



# BIRLA PUBLIC SCHOOL GANGANAGAR

(A UNIT OF BIRLA EDUCATION TRUST PILANI)

Session 2023-24



CBSE AFFILIATION NO. 1730974

## 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