

# Workshop on A Journey into Social, Emotional, and Ethical Learning

Report prepared by The School Team

Venue: The Modern School, Sector-85, Greater Faridabad

Dates: 8th & 9th January 2025

No. of Participants: 52



In a world where grades often overshadow growth, The Modern School, Sector-85, Greater Faridabad, dared to ask: *What about the heart and mind?* Over two transformative days, educators immersed themselves in a capacity-building program on **Social, Emotional, and Ethical Learning (SEEL)**.

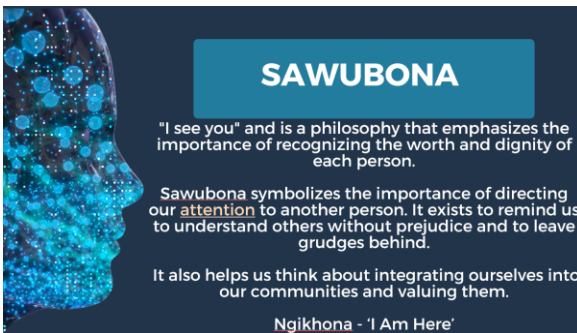
Guided by the dynamic MIE Team—Ms. Pratima Mittal, Ms. Abha Sadana, and Dr. Anviti Singh—this workshop redefined education as more than academic excellence.

## Day 1: Building Bridges Between Hearts and Minds

### A Fresh Perspective

The day began with a thought-provoking session on the **social and emotional challenges students face today**. Educators explored how ancient wisdom from Mahakavyas emphasized emotional intelligence as a foundation for personal success.

Two powerful African philosophies, *Sawubona* ("I see you") and *Ubuntu* ("I am because we are"), set the tone for the day, reminding participants of the beauty of interconnectedness.



### Curiosity vs. Conformity

Sir Ken Robinson striking observation—“*School kills curiosity*”—sparked a lively debate. Are we teaching students to learn or simply to memorize? The discussion inspired a shift towards fostering curiosity and emotional growth in the classroom.

## The Science of SEEL

Educators delved into:

- **Howard Gardner’s Theory of Multiple Intelligences:** Recognizing that every child is uniquely gifted.
- **Emotional Mind vs. Rational Mind:** Understanding emotional hijacking and the brain's incredible ability to rewire itself (neuroplasticity).



## E=MC<sup>2</sup>: The Formula for Empathy

- **E = Empathy**
- **M = Mindfulness**
- **C<sup>2</sup> = Critical Inquiry + Compassion**

Through interactive activities, educators practiced teaching empathy, distinguishing it from sympathy, and building emotional intelligence. A soulful rendition of *Humko Man Ki Shakti Dena* reason

## Day 2: Cultivating Compassion and Mindfulness

### Compassion in Action



The second day focused on **compassion**—not as a concept, but as a way of life. Activities included:

- **Meditation:** A calming session to center the mind.
- **Storytelling:** Sharing tales of kindness and resilience.
- **Acts of Kindness:** Simple, heartfelt gestures to inspire empathy.

### **Mindfulness for the Modern Classroom**

Participants explored the profound benefits of mindfulness, from enhanced focus to improved emotional regulation. Strategies were shared to create classrooms that are not just productive but also peaceful.



### **Navigating Ethical Dilemmas**

Through real-world scenarios, educators tackled ethical challenges, learning how to guide students toward thoughtful, compassionate decision-making.

### **Why SEEL Matters**

The benefits of SEEL go beyond the classroom:

- **Academic Excellence:** Students perform better when their emotional needs are met.
- **Mental Well-being:** A supportive environment fosters resilience and confidence.

- **A Better Tomorrow:** Empathy, mindfulness, and ethical behaviour are the cornerstones of a harmonious society.

**Feedback:** The feedback received from the two-day CBP was quite overwhelming as 70% of the teachers were very satisfied with the content and delivery of it. Some of the main takeaways from the workshop for the staff members were to have Positive thinking, Effective communication with all stakeholders, team, be a role model for students, to be self aware, being mindful. 60% of the participants expressed that there should be a follow up session of the workshop. The same percentage felt that they are confident to implement SEE learning principles in their life. They came up with very creative ideas to enhance the culture of Social and Emotional Learning (SEL) in the classroom.

### **Conclusion: A New Vision for Education**

This workshop was more than training—it was a call to action. The Modern School has taken a bold step toward redefining education, ensuring that students are not just achievers but also compassionate, mindful individuals.



As the educators left, their hearts were full, their minds ignited, and their resolve stronger than ever: *to nurture not just students, but human beings.*

**Together, let's build a world where empathy, curiosity, and kindness thrive.**