

Virtual Workshop on 'Resilience - Need of the Hour'

'Life is full of ups and downs. The trick is enjoying the ups and facing the downs with courage and determination - with Resilience'.

Keeping the above quote in mind, a Virtual Workshop on 'Resilience - Need of the Hour' was organised by the school with the resource person, Mrs. Mumtaz Virani, Counsellor, for various classes on Monday and Tuesday i.e. June 28 & 29, 2021.

The workshop aimed to create awareness about being a resilient student / person with an increased level of understanding about how to adapt to adversity and develop courage and determination to overcome it. It focused on 3 main areas of resilience: Personal, Academic and Social. Each area was addressed with various techniques which allowed students to reflect on their mindset and beliefs. It taught them to stay in control of their emotions, overcome stress and anxiety and at same time challenge their habitual thought patterns to lead a self - confident and self - belief growth mindset life ahead.

The session was an interactive one. The unique approach of resource person, Mrs Mumtaz Virani helped the children to open up their heart. The one-hour session was really worth witnessing. The importance of being resilient was made clear through demonstrations and activities. The slides and examples provided were worth watching. It was an aura of excitement and positivity for the students. Even the introvert students tried to express their views which makes it clear how successful it was. Certain tips were given focussing the merits which can be brought by being resilient. In short, the program was very simple and thought provoking. Students wanted more such workshops to be conducted.

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REC

Mumtaz Virani is presenting

Face Failure With Resilience

So let's **BOUNCE BACK**

What does the word 'Fail' represents?

- First Action In Learning
- Future Always Involves Learning
- Found Another Interesting Lesson
- Forget All Ills and Loneliness

(Last but not least forget, everything and bounce back)

Success

Resilience is the ability to cope with Failures. It is the ability to bounce back, to handle life's daily challenges, and to overcome adversity.

REC

Mumtaz Virani is presenting

11:36 AM | aqo-qvug-rdx

hp

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B AD TIMES DON'T LAST. THINGS ALWAYS GET BETTER

O THER PEOPLE CAN HELP IF YOU TALK TO THEM

U NHELPFUL THINKING MAKES YOU FEEL MORE UPSET

N OBODY IS PERFECT; NOT YOU AND NOT OTHERS

C ONCENTRATE ON THE GOOD BITS AND THE LAUGHTER

E VERYBODY EXPERIENCES SADNESS, HURT, FAILURE AND SETBACKS SOMETIMES, NOT JUST YOU

B LAME FAIRLY-HOW MUCH WAS DUE TO YOU, TO OTHERS AND TO BAD LUCK?

A CCEPT THE THINGS YOU CAN'T CHANGE, BUT TRY TO CHANGE WHAT YOU CAN FIRST

C ATASTROPHISING INFLATES YOUR WORRIES

K EEP THINGS IN PERSPECTIVE, ITS NOT THE END OF THE WORLD.

10:35 AM | swx-wpsm-kod

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Why is 'Resilience' need of the Hour?

In our life we go through many ups /downs, many changes in /around that leads to →

- Stress - Frustration, angry, irritated ...
- Anxiety (feeling worried / uneasy)
- Boredom (lack of interest / feel lazy)
- No physical out going so no socialization (Can't interact)
- More Dependency on Digital
- Change in Sleep and eating habits
- Illness / Loss of someone
- Hard time to concentrate
- Feeling of helplessness and Hopelessness

