



MBS INTERNATIONAL SCHOOL

WORKSHOP FOR STUDENTS

SESSION 2021-22

TOPIC: IDENTITY SEEKING

DATE: April 17, 2021

ATTENDED BY: Grade V Students & Teachers

VENUE: Google Meet

RESOURCE PERSON: Ms. Kanika Khosla



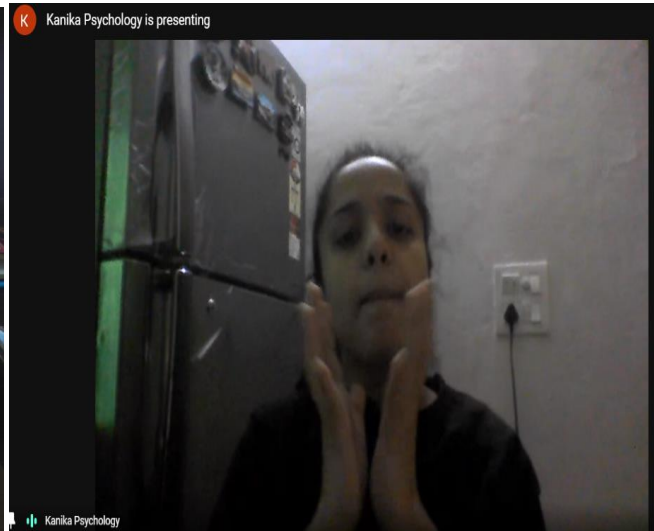
“Knowing Yourself is beginning of all Wisdom” - Aristotle

Since time immemorial, human beings have been on a quest towards seeking own identity. All great philosophers, philosophies and religions have tried to answer what humans have asked themselves. “Who am I? Why am I? Where am I in scheme of larger Cosmos? What is my destiny? “

To stimulate our young minds of Grade 5 towards identity seeking and self-actualisation so that they shall be able to realise their potential, talents and position in this world, MBS international School organised a workshop on April 17, 2021.

The workshop was conducted in such a manner wherein the Psychologist Ms. Kanika Khosla gave various theoretical factors followed by practical exercises. In these exercises, students were made to write in detail about various aspects of their personality so that even something which appears innocuous, happens to be a major part of their personality.

The students also actively participated and asked a number of questions at the end of the session. It was a great learning experience for students towards getting a window into their own personality.



Kanika Psychology is presenting

Bakshind Singh Ch... and 20 more

10:58 AM

WHO AM I ?

A grid of video feeds showing various participants in the meeting. The feeds are arranged in a 4x3 grid, with some participants having their video muted (indicated by a red 'X' icon). The participants include children and adults, some with their names visible below their feeds.

Kanika Psychology is presenting

A cartoon illustration of a child with red hair and glasses, sitting on the floor. Three thought bubbles are above the child: "I love....", "I enjoy...", and "I dislike...".

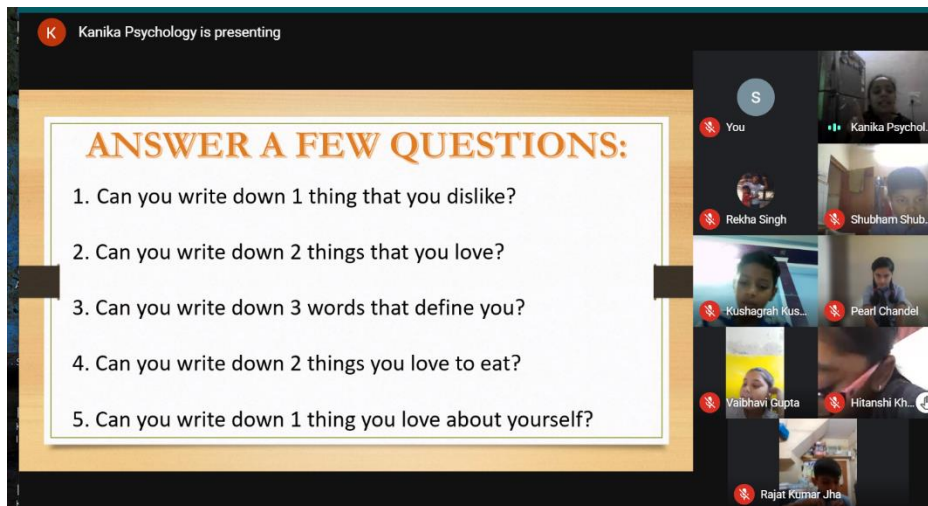
Taksh Yadav has left the meeting

A grid of video feeds showing various participants in the meeting. The feeds are arranged in a 4x3 grid, with some participants having their video muted (indicated by a red 'X' icon). The participants include children and adults, some with their names visible below their feeds.

Kanika Psychology is presenting

ANSWER A FEW QUESTIONS:

1. Can you write down 1 thing that you dislike?
2. Can you write down 2 things that you love?
3. Can you write down 3 words that define you?
4. Can you write down 2 things you love to eat?
5. Can you write down 1 thing you love about yourself?



The screenshot shows a Zoom meeting interface. On the left, a presentation slide titled 'ANSWER A FEW QUESTIONS:' lists five questions. On the right, a grid of video feeds shows several participants, including 'You', 'Kanika Psychol...', 'Rekha Singh', 'Shubham Shub...', 'Kushagrah Kus...', 'Pearl Chandel', 'Vaibhavi Gupta', 'Hitanshi Kh...', and 'Rajat Kumar Jha'.

