

CBSE - CAPACITY BUILDING PROGRAMME

HAPPY CLASSROOMS

Attendees: Ms.A.V.Anuradha, Ms.Anupama, Ms.Ch.Aruna, Ms.Mamta,
Ms.Kanaka Durga, Ms.E.Lakshmi, Ms.Sreelakshmi,
Ms.Vasavi, Ms.V.Srilatha, Ms.Aarathi

Resource person: Ms.Anuradha, Ms.M.V.Usha Thanmayi

Date: 30/12/2023

Time: 9:00AM – 6:00PM

The workshop guided the teachers on how a happy environment can be created in the classroom, to make studies engaging for students. The resource persons shared their observations, experiences and facts. To promote the emotional well-being of students and teachers, the workshop was based on ways of keeping children's minds focused on the task at hand, teaching them to live harmoniously with family and society and develop a holistic outlook and perspective of life.



Through discussions based on various real-life incidents, it was concluded that a happy classroom can be created through affection, respect, trust, conceptual clarity, sensitization and practice to live in harmony with nature at large. One should understand the source of happiness and how to ensure its continuity. The teachers were told to lend an ear to every student and maintain effective communication and harmony in every relationship.

The second session focused on Emotional Intelligence, Emotional Self Regulation, dealing with behavioral issues and Functional Behavioural Analysis. With various interactive activities, they enabled the teachers to recognize how an emotional equilibrium can be maintained. Through various examples, the importance of reducing the communication gap in the student-teacher-parent three-way relationship, to develop healthy and cordial relationships between them was explained. Motivating the students with various incentives to maintain a conducive learning environment, identifying the root cause of the problem and not labelling a child were some of the key elements of the workshop.

It was emphasized that during situations that trigger emotions, one must exercise the STOPP technique which helps one to respond rather react. The technique involves five steps –

(1) S- Stop or pause for a moment, (2) T – Take a deep breath, (3) O- Observe your thoughts, (4) P – Pull Back and put in some perspective, and (5) P – Practice (what works & proceed).

The Resource Persons provided the participants with an insight on Managing stressful situations, Creating a balance in their personal and professional fields and Taking care of their physical and psychological well-being. All the participants felt overwhelmed and participated actively in all the self- awareness and self-reflection exercises, group discussions and activities. The teachers were motivated to work on the happiness score and ponder over the areas which required attention and improvement

