

St. Cecilia's Public School

Workshops Conducted for Faculty Development

St. Cecilia's Public School recently organized a series of enriching workshops for its teaching faculty, aimed at fostering professional growth, emotional intelligence and mental well-being. The sessions also promoted health, mindfulness and a sense of community among teachers. The staff expressed heartfelt gratitude to Madam Principal for arranging these meaningful sessions that proved highly beneficial in enhancing their teaching strategies, emotional resilience and student engagement.

26 June 2025

A rejuvenating exercise session

By Sports Department

The session was led by the Physical Education teacher. It featured a combination of basic yet effective exercises suitable for all levels—from beginners to those with prior training. Organised in the wake of school reopening after the summer break, the session served as a perfect platform for teachers to reconnect and recharge. The lively energy, shared laughter, and group movement created a spirit of unity and wellness. Teachers expressed that the session was refreshing and left them feeling energised.

27 June 2025

A Chair Yoga session

By Sports Department

Recognising the stress that can accompany the daily routines, this session focused on elementary yoga asanas that could be easily incorporated into one's everyday schedule. The aim was to help teachers attain calm and composure amidst their busy schedules. The gentle stretches brought a much-needed sense of calm and balance, which was deeply appreciated by the participants.

28 June 2025

Topic: Mental Health

Resource person: Ms Praskovya, PGT Psychology

The session focused on Mental Health and well-being. It aimed to raise awareness among teachers about the significance of prioritizing mental health in their daily lives. Key aspects such as emotional, psychological, and social well-being were discussed. The resource person encouraged open discussions and guided the teachers on developing healthy coping mechanisms, building strong social connections, cultivating positive self-talk, and setting boundaries to reduce stress. It was a reflective session that left a lasting impact on the participants, highlighting the importance of self-care and purpose-driven living.

30 June 2025

Topic: Understanding Learners

Resource person: Mr. Manish Raj from Ratna Sagar Publications.

The session centered around competency-based education, personalized learning, and innovative teaching practices. Mr. Raj emphasized mastery-based progression over age-based learning and introduced practical strategies to meet diverse student needs. The session encouraged educators to adopt student-centered teaching methods and promote active learning.

1 July 2025

Topic: Emotional Intelligence

Resource person: Mr. Sourab Janagal from Hindustan Times.

Beginning on an interactive note, the session explored the four pillars of Emotional Intelligence – Self-awareness, Self-control, Empathy, and Relationship Management. Mr. Janagal shared real-life anecdotes and classroom situations to illustrate how teachers' responses shape students' emotional development. He encouraged educators to identify and nurture each student's strengths and foster emotionally connected learning environments. The session concluded with a Q&A round, reinforcing the importance of emotionally intelligent classrooms.

These workshops collectively contributed to the professional and personal enrichment of the faculty.