

IN - SERVICE TRAINING PROGRAMME FOR TEACHERS

The Bishop's Co-Ed School, Kalyani Nagar held a workshop for its Junior School teachers, in July 2022. The topic of the workshop was "**Teacher and Student Well-being**". The resource person for this workshop was Mrs. Gayatri Chadwa. The day began with the Lord's Prayer and a short introduction of Mrs. Chadwa.



The In-service Training Programme took off by the famous quote - "**Teaching is not a job; it's a lifestyle. It permeates your whole life.**" Dr Jill Biden, followed with an icebreaker activity which added humour to the session. The workshop used a combination of digital presentation and activity-based learning.

The first half of the workshop was related to teacher's emotions and well-being. Mrs Chadwa also emphasized how post lockdown, students were taking time to adjust and readapt to the physical school routine. The workshop also aimed at how teachers can achieve a work-life balance by applying the – Rose, Thorn and Bud Check in therapy.





The second half of the workshop was related to student's psychosocial development. To understand this, various methods were taught and shown to the teachers. To name a few – A one word story, relaxation hand gesture techniques, 7C's of Communication, etc.

The session concluded with a very interesting paper folding activity which helped all to understand that though similar set of instructions were given to everyone, all came out with different results, which made everyone realize that each one is unique in the way he/she perceives.

The teachers were thankful to the management for organizing this insightful programme.

Report by,

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