

PSYCHOLOGY WEEK

Psychology week was celebrated from 4th oct to 8th October'21. The emphasis of the Psychology week was to help students strengthen their positive emotions and learn about the ways in which Psychology can help us to live a more fulfilling life.

Students of grade VII made gratitude cards for their loved ones. The state of gratitude allows us to appreciate life and allows us to notice the goodness in the world. Students then wrote a small poem / note in the card and presented the card to the person for whom the card was made.

Students of grade IX made a brochure on enhancing positive emotions. In it they wrote about the daily practices that one may inculcate for managing our emotions. Positive emotions help in reducing stress and help in individual's overall well being.

Students of grade XI made Power point presentations on Happiness . In this they explored meaning of the term happiness from different perspectives and learnt about simple ways by which we can increase our happiness in our day to day life.

Overall ,the students participated enthusiastically in all the activities and made the Psychology week a success !

Some images of the activities are attached:



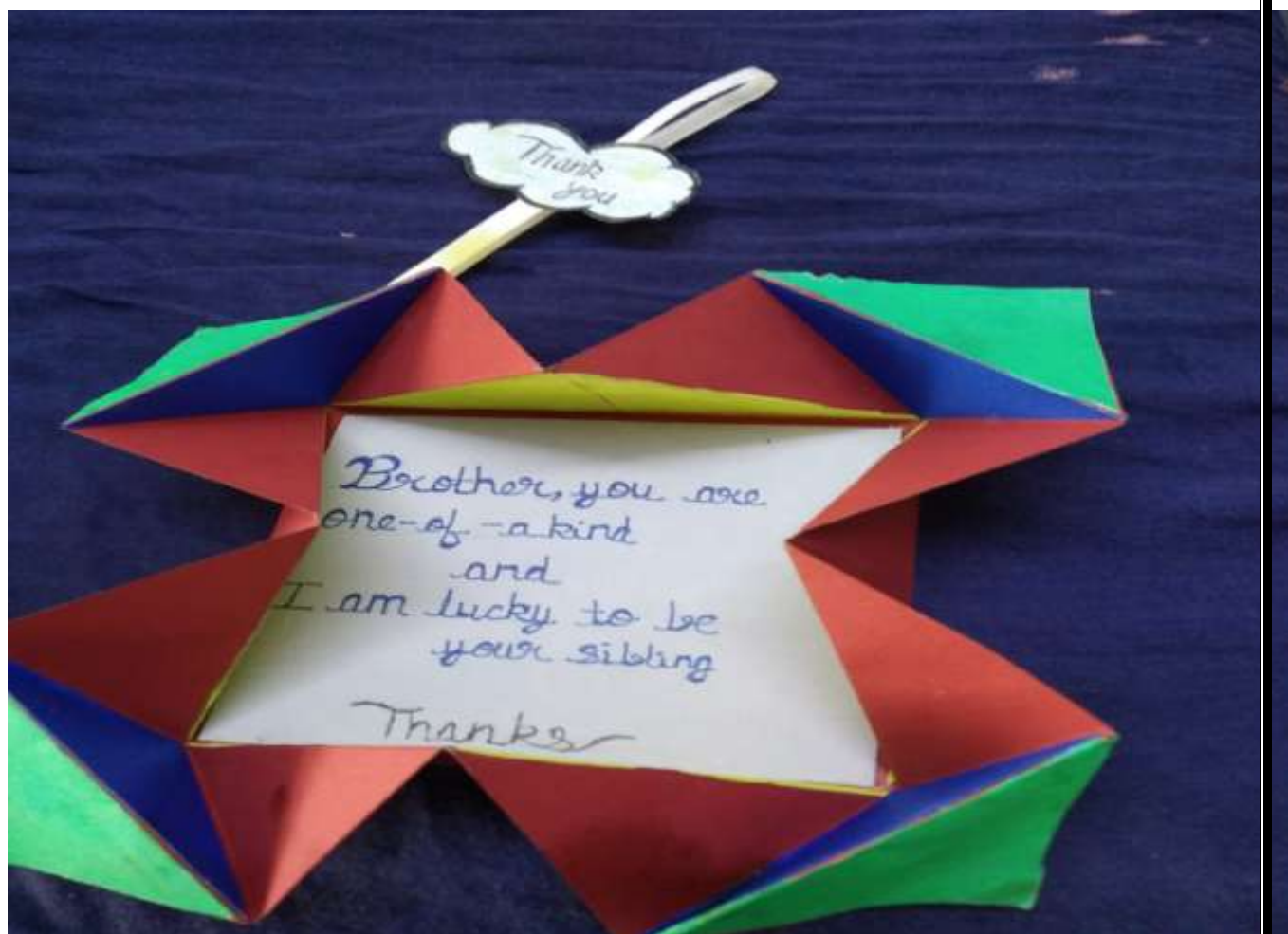


My Gratitude Card

Vishvesh Shukul,
class VII A







Positivity is the way to happiness, happiness is the way to Concentration, Concentration is the way to hard work and hard work is the Key to Success. Therefore, each and every individual, regardless of age should embrace positivity inside him/her.

Positivity helps one to remain stress free and thus contributes to one's mental and social well-being. It is most important for the teenagers as they face many mood swings and lose their positive emotions. Thereby, they get filled up with negativity which then leads to various

When a person endures negativity, he/she picks wrong path like drugs, alcohol, suicide, theft etc. Specially the youths are most affected by that. Therefore, we all should be positive in our thoughts and work and should inspire others to do the same.

There are many ways with a help of which, an individual can maintain the positivity.

- Doing the things which make us happy but are not against the law.
- Practising yoga and meditation.
- Always for at least 1 hour in a day.

I myself follow few things to be positive and stress free which are:-

- Dancing on my favourite songs.
- Listening to slow songs.
- Reading novels.
- Spending quality time with family and friends.

I experienced the following benefits after taking up positive emotions.

- Able to learn and build new skills.
- Able to remain stress free and happy.
- Able to concentrate and study properly.
- Able to get along well with others.

