

## Workshops 2021

Sr.No.	Class	Topic	Month
1	Nur-KG	Importance of Reducing screen time and eye exercise	April
2	I	Importance of happy and positive mind and what to do after online classes	
3	II	Manners and etiquette for attending online classes	
4	III	Social skills kids need to succeed	
5	IV	Manners and Etiquette essential for success	
6	V	Healthy communication for school kids	
7	VI-IX	Risky Behaviour in adolescents and how to cope up with it	
8	IV-V	Important emotional skills and way to cope up with it	MAY
9	VI-VII	Happiness Program for school children	
10	VIII-IX	Anxiety management Skills	
11	Nur-KG	Golden rules for positive classroom	JUNE
12	I	Net-tiquette guide for online classes	
13	II	Healthy coping skills for uncomfortable emotions	
14	III	Emotional skills-An integral part in foundational years	