

BAL BHARATI PUBLIC SCHOOL, PITAMPURA, DELHI-110034

Class - VII (29 August ,2020 to 4 September, 2020)



SUBJECT / ACTIVITY	NAME OF THE TEACHER	TOPIC COVERED	TOOLS USED	MODE OF TEACHING	ASSIGNMENT GIVEN
Mental health and counseling sessions	Yashvi Bhatnagar Shreya Gandhi Saaneya Kapoor	<ul style="list-style-type: none"> •Introductory session in the EQ Building series: Mindful Awareness of Emotions and Managing our worries due to the pandemic •Introduction to the term Empathy. •Worked with children on the concept of Kindness and importance of being kind not only to our friends but also others around us. •Helped the children understand the Difference between the terms and concept of Empathy and Sympathy 	<ul style="list-style-type: none"> •Google presentations 	<ul style="list-style-type: none"> •Google Meet-Screen Sharing •Experiential activities followed by class discussions initiated by the counsellors 	<ul style="list-style-type: none"> •Identifying the feelings and becoming mindful about stressors •Using the concept of Kindness in our daily lives, especially with the people working and helping us every day.

<p>Empowering Self - A Transdisciplinary Approach- (Music and Life skills)</p>	<p>Ms Sangeeta Lahiri Ms Alka Verma Ms Pooja Lakhotia Mr Ajay Pathak</p>	<p>Family is Forever along with Song: Zindagi Mill ke Bitayenge</p>	<ul style="list-style-type: none"> • Questionnaire using google Form • YouTube movie Link • PDF for Family Tree • Musical Instrument 	<p>Interactive way prompting them to guess the theme of the discussion.</p> <ul style="list-style-type: none"> • Screen presentation • YouTube link for song. 	<ul style="list-style-type: none"> • Invoke their creativity and design a "Family Tree" on any digital platform or on Paper. • To learn the song.
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