

Workshop- Value of Empathy



Keeping in mind the importance of moral values in our lives, a workshop was organized for classes II-V on 22nd January, 2020 at the Mittal Auditorium. The resource person for the same was Ms. Satinder Ahuja, mother of Ananya Gupta of class II-A. She apprised

the students on one of the basic values that we should live our life upon-‘Value of Empathy.’ The workshop began with a very interesting blindfold activity which the students thoroughly enjoyed. The students also expressed their feeling after this activity. It helped them in acknowledging the fact that how others are feeling and how one should respond appropriately to the situation. She further narrated three interesting stories based on empathy for the students to understand and share their feelings with each other. A few pictures were shown which clearly specified that there are two sides of the same coin and one should understand the opposite persons’ perspective. As rightly said, ‘We must put ourselves in the shoe of others to exactly feel their pain.’ At the end, Ms. Gurprit Kaur, Deputy Head Junior School presented a token of appreciation.

