

Workshop on Social Emotional Learning held by Ms. Geetanjali Kalia, the School Counsellor for the teachers



As a part of teachers' conclave, a workshop on Social Emotional Learning (SEL) conducted by Ms. Geetanjali Kalia, the School Counsellor on 3rd and 4th July 2024. Social-emotional learning (SEL) involves developing self-awareness, self-control, and interpersonal skills, which are crucial for success in school, work, and life. The session commenced with an ice breaking activity "Connect before Content," allowing the teachers to know each other better. Ms. Geetanjali discussed the five domains of SEL: Self-Awareness, Self-Regulation, Social Awareness, Relationship Management, and Decision Making. She emphasized that finding joy in everything is a key to true happiness. She emphasized that by handling different situations positively will create happy and healthy environment.

The workshop underscored the importance of happiness and explored different philosophical perspectives like Hedonism (seeking pleasure) and Eudaimonia (finding contentment through purpose). Practical strategies for cultivating happiness were discussed, emphasizing its role in fostering positivity and resilience. Participants gained insights into the role of emotions, including unhappiness, as vital signals for well-being. Stories like those of Isaac Brown and Ashlyn Blocker highlighted the significance of understanding pain and its messages. It was followed by a worksheet wherein the teachers shared their areas of unhappiness.

The teachers were guided on creating happy classrooms by offering warmth and attachment to the students. It was indeed an enlightening session for the teachers.