



BIRLA PUBLIC SCHOOL GANGANAGAR

(A UNIT OF BIRLA EDUCATION TRUST PILANI)

Session 2023-24 **WORKSHOP REPORT**

EVENT NAME- SELF ESTEEM

CLASS, DATE AND DAY- VIII-A (12/10/23) Thursday
VIII-B (11/10/23) Wednesday

Objective:

- To foster positive qualities in oneself.
- To enhance the overall well-being.
- To learn about intra and interpersonal communication.

Participants:

- Students of class VIII-A (Present-33 and Absent- 02)
- Students of class VIII-B (Present-25 and Absent- 04)

Methodology:

In this workshop, the activities were planned in order to help students learn about the role of self-esteem in building healthy relationships and communicate effectively.

Brief note about the activity:

Students got the opportunity to learn how to be more assertive and appreciate oneself.

Learning Outcomes:

- Learning how to communicate effectively and assertively with oneself and others.
- Understanding the benefits of appreciating oneself.
- Learning how to reflect on our personal strengths and weaknesses.

Enclosure:

- 1.Circular
- 2.Poster
- 3.Activities done by students



CIRCULAR

Workshop – Self- Esteem – “Believe in yourself and your abilities”

Class – VIII

Dear Parents/Students
Greetings!

"Beauty begins the moment you decide to be yourself". Self-esteem is overall opinion of yourself and your beliefs. BPSG focuses in teaching how students can improve their intra as well interpersonal skills, work effectively and achieve success.

Objectives of the workshop

- Promoting the power of positive affirmations and self-talk.
- Enhancing overall wellbeing.
- Developing interpersonal and intrapersonal skills.
- Appreciate positive traits in oneself and others.

NOTE- The workshop will be conducted in the regular counselling periods.

Regards
BPSG

ESTD. 2019



SELF-ESTEEM

"BELIEVE IN YOURSELF AND YOUR ABILITIES"

CLASS - VIII

HIGHLIGHTS OF THE WORKSHOP

- Defining self-esteem and its importance in everyday life.
- Encouraging students to reflect on their strengths and weaknesses.
- Teaching the power of positive affirmations and self-talk.
- Helping students break down big goals into manageable steps.



Report by :
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ESTD. 2019