



# BIRLA PUBLIC SCHOOL GANGANAGAR

(A UNIT OF BIRLA EDUCATION TRUST PILANI)

## Session 2023-24 WORKSHOP REPORT

**EVENT NAME-** Resilience

**DATE AND DAY-** 31/08/23 and Thursday

**CLASS-** IX

### **Objective:**

- To make students aware of the five pillars of resilience.
- How to manage emotions and regulate responses to stress and adversity.
- Encouraging students to develop a positive self-image and belief in their own abilities.
- Helping students set realistic goals.

### **Participants:**

- Students of class IX
- Present- 26
- Absent- 11

### **Methodology:**

In this workshop, the activities were planned in order to help students learn about how to manage emotions and regulate responses.

### **Brief note about the activity:**

Students got the opportunity to learn how to be more focused, flexible and learn how to solve problems effectively.

### **Learning Outcomes:**

- Learning about the five pillars- vision, collaboration, health, composure and tenacity.
- Learning the ability to gain confidence and facing situations effectively and efficiently.
- Being vigilant.

### **Enclosure:**

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



**BIRLA PUBLIC SCHOOL GANGANAGAR**  
(A UNIT OF BIRLA EDUCATION TRUST PILANI)

  
CBSE Affiliation No. 1734974

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

SESSION 2023-24  
CIRCULAR

**Workshop – Resilience - "Bounce back from adversity."**

**Class – IX**

**Dear Parents/Students**

**"Adversity is a fact of life, but resilience is the key to overcoming it." Resilience is the ability to adapt and to bounce back from adversity and come out stronger on the other side. Keeping the same vision in mind BPSG is conducting a workshop on resilience. BPSG focuses in helping students learn and achieve more, as they develop new skills, gain new understandings.**

**Objectives of the workshop**

- To make students aware of the five pillars of resilience.
- How to manage emotions and regulate responses to stress and adversity.
- Encouraging students to develop a positive self-image and belief in their own abilities.
- Helping students set realistic goals.

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

***Regards***  
***BPSG***





## RESILIENCE

### "BOUNCE BACK FROM ADVERSITY"

#### CLASS - IX

#### HIGHLIGHTS OF THE WORKSHOP

- Dealing with emotions and handling stress and tough situations better.
- Motivating students to feel good about themselves and have confidence in their skills..
- Assisting students in setting achievable objectives.



Report by :  
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