

COUNSELLING AND LEARNING CENTRE

WEBINARS & WORKSHOPS 2021-2022

April 2021

The new academic session began online due to the ongoing pandemic of Covid-19. A workshop on 'Better Lifestyle for Better Health' was organised on April 17, 2021 for class V. The session was conducted by Ms. Vasundhra Choudhary [Practising Yoga Teacher and Internationally Certified Nutritionist]. The speaker talked about the five essential elements of healthy living: exercise, breathing, relaxation, diet, positive thinking and meditation. Hands on exercises and activities were also conducted for the parents and students. It was a very practical oriented webinar.

A workshop on Immunity Management was organised on April 17, 2021 for class VI-VIII. The session was conducted by Dr. Shobhna Gupta [Senior Paediatrician, V.M.M.C & Safdarjung Hospital]. She imparted the necessary precautions and strategies that students need to take care of amidst the ongoing pandemic and ways to nourish and maintain a balanced lifestyle. Students were also enlightened regarding balanced diet, healthy meal division, different physical exercises that students can do even by being at home and importance of social and emotional climate. It was an enriching workshop.

Lifestyle Management Webinar

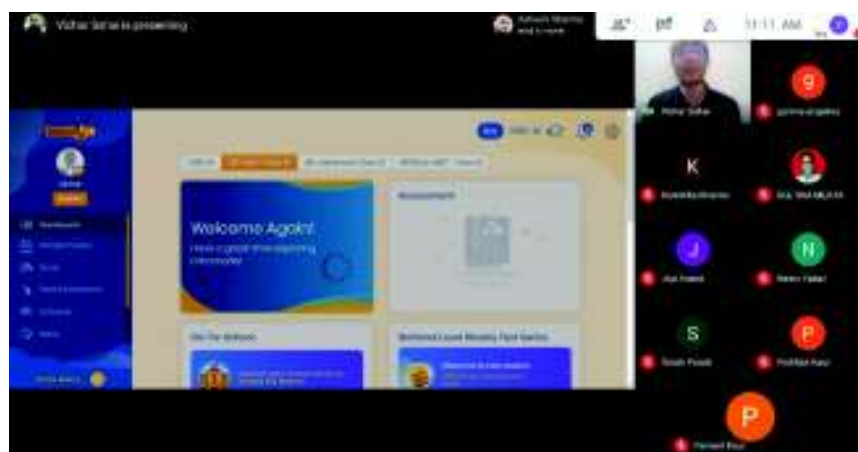


Immunity Management Webinar



FITJEE APP Webinar

Workshop on FITJEE APP conducted by Extra Marks on April 30th, 2021 to help the non-medical students get an exposure into preparation of FITJEE examination online at home. The webinar focused on discussing the USPs of the App and helping students understand ways to prepare for FITJEE at home.



May 2021



Webinar on Time Management

A workshop was conducted on Effective Time Management by Mr. Ritesh Jain, IIFM Pratham Institute on May 04, 2021. The session focused on ways to follow the schedule effectively, highly demanded skills for 2025, activities to enhance their profiles and various resources for profile building. It was an interactive and enriching workshop.

Webinar on Careers in Science

A workshop was conducted on Careers in Science by Mr. Binit Binod, IIFM Pratham Institute on May 06, 2021. The session focused on history of science careers statistics around traditional careers in science, new-age careers in science, non-conventional careers in science and information regarding science based entrances. It was a very informative and experiential based webinar.



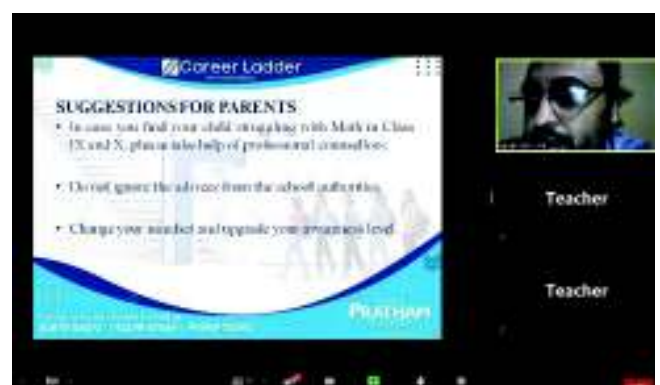
Webinar on Strategies for Top Universities

Mr. Ritesh Jain, resource person from IIFM Pratham Institute, led a workshop on Strategies beyond Academics for Cracking Top Universities was conducted on May 13, 2021. Students were given information about necessary tips and tricks for securing admission in national and international universities, foreign opportunities and eligibility requirements, essential exams, and other topics during the session. The workshop was informative, and the students engaged in lively discussion.



Webinar on Careers for Commerce without Math

A workshop on Careers for Commerce without Math was conducted by Pratham institute on May 25, 2021 by Mr. Ritesh Jain for students of Class X. The workshop focused on myths related to mathematics courses, suggestions for parents, different careers of commerce that doesn't require mathematics and the universities offering them and about vocational courses too. It was a highly informative workshop and generated a lot of confidence amongst students.



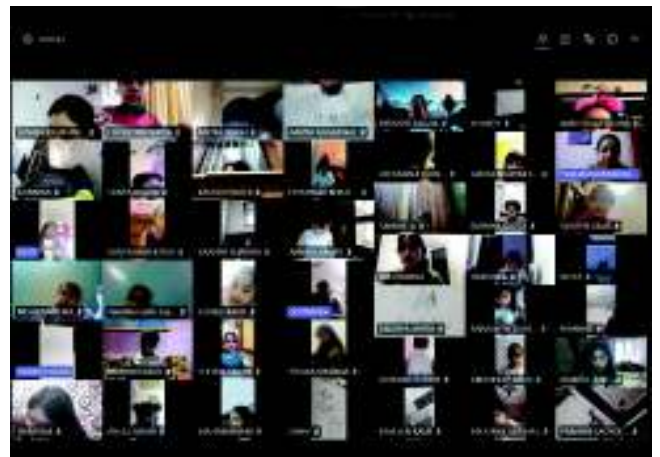
Webinar on Importance of Smile and Positivity

A webinar on the topic “Importance of Smile and Positivity” was conducted on 11th May 2021 with class VII by one of our student motivational leaders Gurleen Kaur of class XII. The interactive session focused on understanding the importance of a smile and their types. Students were amazed to realize how a variety of smiles can influence one’s mood and feelings. They were also shown the way Covid warriors, people affected with Covid and people with special needs have set an example of positivity and lessons one can learn from them. Our student motivational leader also talked about her unheard personal experiences that motivated the young students immensely.



Webinar on Therapy through Art

On the 19th of May 2021, one of our motivational leaders of class XII, Ria Chawla, conducted a webinar on art-based therapy. The fundamental idea was to utilise art as a coping mechanism during stressful times like these. The students of class 4th and 5th were very enthusiastic throughout the hour-long session. Students also learnt that while using art as therapy is, it’s not important to be an artist or good at art to do this. Ideas to reduce anxiety and stress, strategies to calm themselves and ways to improve their creative abilities were also discussed. Overall, the session gave an insight on relevance of art to improve their mental well-being.



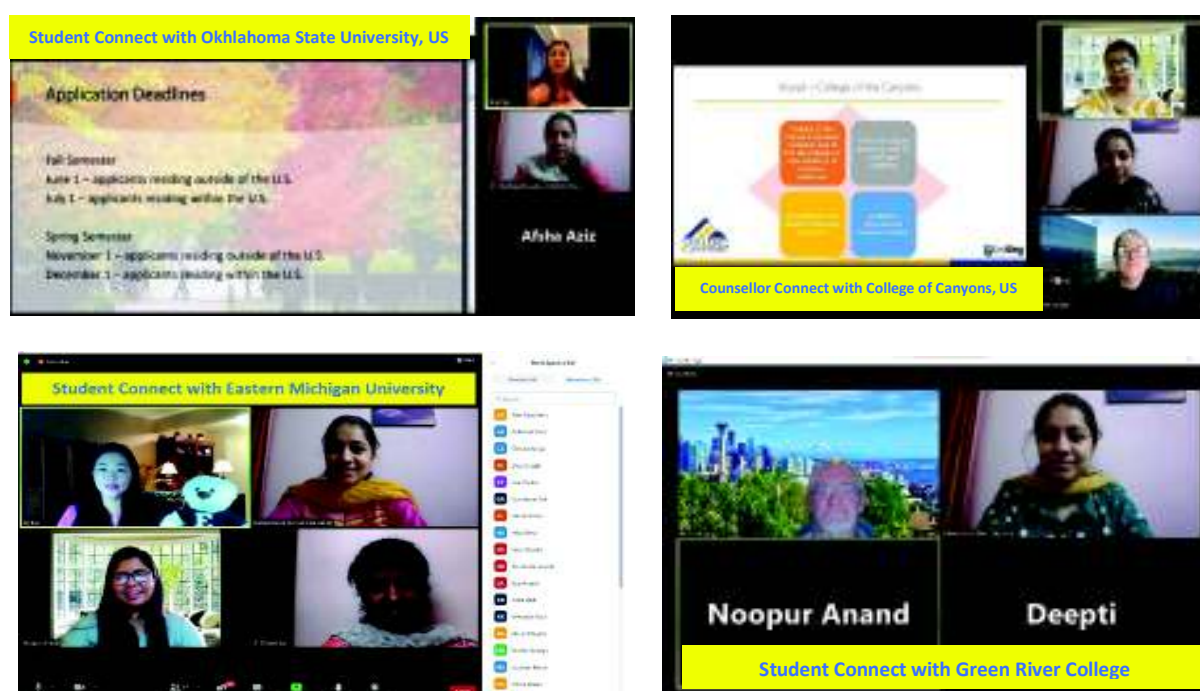
Webinar on “It’s okay to not be okay”

On 20 May 2021, a webinar was conducted for class 8th students on the topic “It’s okay to not be okay” by one of our motivational leaders of class XII, Moksha Sharma. The webinar involved discussions regarding the stigma around mental health, the reasons behind it and how it can be resolved. A lot of children came forward and expressed their views as well. The most important part of all was understanding mental health issues

during pandemic and how can they be managed. Activity revolving around meditation and gratitude and strategies to feel better during this time at home were also shared. The students thoroughly enjoyed the session and understood acknowledging one’s feelings, no matter if the feeling is that of sadness or happiness, our feelings are valid and It’s okay to not be okay, which was the whole purpose behind this webinar.

VIRTUAL SESSION WITH INTERNATIONAL UNIVERSITIES

Holy Child Senior Secondary School, in association with UniBrijj, organized a virtual session meet with many international universities such as The College of Canyons, Green River College, Oklahoma State University, Eastern Michigan University, USA as part of the Career Counseling initiative. The virtual meet with these universities conducted between May 1, 2021- May 31, 2021 helped the students broaden their horizon regarding the global culture, skills necessary in college life and enhance their knowledge base regarding how to search for best possibilities. Other than this, the information about universities, being familiar with the signature programs for International students and their admission requirements were also discussed with the students.



STUDENT FEEDBACK FOR VIRTUAL SESSION WITH INTERNATIONAL UNIVERSITIES	
It was very informative	It was nice and informative.
The session was very helpful.	Would to connect with more universities
It was good and helpful	It was great
it was informational and convincing.	So useful
VERY NICE	Very informative .
it was informative and helped gain a lot of information about a foreign university	It was very informative. Thanks for arranging such a session.
Amazing and informative session	It was very helpful
It was a informative session. Got a basic exposure for this university. It was a nice presentation also.	The session was really good. I got to know about the university.
The session was very interesting and all the information required was provided, it was really great!	It was informative. Looking forward for more such sessions. Thankyou
It was quite good 🙏 thanks for this opportunity.	Really Good and informative
Quite profitable and informative	Highly informative
Fulfilled expectations	So nice
It was really helpful and provided a lot of information about the EMU and it was really good as well .	It was really helpful and everything was explained wonderfully.

Webinar on Enhancing Self-Esteem



A webinar was conducted for students of class VI on the topic “Enhancing Self-Esteem” by one of our motivational leaders of class XII, Unica D. Massey on June 01, 2021. The session focused on self-appreciation, how to overcome negative thinking, ways to think positively and importance of positive affirmations. It was an engaging session and students found a safe space to share their feelings and emotions during the on-going times.

Webinar on Story Telling for Class 3

A Summer workshop for Story Telling activity was conducted for classes III by Ms. Shivani Singh on June 03, 2021 on virtual platform. It was an initiative to improve reading skills, listening skills and open the mind of the children to world beyond imagination. The story teller used creative gestures and facial expressions, voice modulation and body language infused passion, enhanced imagination and expression and introduced children to new horizons of storytelling. It was an interactive session where students participated in activity to create and tell their own stories. Overall this session helped the young minds for creative thinking.



Webinar on Story Telling for Class 1 & 2



“The purpose of a storyteller is not to tell us how to think but to give us questions to think upon.” Today, the pandemic period has limited our little aspirants to remain in virtual boxes. Online Summer workshop for class I and II was conducted to foster listening and reading, through a storytelling session by Ms.Shivani Singh (Story Teller) on July 03, 2021. Students were introduced to the basics of theatrical movements, voice modulation and the rhythm of storytelling. Developing communication skills, expanding the realm of their imagination, dream big and break stereotypical gender roles were main objectives. It taught students that girls can be nuclear engineer, robotic engineer, marine expert, environmentalist and take many more challenging roles and be a creator, a change agent and make a difference in the world.

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Webinar on “Feel, Deal & Heal” for Staff and Teachers

A webinar was conducted on ‘Feel, Deal & Heal’ was organised by HCS and conducted by Dr. Tripti Sakhuja who is a Psychologist, Career Counsellor and certified NLP and Grief Counselling expert. The resource person discussed how the pandemic has brought a collective emotion of grief in our lives and the importance to address this emotion for ourselves and others. She also spoke about the differences between grief and loss, types and mechanisms of grief and strategies to overcome grief. Several healthy coping skills were discussed and teachers found it cathartic. They also got an opportunity to address their suppressed emotions and also understood better on how to deal with kids who are undergoing trauma. Overall it was an enriching and illuminating session.



Young Warriors Programme by CBSE

July 2021

CBSE launched a nationwide Young Warrior Movement in collaboration with Ministry of youth Affairs and Sports, Ministry of Health and Family Welfare, Slam Out Loud, Yuwaah and UNICEF on 14 July 2021 to engage youngsters to fight against COVID-19. To fulfill its objective of developing COVID appropriate behavior through ART & Art forms, five live sessions were conducted from 22 July 2021 – 19 August 2021. Approximately 200 students from Classes V –XII participated in the program and obtained certificates by completing the tasks based on themes- Vaccine Buddy, Stress Buster, fake News, COVID 19 Recovery tale and Super Young Warriors.



Through these sessions students not only developed COVID appropriate behaviour but these sessions have helped students in exploring their hidden talents. The activities like Acrostic poem, Emotion floor plan drawing, Video as a reporter etc, portrayed 21st century skills where students were motivated to do something creative and in a simple manner. The movement has given opportunity to introvert students to express themselves. Movement can be described as a merriment learning exercise yet an important message to society to cope with this pandemic situation. These sessions were taken up by our Motivational Leaders of Mental Health Support Group.



September 2021

Sessions were taken with students to orient them regarding the newly launched Career Guidance Portal by CBSE. Step by Step information regarding sign up and login process, navigating through the portal, details on the portal regarding various streams and courses and universities was disseminated to students of classes X and XI.



October 2021

Mental Health Week Celebrations

World Mental Health Week was organized in Holy Child Sr. Sec. School by counselling and learning centre of the school from October 7, 2020 to October 10, 2020 on virtual platform. The event focused on enhancing human quotients such as happiness quotient, emotional quotient, social quotient and the adversity quotient.

Various activities were conducted to address the same such as reflection on happiness instances for classes Nursery to Class 1, how students helped themselves in uplifting their emotions for Class 2 to 5, ways in which students define mental health for themselves and others for classes 6-8 and how resilience helped them in their lives for classes 9-12. Open Mic on Mental Health: Season 2 was also held on October 10, 2020 for classes IX to XII which gave our students a 'Safe Zone' to express their thoughts, ideas, experiences around self-acceptance, sensitizing people to listen to said and unsaid cry, facing their fears, body-image etc.



Students participated enthusiastically in the events. Some of the feedbacks are also listed down.



Career Expo: Grande for Class X and XII

On 22 and 23 October 2021, Career Expo- Grande was organised for students of classes X and XII. 'GRANDE' is an initiative to enable students to interact with India's leading Institutions, Universities' representatives and counsellors to know about career options available after Class 10 and 12. The sessions revolved around skill building, careers in liberal arts, careers in STEM and STEAM, Careers in Science, Commerce and Arts, Resume Writing and SOP and orientation to various universities. It was highly enriching session full of interaction and enthusiasm.



Session with Ms. Meenu Bhargava on Skill Building



GRANDE: 2021 ANNUAL CAREER FAIR

CONNECT WITH PROFESSIONALS, UNIVERSITIES, AND EXPERTS!

FOR CLASS X & XII

DATE: October 22 and 23, 2021

TIME: 09:45 AM to 01:00 PM

VENUE: MS TEAMS AND ZOOM

KEY HIGHLIGHTS

- 10+1 Career Skills
- Careers in Science
- Liberal Arts as a Career
- Careers in Humanities
- STEM & STEAM Careers
- Careers in Commerce
- Internship Engagements
- EdTech Apps, Financial Aid, Education Loan
- Interdisciplinary programmes
- New Age Careers and Much more!

FOR QUERIES, CONTACT:
MS. YASHALJAYARAM (SCHOOL COUNSELLOR)
MS. DEEPTI (SPECIAL EDUCATOR)



Session with Ms. Jaspreet Kaur on Careers in Humanities



Session with Indian School of Hospitality



Session with Mr. Dheeraj Khunger on Careers in Commerce



Session with Dr. Vidhya Thakkar on Careers in Science



Session with Dr. Sushe Madhira on STEAM and STEM Careers

Session with Ms. Roopali Goyal on Careers in Liberal Arts





Holy Child Sr. Sec. School, Tagore Garden, New Delhi

Virtual Career Fair on 23-10-2021





























Session with Uniwizard on orientation to various national and international universities

November 2021

On 12 and 13 November 2021, Career Expo- Grande was organised for students of classes IX and XI. The sessions focused around personality development, interest exploration, skill building Communication and writing skills, and orientation to various national and international universities. It was highly enriching session full of interaction and enthusiasm. Eminent professionals helped the students to expand their horizons and prepare for better decision making skills for the next grade.



Session with Ms. Aarthi Prabhakaran on Personality Development



Session with Mr. Hariharan on Interest Exploration



Session with Mr. Manish Jain on Communication Skills



Session with Sushant University



Session with NIIT University



Session with O.P.Jindal University

Session with University of Lethbridge



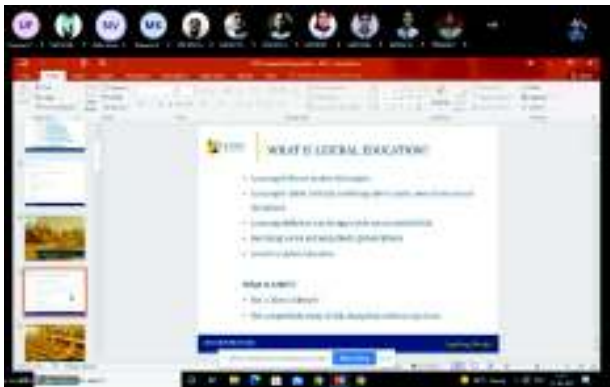
Session with University of Arizona



Session with Education Centre of Australia



Session with Flame University



Session with BML Munjal University



National Achievement Survey-2021

The National Council of Educational Research and Training (NCERT) conducted a National Achievement Survey-2021 on November 12, 2021. It is an Assessment Framework for gauging the competencies attained by the student's vis-a-vis learning outcomes. Holy Child Sr. Sec. School was selected as one of the schools to participate in this survey program. Class 8 and 10 participated in this survey with great enthusiasm. The Survey goes beyond the scorecard and includes the background variables to correlate students' performance in different learning outcomes vis-a-vis contextual variables. These findings would help diagnose learning gaps of students and determine interventions required in education policies, teaching practices and learning. Through its diagnostic report cards, NAS findings help in capacity building for teachers and officials involved in the delivery of education. NAS gives a system-level reflection on the effectiveness of school education. Findings help compare the performance across the spectrum and across the population in order to find the desired direction for improvements.



December 2021 – Community Service Month

Christmas Celebrations with Dharma Bharati Members and Aadarniya Group Members

“It's not how much we give but how much love we put into giving.” a quote by St. Mother Teresa that completely justifies the immense love and happiness we find in celebrating Christmas with our dear members of Dharma Bharati and Aadarniya Group of old Ladies. Just like every year, Christmas celebrations were held with members of Dharma Bharati on December 20, 2021 and with Aadarniya Members on December 22, 2021. Students and Teachers of HCS had made generous contributions during the Christmas Celebration Drive and gifts such as sweaters, monkey caps and socks were shared with the members of the elderly ladies groups. The event began with a prayer song followed by hymns and Christmas songs. The ladies danced to the tunes of melodious bhajans and sang in choir too. Food packets were also distributed and we all prayed for the good health and happiness of the world amid these unprecedented times.



Aadarniya Group Members



Dharam Bharati Members

Christmas Celebrations with Tamanna NGO (Nazafgarh)

St. Mother Teresa, who showed Christ to millions of people by serving the poor and destitute in the streets of Kolkata, once said, "Not all of us can do great things. But we can do small things with great love."

To celebrate the joy of Christmas, the teachers of Holy Child School visited Tamanna, a home for the for the same on 22nd December 2021. As we reached our destination located at Nazafgarh, anxious faces were waiting to receive us. In all, there were 32 female inmates of the home who welcomed us with their smiles. Dressed neatly, the staff and inmates of Tamanna waited eagerly under the sun to receive us.

After the warm reception, we took out the gifts and distributed them among the inmates. Their wide, bright smiles were testimony to the fact that they enjoyed our company with warmth and happiness. It was then time to regale them with carols, the flavour of the Christmas season. As we sang the carols



the inmates clapped and some even sang along. It was now time to have some fun. As music from latest chartbusters rolled out, the inmates joined in with a jig, singing songs and dance. Sisters at Tamanna also narrated their heartfelt stories and when we looked deep into their eyes, we could feel their hope of longingness and how much they missed their families. It was a merry moment at Tamanna we could hardly forget. After wishing them Christmas greetings, we bid adieu as they looked forward to our next visit.

Christmas Celebrations with Compassionate Missionaries (ISBT)



Real happiness doesn't come from getting everything you want. It comes from sharing what you have with other people." The teachers of HCS family had the privilege to visit the Compassionate Missionaries, Antodya Niketan, Charitable Society, ISBT on December 23,

2021. Run by Fr. Ravindra Jain C.M with the support of some young boys this place holds out hope for abandoned people. Our experience was a remarkable one which has definitely left an impression on our minds. We often tend to crib about various smallest things in our life but this visit taught us to cherish the most important things of life.

The selfless, serving and jolly nature of Father was really notable. The patients were treated by professional doctors, they were given proper hospitality and care. Our HCS family offered the institution some staples and grocery items on account of Christmas occasion. We profoundly appreciate and offer our deepest gratitude to Father for giving us an opportunity to help the people in need. We are fortunate that God chose us and gave us a chance to offer a helping hand and making our lives worthwhile.

January 2022

Session on Memory and Attention Boosters

Session on Memory and Attention Boosters was conducted on January 28, 2022 for the classes V and VI in collaboration with Extramarks Organisation. The session focused on explaining the students about the process of memory processes and information pertaining to different memory stores. Memory enhancement techniques were also suggested to the students through activity based learning. It was very enriching session.



Session on Learning Styles

Session on Learning Styles was conducted on January 27, 2022 for the classes of III and IV in collaboration with Extramarks Organisation. The session focused on imparting knowledge related to various styles of learning and identifying the learning style of students. Students were also given strategies to enhance their learning skills. Tips for parents was also given to the parents of the students.



Motivational Learning Sessions by Mental Health Support Group

Motivational sessions were conducted by the students focusing on topic such as Social Media and Concerns, Ethical Reasoning, Emotions, Self-Awareness etc. These sessions were conducted by out Mental Health Support Group students. On 24th January, a session on “Knowing about Ourselves” was conducted wherein the Peer Leader talked about recognising our strengths and weaknesses and ways to discover out true selves.

On 25th January, session on “Ethical Dilemma” took place for class X which covered sub topics like, "What is ethical dilemma?", "Do we really have a right choice?" and "How can we take the right decision?" Some activities were conducted too. A lot of students came forward and expressed their point of views and how they comprehend difficult situations and come to a conclusion. And instead of leaving them with answer to every question, they were left with questions, to think about. So that, they can brainstorm and form their own opinion.

On January 27, session on “Emotions” was conducted for class IX which focused on how emotions are mental states brought on by neurophysiological changes, variously associated with thoughts, feelings, behavioural responses, and a degree of pleasure or displeasure. Throughout the session, numerous interactions happened that made the concept of emotions fun to discuss. Techniques for managing emotions was also discussed with the students.



On January 31, 2022 a session on “Increased use of social media and it's impacts on our minds” was conducted by our Peer Leader who discussed the pros and cons of social media to class VII. The four main stressers of social media are- Highlight reel, Social currency , FOMO and Cyber bullying was discussed with the students. Therefore, we need to use social media wisely, carefully and with presence of mind. Social media should not define you or influence your minds.



On Feb 02, 2022, session on “Gratitude” was conducted for class VIII that focused on the importance of practicing gratitude and ways to inculcate gratitude as a part of our daily practice through story-telling methods. Day to day obstacles that we face while practicing gratitude was also discussed with the students.

