

**Topic of the session:** Speak Up, Not Loud! Communicating without Conflict

**Grade:** VII<sup>th</sup> (All sections).

**Date:** 17th & 18th July 2025, Thursday & Friday

**Venue:** High School Auditorium.

**Resource team of the session:** Dept. Psychology.

**Objectives of the session:** The session aimed to help students express themselves respectfully and confidently. Through interactive group activities, they learned the value of active listening, using “I” statements, and managing conflict calmly. The session encouraged assertiveness and mindful communication among peers.

