

# St Cecilia's Public School

2024-25

## Workshop for Class X students by renowned psychologist on “ Building Resilience in children to handle challenges.”

*The Oak fought the wind and was broken, The willow bent when it must,  
and survived.*

– Robert Jordan.



On invitation renowned psychologist/counselor Dr Tulika Talwar conducted a hands on interactive session on 10<sup>th</sup> April 2024. with the students of Class X to empower them to build the life skill of RESILIENCE to handle the upcoming challenges in class X academic year for their scholar life. The guest speaker spoke about different types of resilience and how to increase the ability for positive adaptation to deal with challenges and develop well being. Daily routine examples were discussed to strengthen the life skills of self efficiency, focusing on wellness, problem solving, etc to teach children to feel stress free and anxiety free.

The session explored engaging ways that support children to be more confident and aware of their skills and strengths that help them feel confident, worthy of accomplishment and focused. The students were full of gratitude for Madam Principal for providing a platform to students to develop into wholesome personalities.

Madam Principal accolade the session stating that the interactive session provided students with the tools and coping skills to overcome both little and big challenges to help them learn and grow into well equipped individuals.