

St. Xavier's Bathinda organized 2 seminars for its teachers on 6th May 2023. It all started with a general interaction by the first speaker Mrs Smriti Brar, a Science mistress at St. Joseph, who is also a soft skill trainer. She emphasised on the idea of sharing joy as Teachers. She shed light on the topic that how important it is for the teachers to balance their personal and professional life together and moreover, how they can do it. The session revolved around the main topic 'Conscientious and Upright Teachers'. Faculty members also took it as an opportunity to share their views on how do they tackle children and their problems. She stressed that every Teacher needs to build a rapport with the family of his/her pupil too, since doing that will help her to know the child's background and psyche. Mrs. Smriti suggested some ways to deal better with the children and their needs. Another session which continued after a short break was headed by Mrs Ashu Beniwal, who is a counsellor at the Xavier's Bathinda. She talked about the stress management strategies. The 2nd session revolved around the topic 'Renew your mind at Xavier's'. Mrs. Ashu emphasised upon controlling stress before it starts controlling us. In order to handle work pressure and anxiety we can learn to manage the time, we can be mindful and we can negotiate our boundaries. Everyone took the best advantage of both the sessions and had their best times being there. The staff members were thankful to the management for having organised such enriching sessions for their everyday betterment.

