

A workshop on Resilience was conducted for the students and the parents by Ms. Chitvan Singh



Resilience - Well Being - Growth

Resilience is that ineffable quality that allows some people to be knocked down by life and come back at least as strong as before. Rather than letting difficulties or failure overcome them and drain their resolve, they find a way to rise from the ashes. A workshop on Resilience was conducted at Sat Paul Mittal School for the students of Classes IX and X by Ms. Chitvan Singh. Parents were also invited for the session. The main aim of the workshop was to understand and implement various techniques of resilience into daily life for both the parents as well as the students.

This workshop was designed to help teenagers to become resilient to the pressures they face, showing them how to spot and deal with the danger areas in their own lives whilst looking forward in a positive and inspiring way. The students as well as the parents also had an interactive session. Indeed, it was an enriching experience for all.