 3 | 4 | 5 |

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TEACH EMOTIONAL REGULATION

Labelling emotions helps children activate their prefrontal cortex, which is crucial for managing stress and decision-making. This builds resilience and better emotional control.



← SURYA'S mother teaches him about emotions through play.

October 2025

October 2
Dussehra

October 21
Diwali

| | Mo | Tu | We | Th | Fr | Sa | Su |
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| | 29 | 30 | 1 | 2 | 3 | 4 | 5 |
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| October 2 Dussehra | 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| October 21 Diwali | 27 | 28 | 29 | 30 | 31 | 1 | 2 |

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QUALITY OVER QUANTITY

Quality one-on-one time boosts oxytocin, improving connection and reducing behavioural issues. Research suggests meaningful interactions enhance emotional security in children.



PINKI helps her mother with household chores whenever possible.

November 2025

November 5
Guru Nanak Jayanti

| | Mo | Tu | We | Th | Fr | Sa | Su |
|----------------------------------|----|----|----|----|----|----|----|
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| | 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| November 5 Guru Nanak Jayanti | 24 | 25 | 26 | 27 | 28 | 29 | 30 |

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GRATITUDE AND GIVING

Practicing gratitude increases serotonin levels, promoting happiness and empathy. Acts of kindness activate the brain's reward system, fostering positive emotional growth.

Everyone enjoys cleaning the surroundings together.



December 2025

December 25
Christmas Day

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