

## Workshop Details (2023-24)

WORKSHOPS		
S.NO	NAME OF WORKSHOPS	CLASS
1	HEALTH & HYGIENE	NURSERY- GRADE1
2	BODY SAFETY	
3	HELPING BEHAVIOUR	
4	BE HONEST, BE BRAVE	
5	HEALTHY MINDS	GRADE 2-3
6	KNOW YOUR EMOTIONS	
7	EXPLORING THE INNER SELF	
8	BUILDING HEALTHY RELATIONSHIPS	
9	UNDERSTANDING & MANAGING EMOTIONS	GRADE 4-5
10	ANTI- BULLYING	
11	INTERPERSONAL SKILLS	
12	GOALS SETTING	
13	ASSERTIVENESS	GRADE 6-8
14	GROWTH & DEVELOPMENT	
15	EMOTIONAL INTELLIGENCE	
16	CYBER SAFETY	
17	TIME MANAGEMENT	GRADE 9
18	ADOLESCENT ADVOCACY PROGRAM	
19	TIME MANAGEMENT	GRADE 10
20	CAREER COUNSELLING	
21	EXAMINATION SKILLS	GRADE 11
22	SUBSTANCE ABUSE	
23	STRESS MANAGEMENT	GRADE 12
24	EXAMINATION SKILLS	