



NATIONAL PUBLIC SCHOOL, Kengeri, Bengaluru

Report On Teachers' Capacity Building Programme

“A happy person is someone who is frequently cheerful, only occasionally sad, and generally satisfied with his or her life”

National Public School Kengeri, Bengaluru had organized Teacher's Capacity Building Programme on 'Happy Classroom' on 3rd December, 2022. Ms. Deepa Rani – Principal, BGS Global School and Ms. Anita Bijesh- Principal, DPS South were the Resource Persons'.

The first session was conducted by Ms. Deepa Rani with self-awareness scale extended to self-motivation, relationship management which leads to social awareness. Any classroom situation which threatens our patience should always practice STOPP to resolve most of the problems. It was added that Emotional Intelligence is a key to identify and manage one's own emotions as the others emotions. Importance of moderating our emotions to bring balance or EI regulation for classroom situation was also emphasized. Teachers were given an activity to write about staffroom and classroom discipline on chart paper and every group of teachers were asked to take a walk through to all tables to understand the common factor. This led to the discussion on Classroom behavior, Psychological, environmental and biological factors which evokes misbehavior of students.

Professional conduct was also discussed with a quote “Be like a friend to the students but never be a friend”. Pre-Lunch session was taken over by Ms. Anita Bijesh with an activity on colours which focused on different perception. Empathy and sympathy were differentiated; pleasure and well-being were illustrated to have happy classrooms.

Post-lunch began with the definition of mindfulness and developing effective pastoral care programme. Many classroom scenarios were shared to imply better strategies for a conducive classroom. The session was concluded with the understanding that happiness is all about how we manage our-self and our relationship with our fellow teachers and students. A happy classroom cannot be built in a day; it needs sustainable and continuous efforts by all stakeholders.

“Happier students work better, healthier, do well in assessments, and are generally more successful.”

