



CASE STUDY

12 Weeks. 6 Teens. A Shift That Numbers Can't Fully Capture.

Inside the **Sept–Dec 2025** Foundational
Cohort of Inside Out Labs

A comprehensive look at what happens when 6 young people
are given **12 weeks**, a working understanding of their own
brains, and the **practical tools** to navigate them.

THE COHORT

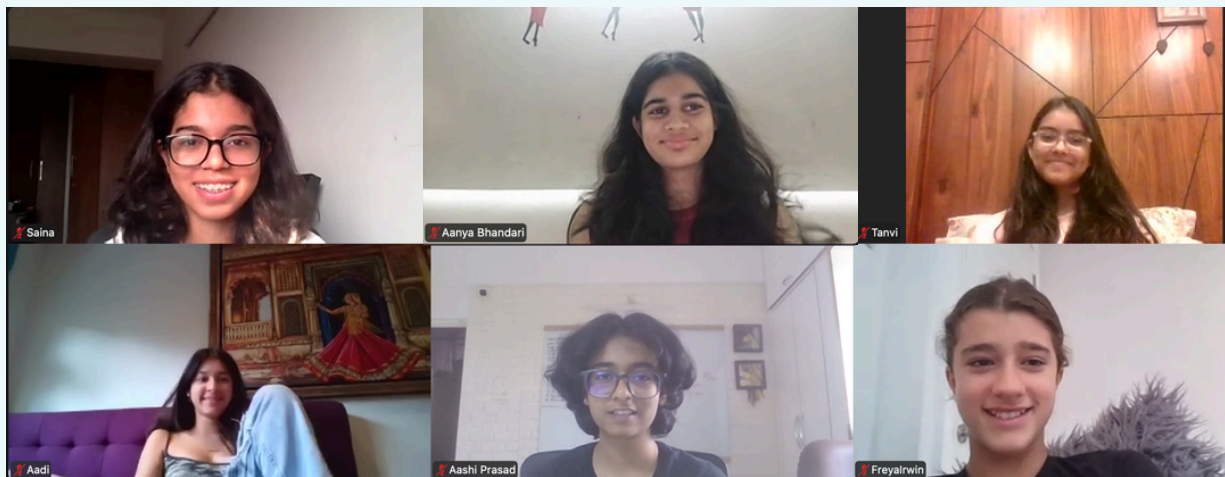
“Six young people walked into the Labs carrying weights they couldn’t quite name. 12 weeks later, they walked out with something most teenagers never get.”

Cohort window: September – December 2025

Programme: Inside Out Labs 1 — the foundational 12-week Mental Fitness curriculum.

The Profile:

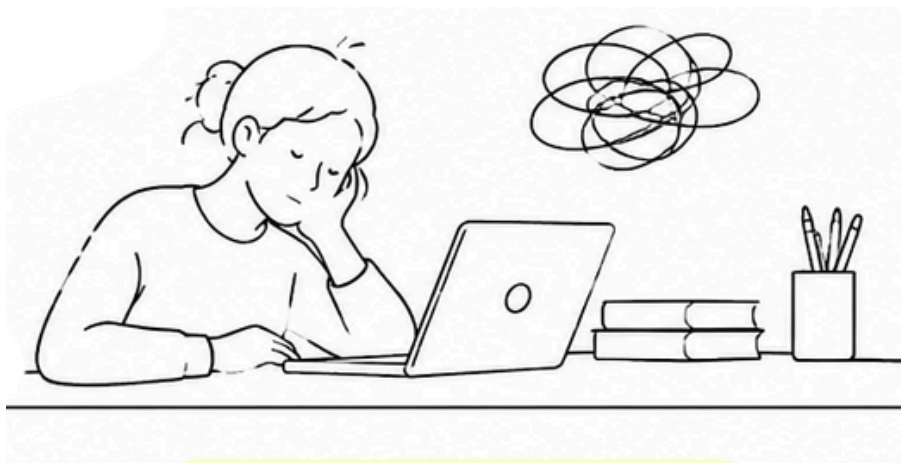
Aadhyaa · Freya · Saina · Aanya · Aashi · Tanvi



WHAT EVERY ONE OF THEM HAD IN COMMON

None of them were “struggling students.” They were capable, high-functioning, often top-of-their-class teenagers running on a nervous system that simply **never got to switch off**.

While six students completed the journey, one student was unavailable during the final data collection window due to a major national exam schedule. *The data below reflects the verified metrics of the five surveyed participants (N=5).*



WHAT THEY CARRIED IN

Before the programme began, Founder Aparna Gupta asked every student the same question:

“What does life feel like right now?”



For this cohort, four primary challenges emerged as recurring themes:

Suppressed Emotions	Things deeply felt but never spoken aloud.
Stress and Overwhelm	The heavy, everyday weight of the unprocessed.
Lack of Confidence	Self-worth anchored entirely to academic performance, ready to collapse if the grades slipped.
Academic Pressure	The visible performance weight that the outside world saw and rewarded.



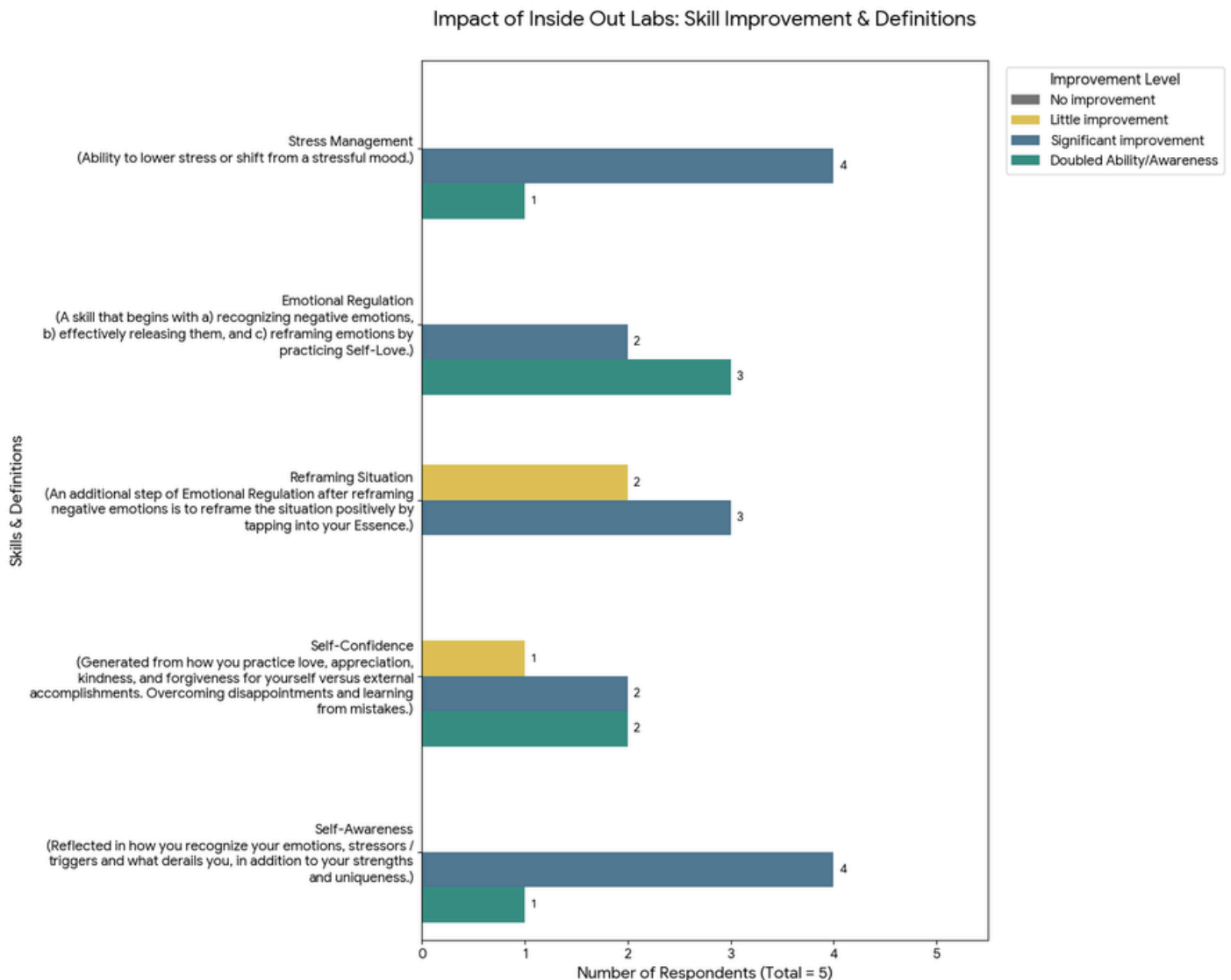
Underneath all four was the same fault line:

They operated with a fragile relationship with themselves. Their confidence was built purely on grades and external approval — meaning it collapsed the moment that proof disappeared. These were not students in an active crisis; they were students who had learned to perform "fine," and that "fine" was doing some incredibly heavy lifting.



THE SKILL SHIFT — DATA

In Inside Out Labs 1, we tracked **five core Mental Fitness skills**. They were taught like an academic subject, practiced like a muscle, and objectively measured over the **12-week cycle**.



Across all five skills, the metrics told a **remarkably consistent story** — though the numbers only hint at the real transformations that occurred in the room.



WHAT EACH SKILL MOVEMENT ACTUALLY MEANT

Stress Management & Self-Awareness (Highest Consistency):

4 out of 5 students demonstrated a **doubled level of ability and awareness**. Nearly every teen shifted significantly in their capability to recognize **internal triggers** and actively lower their own cognitive temperature. This is the difference between a teen who gets lost in an emotional spiral and one who tames it.

Emotional Regulation (The Deepest Growth):

3 students completely doubled their capacity, while the remaining 2 achieved significant improvements. For most, it was the first time they realized emotions do not have to be suppressed or exploded—they learned a third option exists.

Reframing Situations (The Natural Split):

3 students showed significant improvement, while 2 required further reinforcement. This is an adult-level cognitive skill that begins in Lab 1 and naturally deepens during Lab 2.

Self-Confidence (The Slowest & Most Critical):

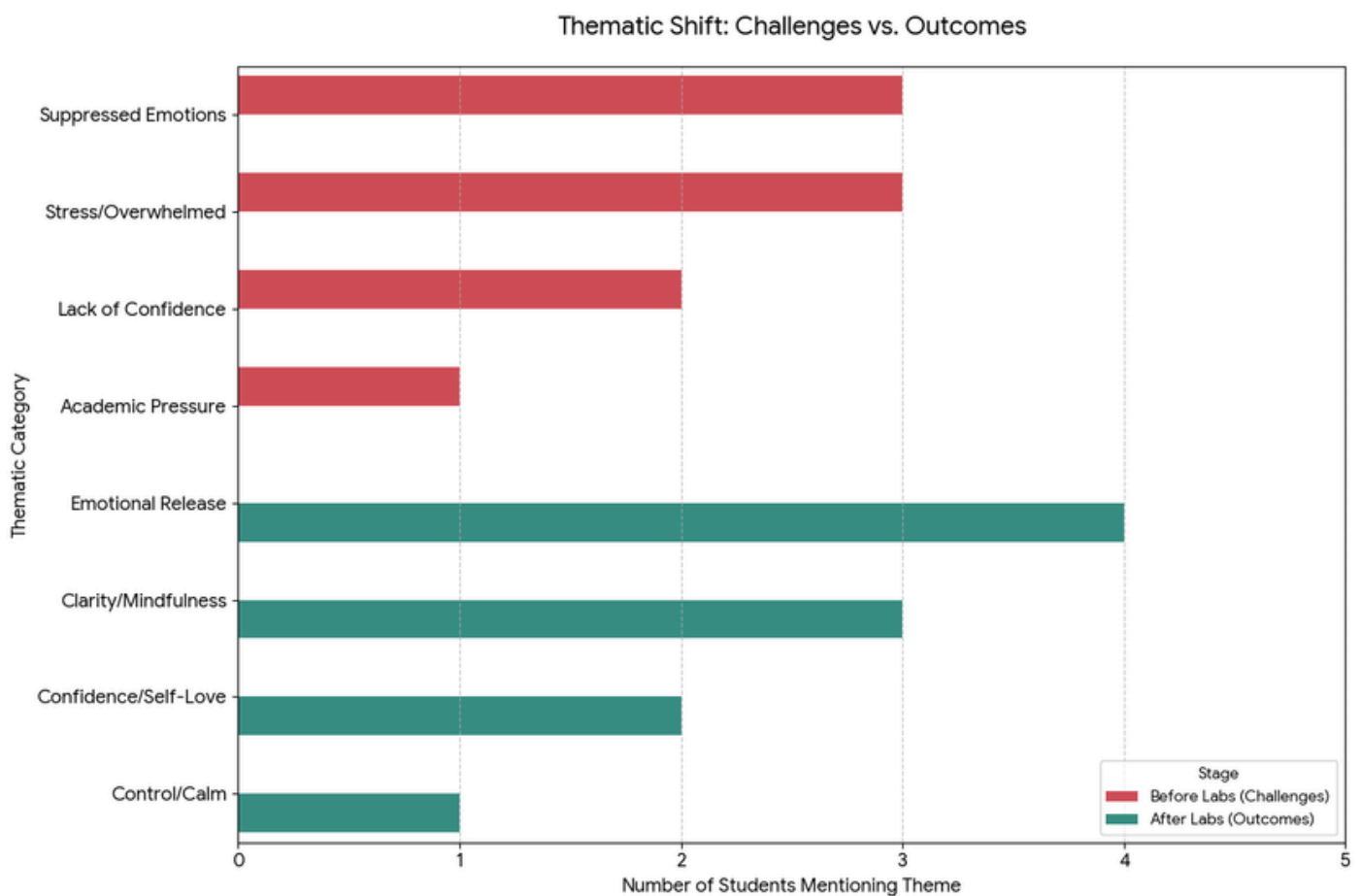
2 students doubled their inner baseline, 2 improved significantly, and 1 maintained their baseline. Confidence built from the inside out—derived from how you speak to yourself, not what you achieve—must be rebuilt brick by brick. It does not spike; it steadies.



THE THEMATIC SHIFT

How the Conversation Changed

The most profound metric of success was the stark evolutionary shift in what these students actively talked about before the programme versus after its conclusion.



Before the Labs: (The Challenges)

The narrative was dominated by Suppressed Emotions (3 students), Stress/Overwhelm (3 students), Lack of Confidence (2 students), and Academic Pressure (1 student).

After 12 Weeks: (The Outcomes)

The conversational themes shifted entirely to Emotional Release (4 students), Clarity & Mindfulness (3 students), Confidence & Self-Love (2 students), and Control & Calm (1 student).



“The cage remains the same. But these teenagers are no longer pacing inside it.”

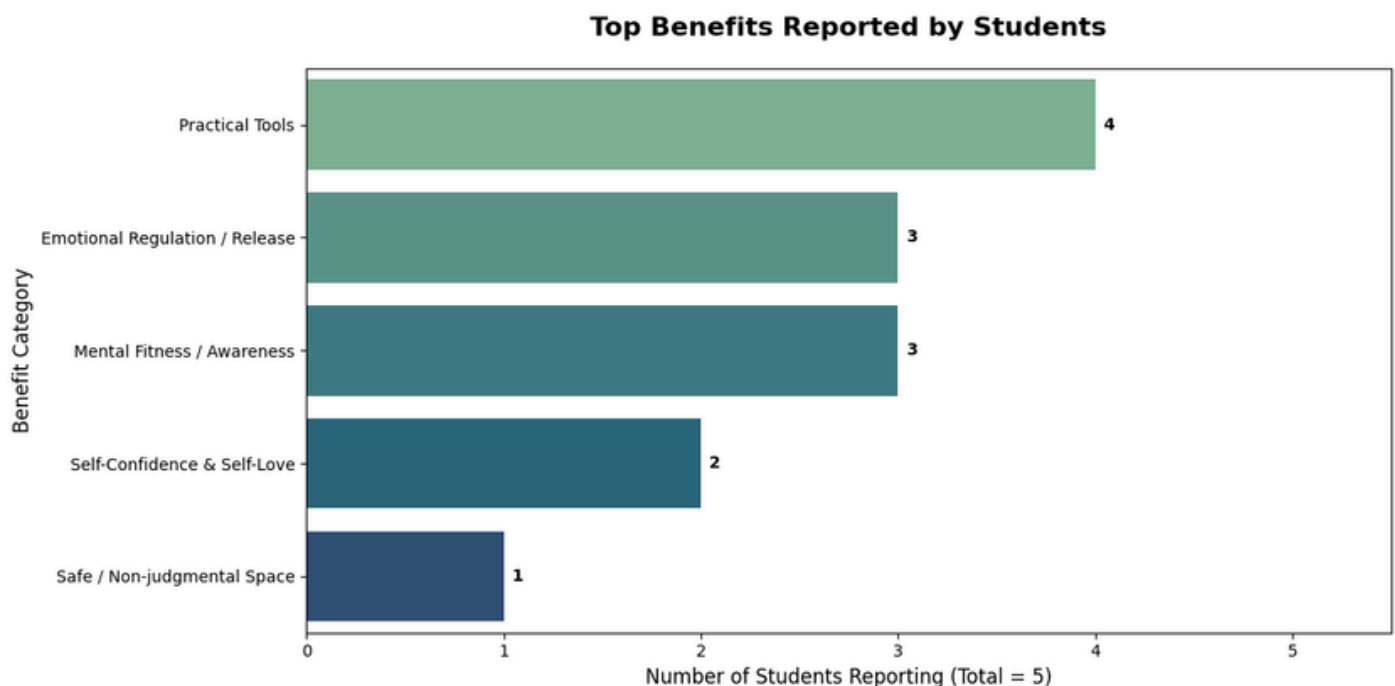
This image — the caged bear who keeps pacing even after the bars are removed — is one of **Inside Out Labs’ core frameworks for neural hardwiring.**



WHERE THE GROWTH SHOWED UP

In Their Own Words

When the students were asked to reflect on what the Labs had given them, **they were not prompt with pre-set categories.** These are the explicit benefits they named entirely on their own:



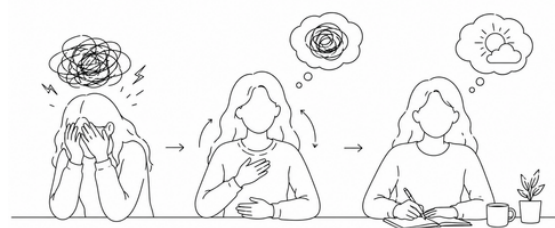


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4 out of 5 named Practical Tools: Tools they could actually run on a Wednesday afternoon when school felt like too much. **Understanding your brain is theory; being able to regulate it in real-time is freedom.**

3 out of 5 named Emotional Regulation & Release: The capacity to **move through an intense feeling** rather than shoving it down or acting it out.

2



3

3 out of 5 named Mental Fitness Awareness: The conscious moment of recognizing a self-sabotaging pattern as it happens and **knowing they are not stuck in it.**

2 out of 5 named Self-Confidence & Self-Love: The capacity to **move through an intense feeling** rather than shoving it down or acting it out.

4



5

1 out of 5 named a Safe, Non-Judgmental Space: As she noted, having a space free of expectations was the exact reason she **felt safe enough to do the inner work** at all.



EXPERT ANALYSIS

WHAT THIS TELLS US

By Aparna Gupta, Founder — Inside Out Labs Curriculum, Helping Kids Thrive

We spend enormous **cultural** and **financial energy** preparing our teenagers to perform in the world: **to score higher, to achieve more, to compete harder.**

Yet, we spend almost no time preparing them to be in the world: **to handle an inevitable setback without falling apart, to release a heavy emotion without suppressing it, to know exactly who they are when the grades don't come through.**

These six students spent **12 weeks** learning exactly that. When teenagers are given the right neural tools and an unconditional space to understand their own brains, they do not need to be pushed or policed.

They move — fast, deep, and permanently — on their own.

JOIN THE NEXT COHORT

The Next Cohort of Inside Out Labs is Open.

If you are a parent watching your teenager carry more internal weight than they are letting on, we would love to connect with your family.

Learn more about Inside Out Labs:

helpingkidsthive.in/inside-out-labs.html

