A MESSAGE TO CARING PARENTS

Nurturing Emotionally Resilient, Calm, and Screen-Balanced Children

In a world filled with endless notifications and academic anxiety, Uyirkudil transforms smartphones from a source of hyper-distraction into a calming sanctuary for your child's emotional balance, sleep health, and focused learning.

100% Ad-Free
Zero In-App Ads or Cookies

Daily Limits
Built-in Habit Guardrails

Pure Audio
Tamil & English Guidance

Offline Ready
Works Without Mobile Data



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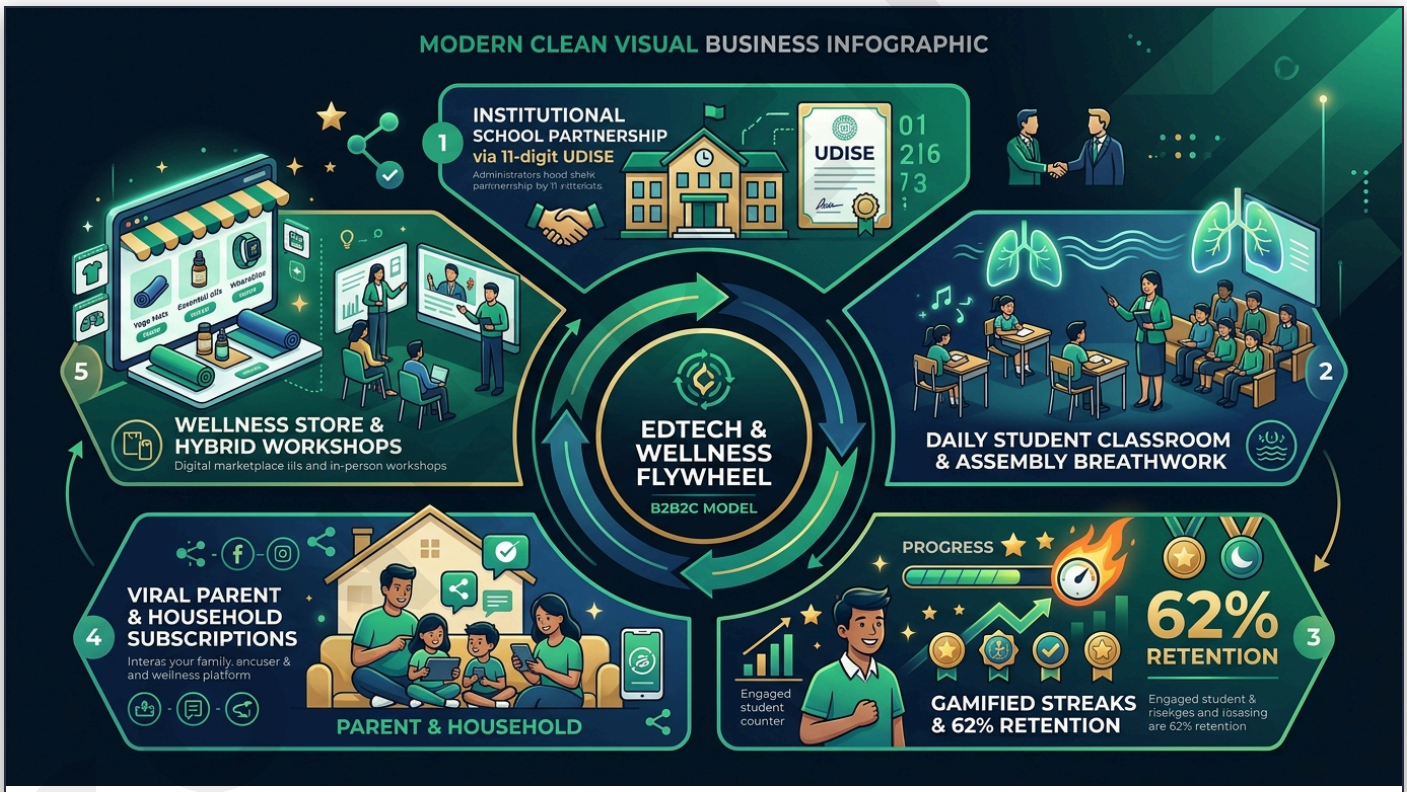
Turning Screen Time into Mindful Time

Replacing dopamine-driven doom-scrolling with scientific nervous system regulation.

As parents, we see our children struggling with short attention spans, bedtime restlessness, exam panic, and the magnetic pull of social media and video games. We cannot eliminate digital technology from their future, but we can teach them how to ground themselves within it.

How Uyirkudil Supports Your Parenting Journey

Uyirkudil provides a healthy 5-to-10 minute daily routine where children put down the games, close their eyes, and follow the soothing rhythmic guidance of traditional Pranayama breathing (Inhale, Hold, Exhale, Rest). It lowers cortisol (the stress hormone), activates the parasympathetic relaxation response, and instills lifelong emotional discipline.



The School-to-Home Loop: Seamless integration between morning school routines and evening family wellness

FAMILY ECOSYSTEM

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⭐ 8 Features Parents Appreciate Most

Engineered with safety, cultural heritage, and wholesome child development at the core.



100% Ad-Free & Child-Safe: Rhythmic 4-phase breathing circle, daily practice limits & positive habit streaks

SAFE MOBILE EXPERIENCE

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Zero Commercial Advertising

No popup ads, sponsored shopping links, or predatory in-app purchase prompts. Your child practices in a protected, distraction-free environment.

Healthy Daily Practice Limits

Unlike addictive apps that encourage endless binging, Uyirkudil incorporates daily completion targets and locks, encouraging steady 5–10 minute habits.

Rich Tamil & Cultural Heritage

Bedtime Sleep & Recovery Routines

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Authentic, poetic Tamil audio guidance connects your child to ancient Siddha and Vedic breathing traditions, fostering cultural pride alongside cognitive science.

Specialized evening relaxation exercises slow down rapid brainwaves, relieving bedtime anxiety and ensuring deep, restorative sleep before school days.



Wholesome Trophy Room

45 achievement badges celebrate persistence, streaks, and calm routines rather than speed or competition, building healthy self-esteem and perseverance.



Complete Privacy & Device Security

Strict COPPA-compliant privacy protections, device authorization limits, and encrypted student data ensure your child's identity remains completely secure.



Offline Mode (No Internet Required)

Keep mobile data turned off during study time! secure local storage lets children practice smoothly in flight mode or in areas with poor cellular reception.



Floating Favorites for Rapid Calm

Children can bookmark their favorite de-stress exercise and access it in 1 tap using the floating heart button during high-anxiety moments before an exam.



Family Events & Wellness Workshops

Participate in weekend family mindfulness webinars, campus parent-child retreats with 1-tap Google Maps directions, and expert-led exam calm masterclasses.

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The Observable Difference in Your Child

What parents report noticing after 21 days of consistent practice.

Daily Behavior	Before Uyirkudil	After 21 Days of Practice
Homework Start Time	Procrastination, frustration, repeated reminders	**✓ Quick 5-min breath reset, starts calmly**
Exam Eve Tension	Panic, mood swings, sleeplessness	**✓ Uses calming breathwork to regain composure**
Bedtime Routine	Screen addiction until late night	**✓ Wind-down breathing routine, faster sleep**
Emotional Resilience	Frequent temper outbursts under pressure	**✓ Greater self-awareness and patience**

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🎪 Family Events, Campus Retreats & Exam Support Webinars

FAMILY WELLNESS HUB

Strengthen emotional bonding, reduce exam-season anxiety, and experience the transformative power of shared mindfulness.

📍 1. In-Person Campus & Community Retreats

Wholesome weekend retreats held at school auditoriums or serene community spaces. The event card displays exact hall numbers, reporting times, and **1-tap Google Maps directions** for stress-free family travel.

💻 2. Online Family Masterclasses

Weekend webinars designed for parents and children to practice together in your living room. Features live countdown clocks, 1-tap join buttons, and **.ICS calendar sync** directly to your phone.

🌐 3. Hybrid Multi-Generational Sessions

Blended wellness gatherings connecting grandparents, parents, and children in synchronized breathwork across cities, celebrating cultural heritage and emotional harmony.

PARENTAL REASSURANCE & PRACTICAL FEATURES

📝 Pre-Exam Support Webinars

Expert child psychologists teach parents how to respond to exam panic, create a supportive home study environment, and optimize sleep cycles.

💬 WhatsApp Coordinator Hotline

Need help with venue parking or event timings? 1-tap WhatsApp chat connects you directly with friendly event coordinators.

⚡ Habit Streak Protection

Attending a family event credits your child's daily streak, reinforcing that wellness is a valued priority acknowledged by the family.

📜 Verified Growth Milestones

Receive verifiable digital certificates commemorating your child's completed wellness programs and developmental milestones.

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💡 How to Support Your Child at Home

Simple ideas to make breathing practice a beloved family ritual.

- **Practice Together:** Dedicate 5 minutes before morning breakfast to sit together as a family and do the rhythmic breathing exercise. Children model what they see!
- **Celebrate Streaks:** When your child earns a new badge in their Trophy Room (e.g. 7-day or 30-day milestone), celebrate their dedication and focus.
- **Create a Calm Corner:** Designate a quiet corner with a comfortable cushion or yoga mat free from television and gadget noises.

💳 Transparent Family Wellness Pricing

ACCESSIBLE PLANS

👨‍👩‍👧‍👦 Household B2C Family Plan

/ student / month (₹1,200/yr)

Independent family subscription. Unlocks student focus modules, exam relief breathing, parent sleep tracks, and weekend family webinar invites.

🏫 School B2B Institutional Coverage

100% COVERED (By Partner School at ₹60/mo)

If your child's school has partnered with Uyirkudil under the institutional license (₹60/student/month), your child's full access is completely free!

🎁 **Founding School Perk:** Families of the **first five enrolled schools** receive 100% complimentary access to all weekend wellness events and dedicated campus/app store availability!

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Give Your Child the Gift of Lifelong Calm

If your child's school is already partnered with Uyirkudil, simply sign in with their school ID. Otherwise, subscribe for ₹100/month to start a shared family wellness journey.

📲 Download for Family Practice

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