



NATIONAL PUBLIC SCHOOL, Kengeri, Bengaluru

WORKSHOP REPORT ACADEMIC YEAR 2025-26

SAKSHAM: EMO-QUEST

Date: 11th July 2025

Time: 10.00 AM to 12.00 PM

Venue: National Public School, Kengeri, Bengaluru

Resource person: Ms Meghana Pattnaik



A session "Emo- Quest" -journey towards emotional resilience, was conducted by "Saksham" an initiative by Val-ed. It was a selfless effort for helping children understand their feelings and by guiding parents to embrace each child's uniqueness, to build a foundation for empathy, self-regulation, and lifelong mental well-being.

The session helped the parents to bridge the emotional gap between them and their children by creating a shared language for feelings. Through playful activities, storytelling, and emotion-based games, the session gave the parents an insight into their child's unique emotional style, learning to respond with empathy and flexibility.