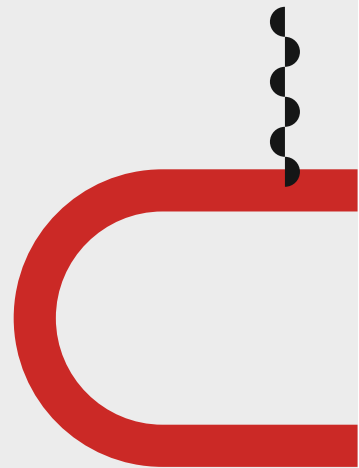


# Workshop on Project "ASTITVA" - Social Emotional Learning

20th of September, 2024, Duration of Event : One Day

Location : Platinum Valley International School, Ghaziabad





## **Review of One-Day Teacher's Training Workshop on Project "ASTITVA" - Social Emotional Learning**

**Location: Platinum Valley International School, Ghaziabad**

On 20<sup>th</sup> September 2024, SHINING SOULS conducted an impactful one-day teacher's training workshop on Social Emotional Learning (SEL) under Project "ASTITVA" at Platinum Valley International School, Ghaziabad. The session was led by Mrs. Hina Siddiqui, an esteemed psychotherapist, NLP practitioner, and CBT practitioner, who brought her extensive expertise to equip teachers with practical tools for nurturing emotional intelligence among students.

Mrs. Siddiqui emphasized the critical role that emotional well-being plays in students' academic and personal growth. Through interactive discussions and hands-on activities, teachers were introduced to key concepts of social-emotional learning, including self-awareness, emotional regulation, empathy, and effective communication. The session also explored how SEL practices can positively influence classroom dynamics, creating an environment where students feel safe, supported, and motivated to succeed.

The workshop provided teachers with practical techniques for integrating SEL into everyday teaching practices, including strategies for fostering a positive classroom culture, managing student behavior, and promoting peer-to-peer collaboration. Mrs. Siddiqui shared case studies and real-world examples, making the training relatable and applicable to a diverse range of classroom settings.

Participants left the workshop feeling empowered to incorporate social-emotional learning into their teaching approach, recognizing its value in shaping not just academic success but also the holistic development of students. SHINING SOULS, through Project "ASTITVA," continues to advance the cause of emotional intelligence in education, supporting teachers in their role as guides for students' emotional and social development.

