

MAHESH PUBLIC SCHOOL

Report of Co-curricular Activities – June 2019

- **International Yoga Day**

Yoga is a mental, physical and spiritual practice that needs to be carried every day. Keeping this into an account, “**The International Yoga Day**” was celebrated on 21st June to bring peace, harmony, happiness and success to every soul in the world.

This was a great opportunity to imbibe the value of discipline. In this event, the teachers got the chance to know how yoga embodies unity of mind and body.

All the teachers actively participated and performed different yoga postures like Bhujangasana, Bhadrasana, Pawana Muktaasana and Pranayam etc.

- **Workshop on Spoken English**

In order to improve the language skills of the teachers of primary wing, a workshop was conducted on 22nd June by Mr. Anupam Bhatnagar. The proper usage of present tense was taught to improve the grammatical part. It was actively participated by all the respective teachers.

- **Workshop on Personality Development Skills and SWOT Analysis**

A workshop on “**Personality Development Programme**” was organised on 29th June by Mr B.Vijayakumar. The main objective of the Workshop was to familiarise participants with the emerging ideas and trends on how to develop personality.

The workshop was started with an activity of “**The Interpersonal Communication Inventory**”, a self report instrument for assessing one’s Listening, Sending clear messages, Giving and getting feedback and Handling emotional interaction skills.

The first technical session was started with “**Interpersonal Skill Development**”. The speaker mentioned that interpersonal skill elements include Effective Communication, Active Listening, Assertive Behaviour, Emotional Intelligence, Managing Conflict and Togetherness.

In the second technical session, the speaker presented a “**SWOT analysis**” which is used to help a person or organisation identify Internal factors (Strength and Weakness) and External factors (Opportunity and Threat).

The programme also aimed to teach participants:

- To work with people and groups to understand the meaning of life and work in the present context.

- To enhance their communication skills and interpersonal skills in order to function in professional and social settings effectively.
- To understand effective planning, time management and implementation for setting goals and achieving both personal and professional goals.
- To learn to evaluate oneself (self appraisal and introspection) for further growth, personally and professionally.

- **Sports Activity**

An inter house tournament was organised on 29th June for classes I to V. Different sports events like 50 metre race, Jalebi race, Three legged race, Sac race and Book balanced race were performed by the juniors.

Principal