



NATIONAL PUBLIC SCHOOL

KENGERI, BENGALURU

Report on Social Emotional learning–Drishti

“Social Emotional learning to foster a happy classroom, today and beyond.”



A workshop on Social Emotional learning was conducted on 13th July 2024, in our school by Ms Vaibhavi Shet (Dept Coordinator, Drishti Counseling Centre) and Ms. Jasmine (psychologist, Drishti Counseling Centre) which provided the insight to the key elements of Social Emotional Learning to make a happy classroom for both students as well as teachers.

The workshop began with a session on the SEL skills and their importance in making an educator's personal and professional life successful. It emphasised on the strategies as to, how a happy teacher can create a happy classroom. The session continued with how the psycho- social environment of a child reflects in his/her behaviour.

The session was followed with the importance of embracing diversity in the classroom for a healthy teacher – student relationship. The session also included the stages of Active listening and ways of problem solving which could sort many issues within the organisation or within the classroom. The main highlight was the happiness formula to be a part of every classroom.

Participants actively engaged in a group discussion about each skill of Social Emotional learning and the effective use them in their personal and professional lives. They also engaged themselves in role-playing exercises to depict their dream classroom. Individual activity to display the strengths that helped them understand the importance of being a strong individual which can make a change in their thinking perspectives.

Interactive discussions and group reflections allowed participants to articulate insights gained from the sessions and brainstorm practical applications in their professional roles. The workshop encouraged a collaborative learning environment, facilitating the exchange of ideas and best practices among educators.

The Social Emotional Learning to foster a happy classroom was an emphatic success. Every participant was enriched with the insights of the resource persons so as to integrate each Social Emotional Learning skills in their professional growth.

