



NPSC STUDENT SYMPOSIUM

It is a matter of great pleasure and pride for me to express my deep sense of gratitude and indebtedness for the inspiring and gracious presence of the resource person, **Ms. Ritu V Primlani**, at ITL Public School for NPSC Students Symposium on **Wednesday, 20 December, 2017**. A renowned Environmentalist, Somatic Therapist, Professor, Actor, Tri-athlete, Stand-up comedian, Ms. Primlani sensitized the students on professional and personal relationship and addressed the issues which formal education does not fill currently. The workshop was enthusiastically attended by students and teachers of 12 NPSC schools.

The module on 'Setting Boundaries' discussed emotional, auditory, visual and spatial boundaries. Ms. Primlani reiterated on acknowledging SILENCE as a 'NO'. She highlighted upon the repercussions of trespassing boundaries and flouting them, the concept of consent, concept of saying 'NO' and its inherent power, the importance of giving personal space in professional relations, ways to release CHOKE HOLD – a self - defense technique..... were few, among many vital and thought pondering issues discussed during the interactive session. Importance of mutual trust and respecting boundaries as a yardstick to harmonious living, were emphasized upon. This mesmerizing and thought provoking session was thoroughly absorbed by both students and teachers alike. With judicious streaks of comedy and cutting edge wit and humour, the session engaged the students to the path breaking way of mindful living.

It's precisely in sessions like these that students receive maximum benefits from resource persons..!

