

APRIL TO JUNE

TRAINING SESSIONS FOR TEACHERS

In the month of May, various Virtual meetings/Webinars were conducted for teachers in which the main purpose was to instil skills among teachers such as storytelling skills, communication skills, therapeutic skills and the like. To enhance teachers' understanding of their students, they were acquainted with theory of multiple intelligences & basic information on mental health issues.

MEDITATION SESSIONS FOR TEACHERS

To facilitate mental & emotional wellbeing of teachers, few meditation sessions were also organised for different groups of teachers.



CAREER COUNSELLING SESSIONS FOR SECONDARY STUDENTS

In the beginning of session, a series of three webinars was organised for students of std. X, focussed on providing knowledge on various career opportunities in the field of Arts, Commerce, FMM & Science. Resource person Mr. Bhupinder Singh from BCM Arya School shared detailed information on FMM (Financial Marketing & Management).



CAREER COUNSELLING SESSIONS FOR MIDDLE SECTION STUDENTS

Apart from regular life skill classes for the students of primary & middle wing, sessions on career counselling were organised for all the classes of VI to VIII. Students were provided knowledge about the initial stages which are significant for the selection of careers. In this the students were given knowledge about aptitudes, interests, knowledge of significant personality factors responsible for choosing specific careers followed by different career fields.



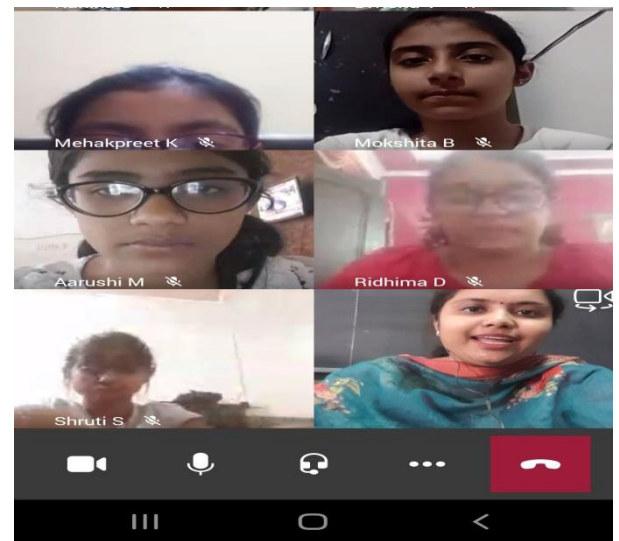
VALUE EDUCATION FOR PRIMARY STUDENTS

Sessions on moral educations were conducted for the students of the primary wing to enhance their ability to awaken their inner possibilities. Through stories, power point presentations and discussions, the students were given knowledge about moral values and the ways to follow the path of righteousness through various phases of life.



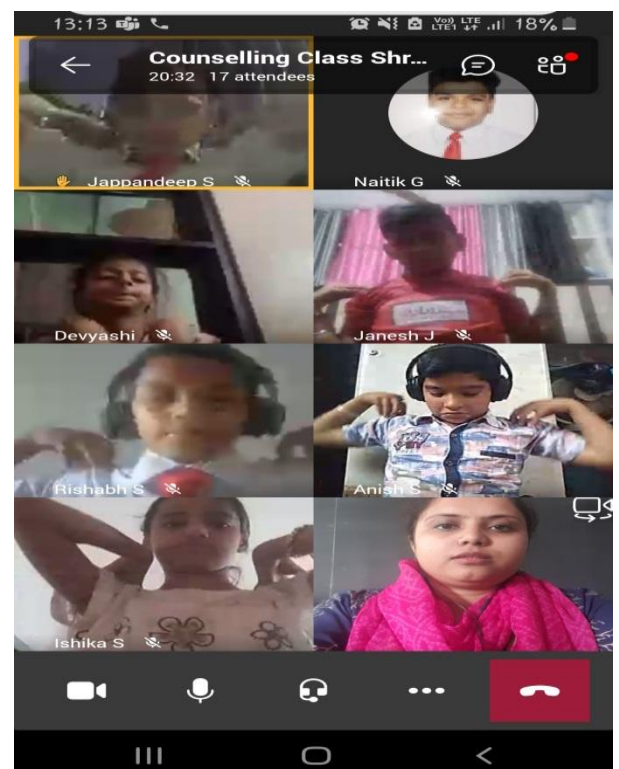
Understanding Puberty

Special sessions were organised for the girls of class VI on “Understanding Puberty” to make them understand and accept the physical, emotional & behavioural changes coming in them due to puberty.



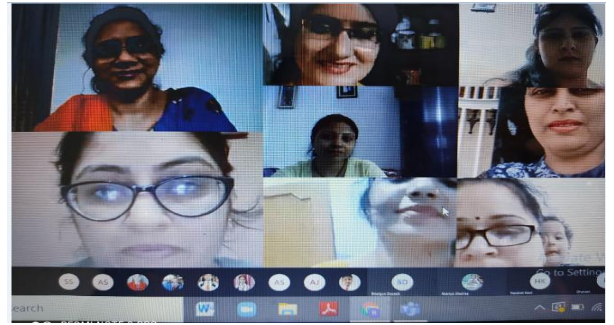
BRAIN GYM FOR STUDENTS

Activities were conducted for the students of middle wing wherein brain games were played, brain gym exercises were carried out. The students were acquainted with the various creative and scientific ways to enhance their concentration span.

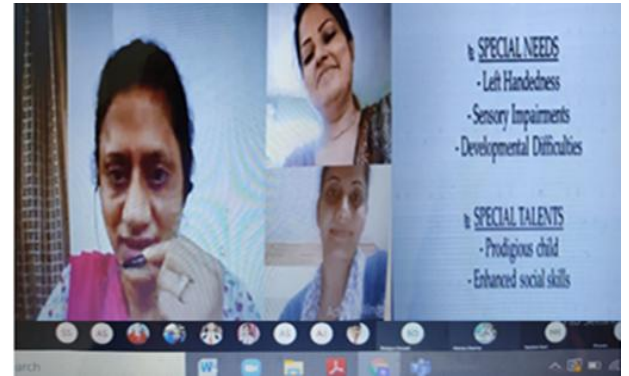


SESSIONS FOR PARENTS

During the month of June, webinars were organised for the parents of primary & middle wings students, where the focus was on discovering of natural talents in their children, understanding their interests and aptitudes, modern career opportunities, etc.



The counselling cell guided the parents of kindergarten too on parenting skills. They were given tips on helping their kids get acquainted with school, ways to spend quality time with their kids and also how to understand their psychology.



JULY TO SEPTEMBER

STRESS MANAGEMENT SESSION FOR STUDENTS

A session on stress management was organised for the students wherein they were given the information about how stress impacts one's mental as well as physical health and how it depreciates one's ability to lead life in a more holistic manner. They were also given tips for dealing with stress following which a visualised imagery session was also conducted In order to help them practice mindfulness as a technique to deal with stress.



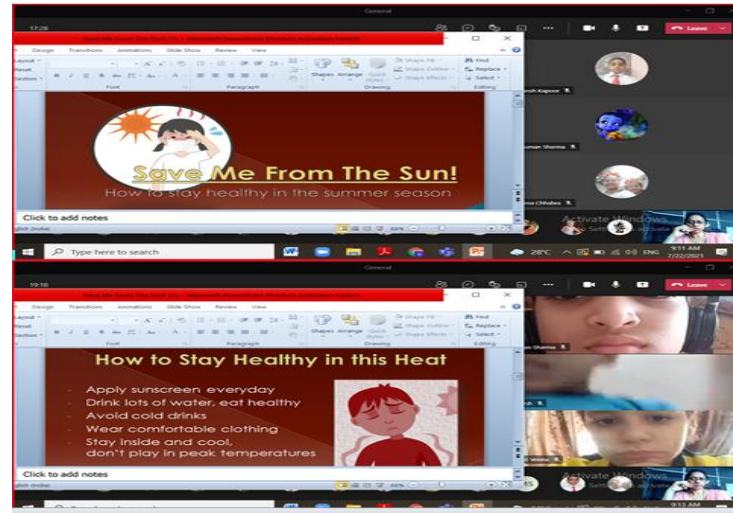
UNDERSTANDING DISASTER MANAGEMENT

A session was organised on disaster management wherein the students were given the understanding of the core of the natural and man-made disasters. They were also given valuable information about the preparedness with which such situations could be handled. Information about first aid kit and the ways to use it wisely and in a correct manner were discussed using videos and power point presentation.



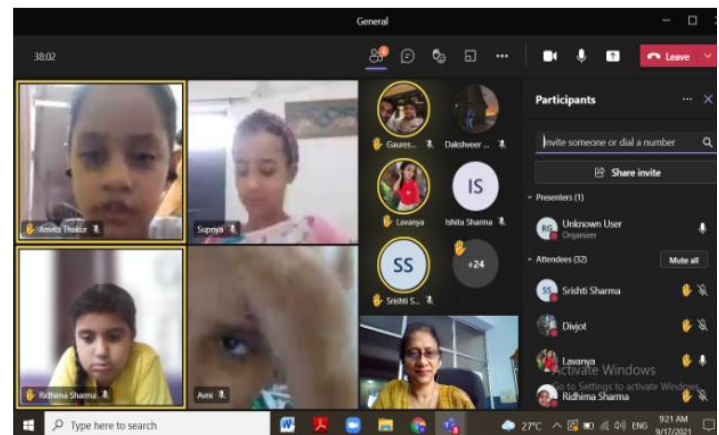
SESSION ON SUMMER SAFETY

To enhance health awareness, students of primary wing were taught how to stay healthy in the summer season. They were informed about symptoms of heat strokes and how to help a person after a heat stroke. Simple tips were given to stay cool and healthy.



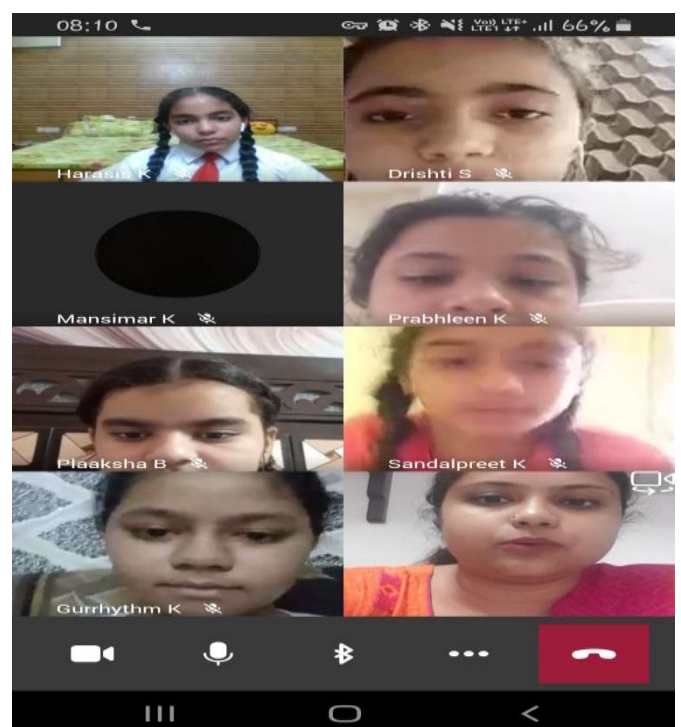
"COMPLETE THE STORY" SESSION

An activity was conducted for the students of primary wing in which they were provided with incomplete stories and were asked to complete them as per their own ideas. This activity enhanced their creativity and imagination. Besides this students were motivated to exercise their brain power in their school projects and assignments instead of simply depending upon internet for ideas.



WRITEAN AUTOBIOGRAPHY

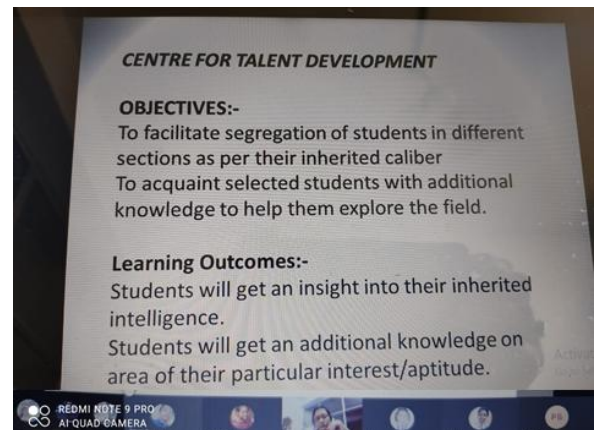
The students of the middle wing were asked to write a title to their autobiography if it had to be published along with a creative and attractive foreword. They were given hints, ideas to enhance their writing and thinking skills. This activity led to the enhancement of their self-understanding skills as well as creativity.



“SHAPING THE FUTURE”

SESSION FOR PARENTS

Parents of standard V were acquainted with school’s new initiative **“Centre for Talent Development Programme”**, which has been designed to train gifted/talented students by providing them additional knowledge to help them enhance their inherited calibre. Along with this tips were provided to the parents to help them discover the innate aptitudes of their wards.



SESSION FOR STUDENTS ON “EXAM TIPS”

Students of the middle wing were given exam tips through video presentations and interactive discussions. The main feature of the session was introduction of “Mnemonics”. The knowledge of various forms of mnemonics and the uses of each for better understanding and retention were provided to the students along with some fun activities wherein the students were tested on their ability to retain. The students were also encouraged to use their creativity while using the different forms of mnemonics while studying.

