

CAPACITY BUILDING PROGRAMME ON “HAPPY CLASSROOMS”

To equip teachers with the knowledge, skills, and mindset required to create joyful, emotionally secure, and inclusive learning environments, the Central Board of Secondary Education (CBSE) conducted a Capacity Building Programme on “Happy Classroom.” The workshop took place on 2nd May 2025 at Sanskriti School, Kondapur, from 9:00 AM to 5:00 PM by the resource persons Mrs C. V. Rama Devi (Principal, Unicent School) and Mrs Sujatha Naida Sayana (Principal, The Creek Planet School) and was attended by our faculty from primary and middle school: Ms. Neelam, Ms. Shailaja, Ms. Gowri, Ms. Rohita, Ms. Gayatri, and Ms. Tanuja.

The main objective of the programme was to help teachers build positive classroom environments that support emotional well-being, inclusivity, and student-teacher connection.

The session focussed on managing classroom stress, promoting mental health, and adopting happiness-oriented teaching strategies. It highlighted the importance of empathy, emotional safety, and strong teacher-student relationships in enhancing student engagement, motivation, and holistic development. The overall goal was to transform classrooms into spaces where both teachers and students thrive emotionally and academically.

The workshop witnessed enthusiastic participation from over 60 teachers representing reputed CBSE schools across Hyderabad and featured interactive sessions, including engaging games and group activities.





The following key points were discussed in the workshop

- **Understanding Happiness:** Differentiated genuine happiness from fleeting joy; emphasized empathy and emotional safety in classrooms.
- **Mental Health & Teachers' Role:** Highlighted how teachers' emotional states influence students' well-being and learning.
- **Emotional Intelligence (EI):** Explored self-awareness, social skills, and managing emotions effectively through an EI self-assessment.
- **Self-Regulation Strategies:** Introduced STOPP, CARE and PLEASE toolkits to manage emotions in classroom situations.
- **Student Misbehaviour:** Reframed misbehaviour as a form of communication and encouraged empathetic responses over punishment.
- **Student Well-Being:** Emphasized long-term emotional fulfilment, not just academic performance, through reflective activities.
- **Creative Expression:** Teachers engaged in poetry, skits, storytelling, and art to integrate creativity with emotional learning.
- **Pathways to Happiness:** Introduced the happiness formula ($H = S + C + V$) and practical strategies to build joyful classrooms.

- **Storytelling in Teaching:** Explored storytelling as a powerful tool for emotional connection and concept delivery.

Conclusion:

The workshop was insightful and transformative, reminding educators of their crucial role in nurturing emotionally resilient students. Participants left with practical tools and a renewed commitment to building happy and emotionally safe classrooms.

