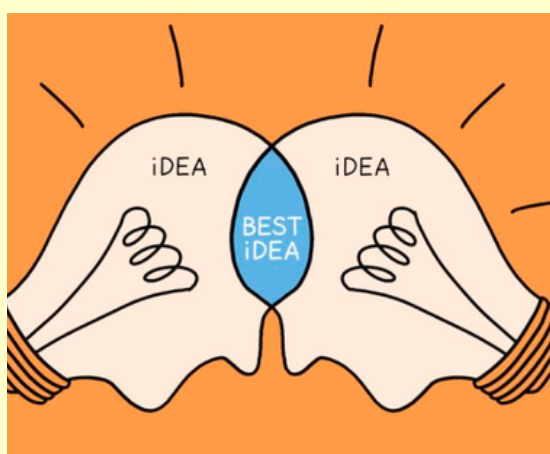
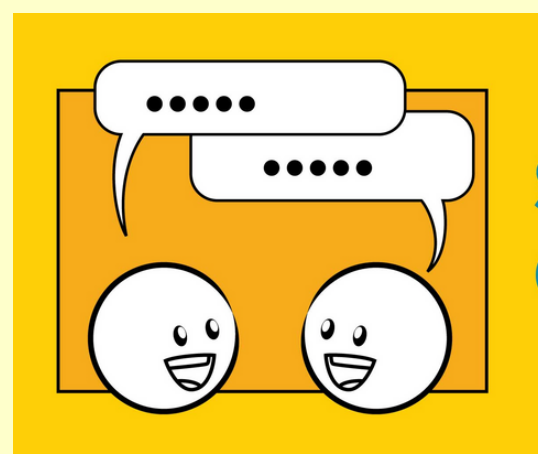


# BCM SCHOOL, BASANT AVENUE, DUGRI, LUDHIANA



***Knowledge Hub***



***Group Counselling***



***C3S-Critical, creative and communication skill***

**Week 1**  
**Group counselling**  
**Topic-Mental wellness**  
**by Ms Charanjeet Kalra**



***C3S-Critical, creative and communication skill***  
***Topic-New Farmer's Bill***



***Knowledge Hub***  
***Topic-Sports***



Session purpose and feedback by coordinator Ms.Rachel Bhatti

**Week 2**  
**Group counselling**  
**Topic-Relaxation Techniques**  
**by Ms Charanjeet Kalra**



**Group Discussion On  
New Education Policy 2020**

***C3S-Critical, creative and  
communication skill***



***Knowledge Hub***  
***Topic-Vibgyor***

# COMMIT TO FIT

Fun filled games sessions for teachers



# Knowledge Sharing

Teachers of classes 2 and 3 shared various pieces of information like Vedic maths, Shelled animals, Logo of Rupee, Polio medicine etc.



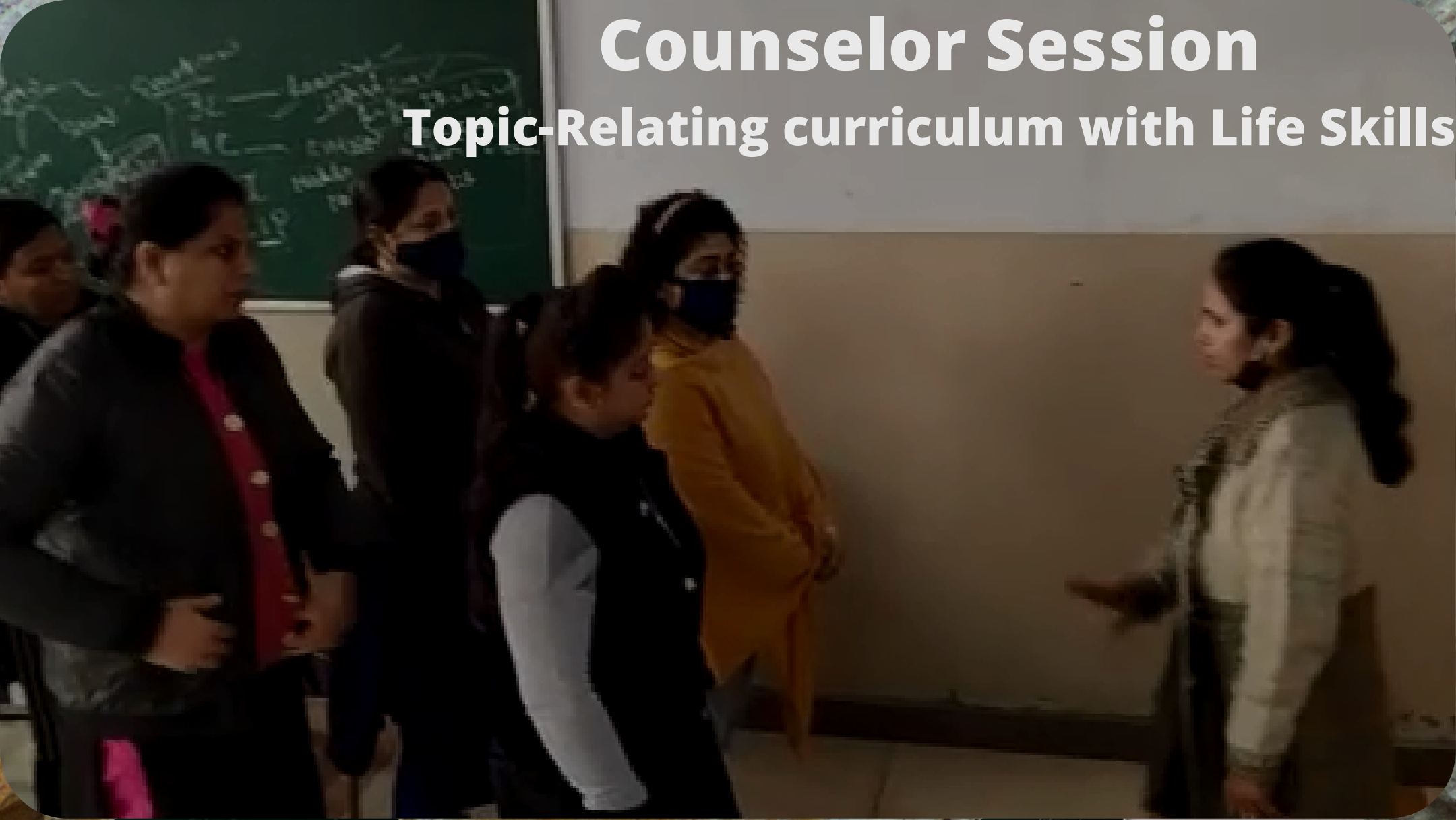
## Counselor's Session



Session for teachers of class 2 and 3 was conducted on **PMR techniques** and Thought Venting during extreme stress and negative situations. Another session for teachers of class 4 and 5 was conducted on topic-**Teacher as a Catalyst**

# Counselor Session

Topic-Relating curriculum with Life Skills



# KNOWLEDGE SHARING-

Topics-New Vocabulary words, Flag hosting ceremony, Other names of our country,



# Counselor Session

**Topic- Teacher as a Catalyst**

**School counselor shared practical tips to ignite the spark of learning in the learner. She told how to Encourage Students With Positive Feedback, Promote Growth Mindset In Students and Create opportunities for every child etc.**





# Knowledge sharing

Teachers of primary wing shared their knowledge on Budget 2021



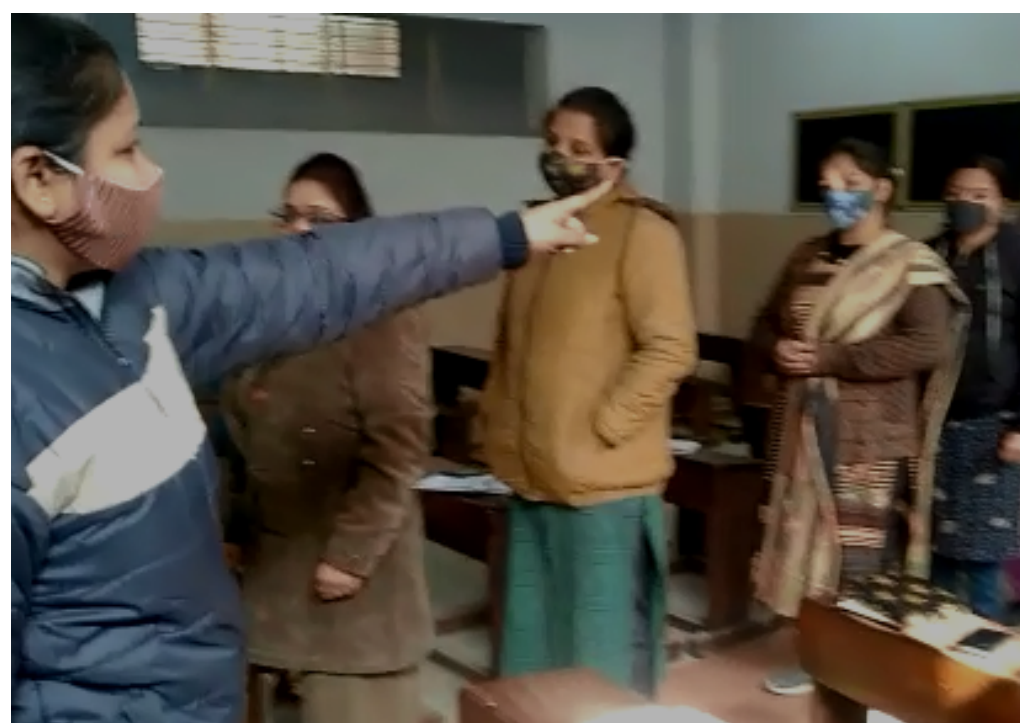
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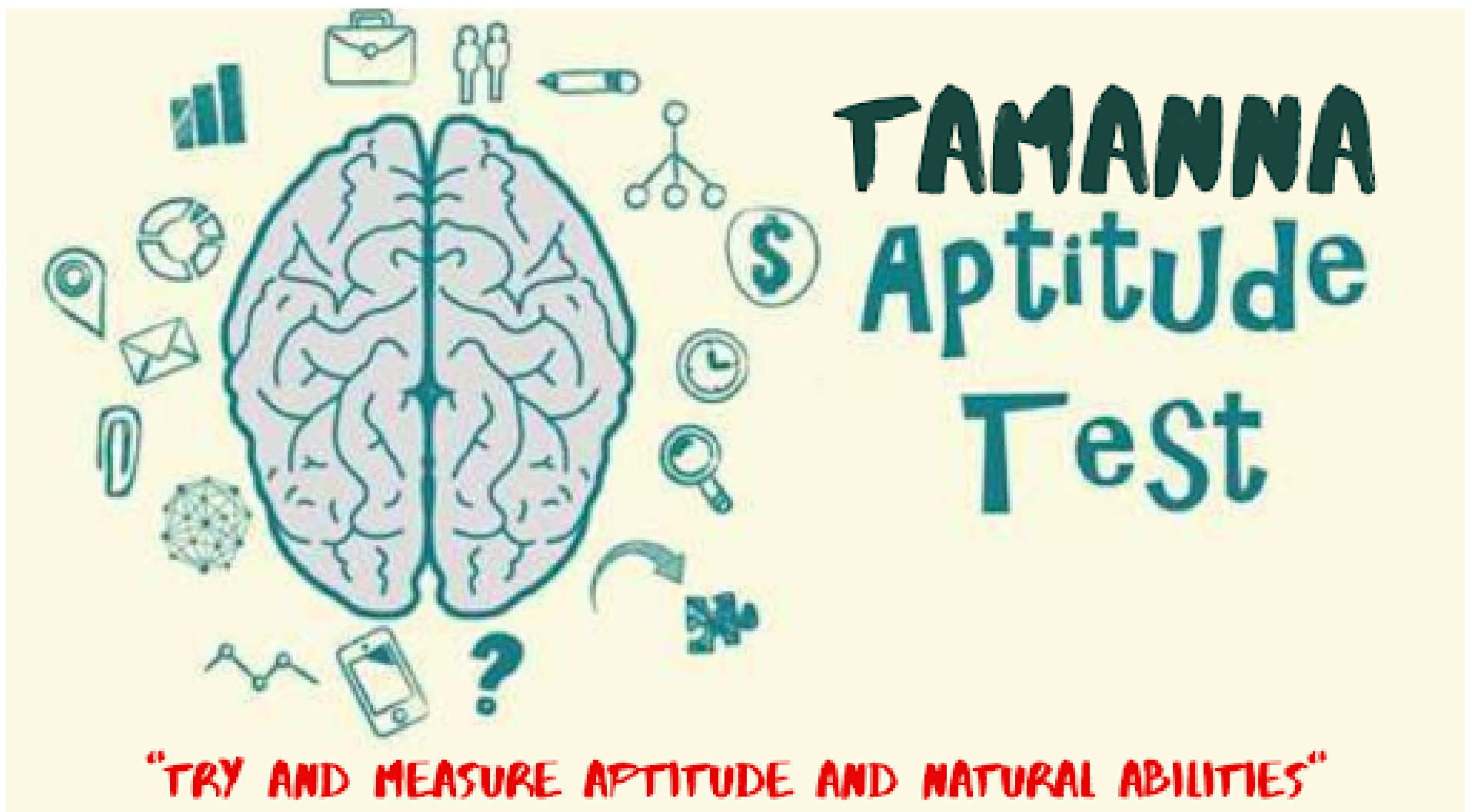
# Counselor's Session

**Topic-Importance of games in Primary classroom.**

Session was organized to create awareness about importance of games and how games are different from play. Teachers were also told about the benefits of playing games in the classroom like games motivate students to learn, pay attention and participate in set tasks. Games also help in social emotional development of children and are great classroom management tool. Teachers also played zero cost circle time games.



# Career Guidance through online mode

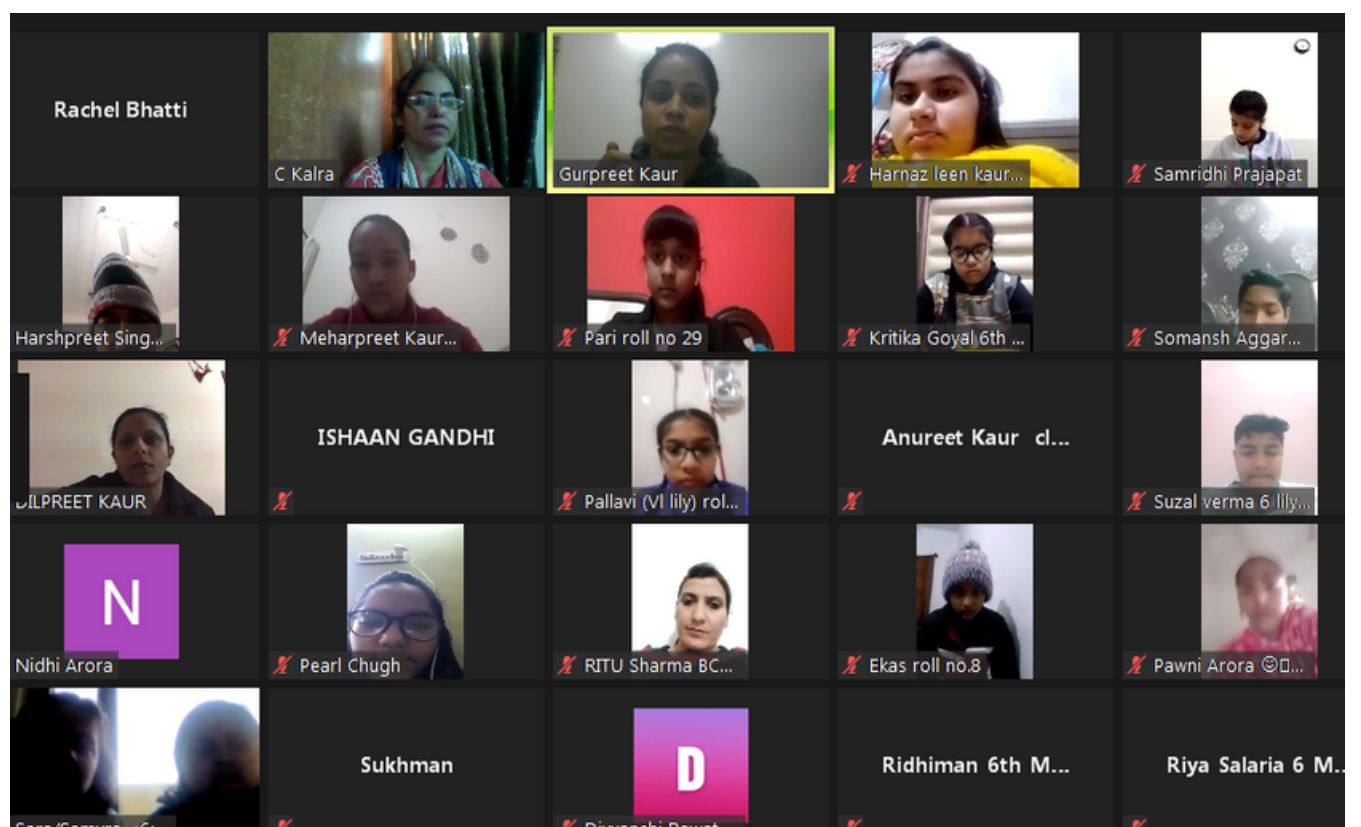
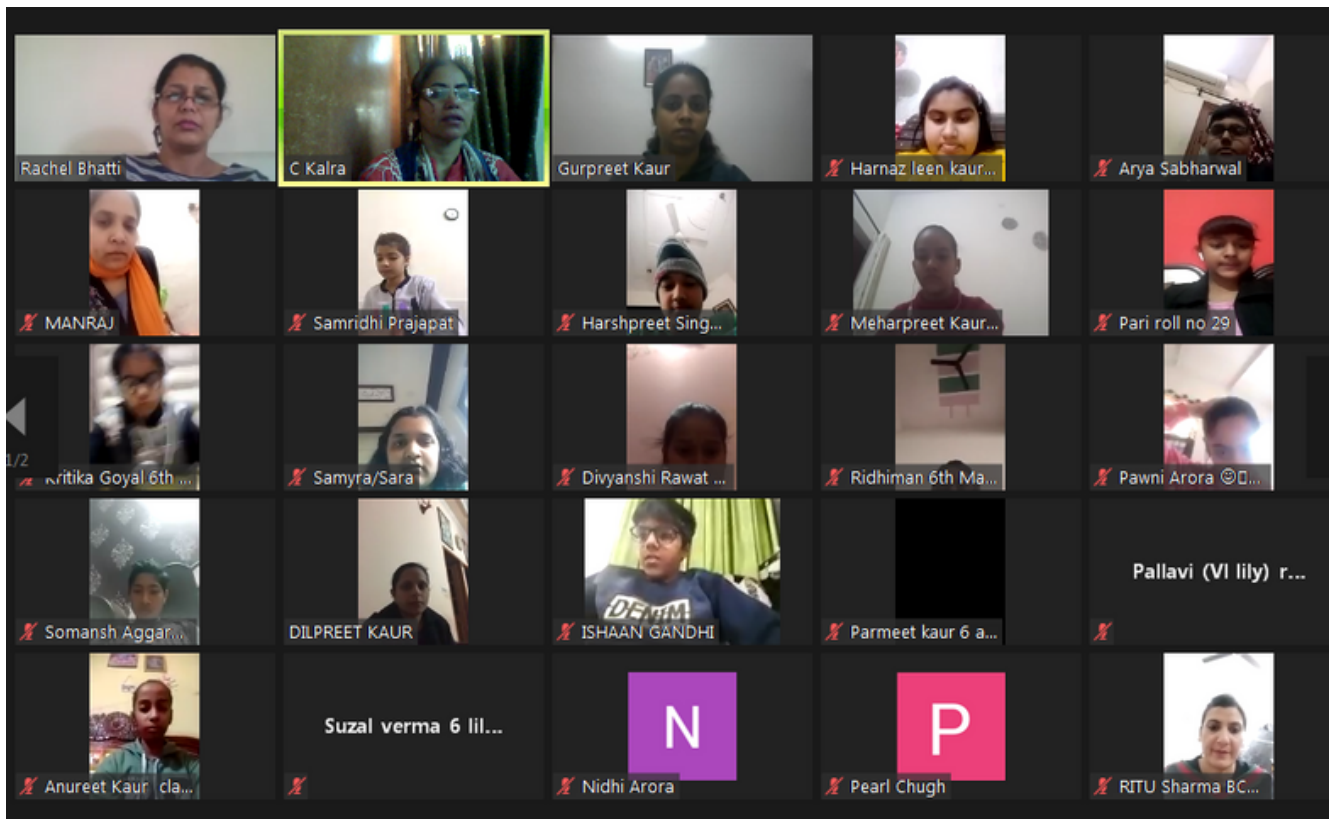


Choosing a career is one of the most important decisions of life, having an interest in a particular subject or career does not necessarily mean that an individual has the aptitude or potential to perform well in that particular area and achieve success. So, it is crucial to make students understand that choosing a career does not simply mean deciding upon the ultimate career profile; rather it means that a person should have the potential to grow with that career and achieve success through his/her decision. That is why Aptitude Test is important for tracing path towards success and growth. Counseling and Guidance cell of **BCM School Basant Avenue, Dugri** started conducting **TAMANNA aptitude test online for students of class 10**. Test covers seven areas of Language Aptitude (LA), Abstract Reasoning (AR), Verbal Reasoning (VR), Mechanical Reasoning (MR), Numerical Aptitude (NA), Spatial Aptitude (SA) and Perceptual Aptitude (PA). Through this test students discover their abilities, interest and aptitude. Test is evaluating on given standard scales by school counselor and child is further guided through personal counselling session and is helped to make appropriate academic choices and other career-related decisions.

# Session on Internet Safety

Feb.3,2021

In this digital age, kids' online safety has become a challenge especially now when children are digiyally socializing,playing virtual games or are accessing digital tools to incorporate their learning . So its important to teach children about the online risks they may face and how to avoid or report threats and most important steps they can take to ensure their safety online. A session was conducted for students of class VI . Through virtual session school counselor Ms. Charanjeet Kalra told students about ethics of using internet and importance of safety in virtual world .Computer teacher Ms Gurpreet Kaur made students aware of privacy controls on apps and social networking platforms and safe search engines for students.



# ITL Session

Feb.16, 2021

## Group discussion

Group discussion on NEP was organized by teachers of class 2 and 3. Teachers discussed key highlights of education policy and discussed various ways it can be implemented in school.

