

WELLNESS WEEK

Wellness Week was organized at N. C. Jindal Public school, Punjabi Bagh, New Delhi with an aim to address students' physical, mental, emotional and social well being during the second wave of the pandemic. Many activities and interactive sessions were conducted during this week for the students of Classes VI to X, which were strategically planned to engage them in a variety of modules based on issues and concerns relating to their personal and social life.

17thMay2021-Gratitude Unlocks

An interactive workshop was conducted online on "Gratitude Unlocks" for the students of Class VI, on 17th May 2021. The main aim of this workshop was to inculcate the Attitude of Gratitude in students during the difficult times. The students were engaged using Power point presentation, short video clips and activities. The students learnt to make Gratitude journal and Gratitude cards for their parents, teachers and even for their domestic help. They were further apprised about the importance of Gratitude. The students were trained to create a Gratitude Jar so that they can recall their blessings at a later stage and be thankful for what they are blessed with.

18thMay 2021-Care and Compassion

The students of Class VII were sensitized towards Care and Compassion on 18th May, on a virtual mode. The concept was explained through Power point presentation, video clips and games. The students enthusiastically participated in the team building game. They contributed in the session by sharing their views on how differentially abled children can be included in all the activities. This showed their learning in a big way. They mutually approved that they need to display their care not only towards human beings but towards all other living beings, including nature and Mother Earth. The session concluded with the promise that each child would plant at least one sapling this monsoon and take care of it till it is able to sustain itself.

19thMay2021-The Power of Hope

The students of Class VIII were imparted online education on the topic "The Power of Hope" much relevant to the present times. During this session, optimism was infused in the students. They all shared that they are very hopeful that very soon this pandemic will be over and they will have a normal life as before. They could relate to the ideas shared through Powerpoint presentation, video on Pandora box and the story of "Four lamps". They came forward in expressing their belief in Hope and created the iro wn acronym for HOPE during the activity. The activities focused on various aspects of hope like, signs of hope, role of hope, importance of hope and how too vercome hard times.

20thMay2021-Peer Pressure Healthy/ Stressful

The major concern 'Peer Pressure' was discussed online with the students of Class IX on 20th May. The interaction commenced with an insight into various aspects of Peer Pressure and how to deal with it. The session kick started with the brainstorming session on individual experiences of peer pressure, followed by different case studies describing everyday situation of peer pressure. A powerpoint presentation highlighted the aspects of healthy and stressful peer pressures. Through various activities, the students were encouraged to provide positive peer pressures so that they study hard and achieve better with a healthy competitive spirit. The session concluded with the empowerment of students with various strategies to deal with peer pressure. It was an enlightening session, broadening the horizons of students on the need to be pre-equipped to deal with peer pressure to maintain personal resilience.

21stMay2021-Life skills for a Purposeful life-Communication Skills

For the students of Class X, the session was based on the topic "communication skills". This was also conducted online. At the outset, the students were asked to reflect on their strengths as learners, and then to brainstorm on the habit of highly successful students. The students were made aware of their own communicational skills through power point presentation. They were asked to analyze their own communicative abilities. Subsequently, practical tips were provided to them to improve their communicational skills. Need to enhance vocabulary, and use of correct body language were emphasized. Videos were also shown to make them aware, how good communicational skills can make effective communication. The students enthusiastically participated in the role play activities and shared the challenges faced by them. During the activities, diverse strategies were provided to students to overcome their shortcomings.