



# BIRLA PUBLIC SCHOOL GANGANAGAR

(A UNIT OF BIRLA EDUCATION TRUST PILANI)



CBSE AFFILIATION NO. 1730974

## WORKSHOP REPORT

**EVENT NAME - Adaptability**

**DATE&DAY - 27/07/2023 & Thursday**

**CLASS - VB**

### Objective:

- Learning how to be more flexible in different situations.
- Never give up approach.
- Enhancing and adapting with change.
- Communicating effectively.

### Participants:

Students of class V-B.

PRESENT (19)

ABSENT (08)

### Methodology:

In this workshop, the activities were planned in order to help students learn about how to be more resilient and bounce back effectively.

### Brief note about the activity:

Students got the opportunity to learn how to be calmer and composed, being flexible as well as goal-oriented.

### Learning Outcomes:

- Learning how to be resilient and view setbacks as a stepping stone.
- Understanding the benefits of teamwork.
- Learning the ability to navigate challenges effectively.

### Enclosure:

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



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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 – Adaptability - "Be flexible in a changing world."

**Dear Parents/Students**

Adaptability is the key to success in a constantly changing world. It means the power of Resistance and Assimilation. Adaptability is an important skill for students, as it helps them to navigate the changing world around them. BPSG focuses on emphasizing the importance of adaptability in students to develop critical thinking skills to overcome obstacles and thrive in a rapidly changing world.

### Highlights of the workshop

- Understand how growth mindsets and optimism help with adaptability.
- Understanding the different types of change.
- Becoming more flexible and dynamic in everyday life.
- Communicating effectively.

**Class – V**

*Regards*  
**BPSG**



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## ADAPTABILITY

"BE FLEXIBLE IN A CHANGING WORLD"

CLASS - V

### HIGHLIGHTS OF THE WORKSHOP

- Embrace growth mindset and optimism for adaptability
- Explore various types of changes.
- Enhance flexibility and dynamism in daily life.
- Master effective communication skills.



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REPORT BY:

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**BPSG**