

### **Workshops for Professional and Personality Development of teachers @ SBPS**

Computer training workshop, Yoga session and workshop on developing Interpersonal Relations and Skills were organised for the primary teachers in the premises of Sarala Birla Public School, Ranchi.

In computer training workshop teachers were acquainted with the latest technology and they were guided about the various usages of computer applications. The teachers learnt how computers can be used to supplement classroom teaching and strengthen concepts.

To share the learning of yogic practice a session was conducted wherein the educators were shown ways to sustain and nurture their health and wellness, by practising various yoga asanas like bhujangasana, sawasana, gomukhasana, ushtrasana etc. that help our body muscles to be flexible and remove toxins from our body.

A counselling session on Interpersonal Relations and Skills was also organised. The aim of the session was to provide information regarding development of Interpersonal relations, its importance and skills to develop mutual relationships in the workplace among colleagues, teachers and between students that will not only help to improve teaching abilities and methods but also allow teachers to manage classroom and the students in a better way.

School Head Personnel & Admin. Mr. Pradip Varma said that such workshops are very beneficial for all as it helps to improve their skills and become more proficient in their work.

School Principal Mrs. Paramjit Kaur said that good teachers are those who go beyond the call of duty and beyond the textbook. We conduct such workshops to keep them updated about the latest trends in teaching and keep them physically fit and mentally agile.

