

CROSS BANDING SEASON – 4 AT SAT PAUL MITTAL SCHOOL



It was a moment of great pride for Sat Paul Mittal School to host *Cross Banding Season - 4 (Session – 2)*, a special workshop for the Principals on 20th January 2024. A repository of distinguished personalities from the field of education addressed the session. A National Teacher Awardee Ms. Bhupinder Gogia, Principal, Sat Paul Mittal School accorded a warm welcome to all the participants from the leading schools of Ludhiana. Dr. Paramjeet Kaur, Director of Arya Samaj Group of Schools, Ludhiana and also, a National Teacher Awardee shared her profound insights and experiences with the participants. Digital Brainpower and Time Management, core capabilities, were stressed upon for better outcomes. Emphasising how healthy leadership team is better equipped to navigate challenges, inspire others, and achieve long-term success, Ms. Gulneet Chahal, Emotional & Behavioural Consultant, enlightened the gathering about the mental wellbeing of the leadership community. Mr. Sanjeev Tyagi, Wellness & Yoga Coach, helped the participants rejuvenate themselves with 'Laughter Yoga'. Indeed, it was an endeavor aiming for a holistic well-being of educational community, which is the backbone of the academic institutions it chairs, to enhance the educational landscape.