

## **Training Sessions for Staff Members**

**Organized by: St. Xavier's School, Bathinda**

**Venue: St. Xavier's School, Bathinda**

**Date: 01.06.2022- 07.06.2022**

### **Healthy Mind creating Healthy Minds**

Understanding the importance of a healthy mind of a teacher, Rev. Father Ivon D Almeida, Principal, St. Xavier's School, Rampura Phul delivered a session on 'Healthy Mind Creating Healthy Minds' wherein Fr Ivon focussed on the need of keeping one's mind healthy and taking care of one's health. He emphasised that only if the teacher is healthy and happy can she deliver her best to the students, hence, turning them into happier children. He also focussed on prioritising mental health and positivity in order to lead a healthy life. Father also trained the staff members to get rid of the negative emotions through healing so that peaceful and positive life can be lead ahead.





## Yoga- Meditation

In the times when stress has become inevitable part of lives, both personal and professional, it becomes essential for the organisations to help its employees destress themselves from time to time. Keeping this aspect in mind, the school organised Yoga- Meditation sessions for its staff members to help them be calmer, achieve clearer vision and have better focus towards their goals. The session was delivered by Mr. Varinder Singh.





## **Self Defence**

Knowing that self-defence is need of the hour for every individual, Self Defence sessions were also conducted for the teachers to train them with techniques of self-defence. It also included

using or enhancing one's strengths to the fullest while also using attacker's strength against him. Self Defence session was also held by Mr. Varinder Singh.

The teachers expressed their gratitude towards the school management for arranging such sessions for them. The sessions left them relaxed, confident and motivated for future.







### **Art Workshop**

An Art Workshop was organised to hone up the creativity of the staff members. It was held by Ms Sukhraj Kaur and Ms Mandeep Kaur wherein teachers were trained on different art work such as painting trays, fabric painting and pot making. The teachers loved the hands-on experience and were thrilled to see pieces of their work. The teachers were provided the certificate for the same.

The teachers felt rejuvenated after a week's workshop on various subjects and topics. These sessions helped the teachers come out of their comfort zone and try their hands on new areas of art.



