



BIRLA PUBLIC SCHOOL GANGANAGAR

(A UNIT OF BIRLA EDUCATION TRUST PILANI)

Session 2023-24 WORKSHOP REPORT

EVENT NAME- Positive Attitude

CLASS, DATE AND DAY- VI A (08/09/23 and Friday)

VI B (14/09/23 and Thursday)

Objective:

- To foster stronger relationship with positive thoughts.
- Positive thoughts can improve overall well-being.
- Understanding the concept of gratitude.

Participants:

- Students of class VI-A Present- 28 Absent- 03
- Students of class VI-B Present- 27 Absent- 04.

Methodology:

In this workshop, the activities were planned in order to help students learn about how to be more effective with one's thoughts and keep oneself motivated.

Brief note about the activity:

Students got the opportunity to learn how to be composed, flexible and learn how to positive while solving problems effectively.

Learning Outcomes:

- Learning how to be self aware about ones thoughts.
- Understanding the benefits of intrapersonal relationship.
- Learning to have a positive mindset.

Enclosure:

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

ESTD. 2019



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A WORLD CLASS AIR-CONDITIONED ENGLISH MEDIUM CO-EDUCATIONAL CBSE
SENIOR SECONDARY DAY SCHOOL, DAY BOARDING AND BOARDING SCHOOL

SESSION 2023-24
CIRCULAR

Workshop – Positive Attitude “See the glass half full”

Class – VI

Dear Parents/Students

"Positive attitude is a mindset that allows us to focus on the good in every situation and unleash the untapped potential." Keeping the same vision in mind BPSG is conducting a workshop on Positive Attitude. BPSG focuses in helping students learn and achieve more, as they develop new skills, gain new understandings.

Objectives of the workshop

- How positive thoughts and actions can improve overall well-being.
- Encouraging students to develop a positive self-image and belief in their own abilities.
- Understanding the concept of gratitude.

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

Regards
BPSG



POSITIVE ATTITUDE

"SEE THE GLASS HALF FULL"

CLASS - VI

HIGHLIGHTS OF THE WORKSHOP

- Exploring the concept of gratitude and its benefits.
- How positive thoughts and actions can improve overall well-being.
- Introducing mindfulness as a way to stay present and reduce stress.

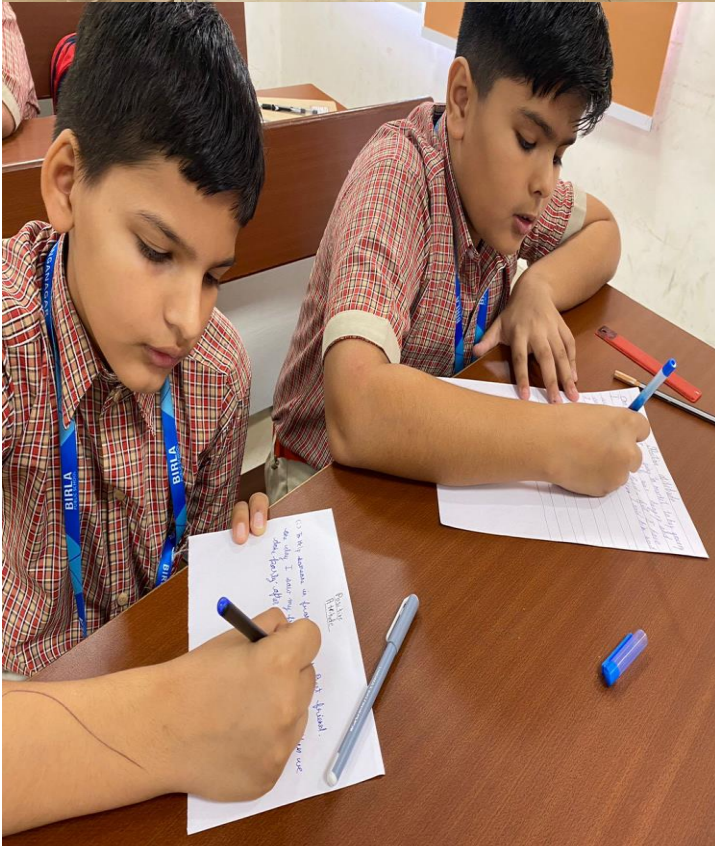
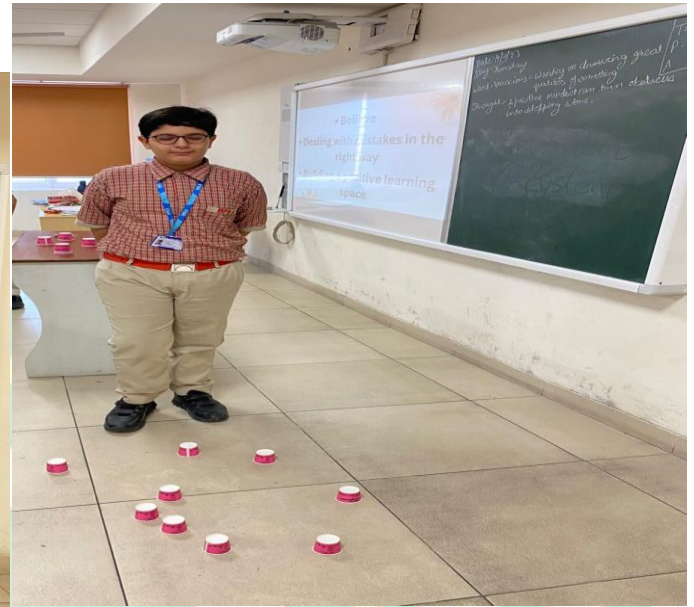


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ESTD. 2019

Report by :
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