

St. Cecilia's Public School
Capacity Building Program on Happy Classroom
08.01.2026



A Capacity Building Program on “Happy Classroom” was successfully conducted on 08 January 2026 with the objective of sensitising teachers towards creating a positive, safe, and emotionally nurturing classroom environment.

The programme featured insightful sessions by the Resource Persons:

Ms. Namita Pandey, HoS, Merry International Public School, Rohini, Delhi and Ms. Nidhi Bhagra, TGT Mathematics, Google Certified Trainer, St. Francis De Sales Senior Secondary School, Delhi.

Madam Principal formally welcomed the resource persons with saplings, followed by a soulful prayer. The main focus of the session was promoting mental health, emotional intelligence, and student well-being through effective pedagogical and behavioural practices.

The session began with an emphasis on the idea that a teacher’s energy and mindset directly influence the classroom environment. Teachers were encouraged to reflect on their own emotional state and its impact on students’ learning experiences.

A significant highlight of the programme was the introduction of the 3R Framework – Recognise, Respond, and Refer (if required). Educators were guided on recognising early emotional or behavioural symptoms in students, responding with empathy and care, and referring cases for professional support when necessary.

The importance of creating a safe classroom environment was discussed in detail, highlighting how such spaces promote joyful learning, enhance student engagement, and help in building strong teacher-student relationships. The concept of KYC – Know Your Child was also elaborated upon, stressing the need to understand students’ emotional and cognitive needs, build trust, and help learners identify and express their feelings. Simple classroom practices like asking students to describe their mood at the beginning of the day were suggested.

The programme also explored the role of storytelling as a powerful tool for imparting ethical values, life skills, problem-solving abilities, and emotional development. Teachers were encouraged to use puzzles and brain teasers to transform passive listeners into active, engaged learners.

Several classroom strategies were shared, including:

Use of reward-based appreciation without judgement, incorporating videos and reflective activities, conducting Think–Pair–Share activities, applying Total Physical Response (TPR) techniques, encouraging students to share positive experiences and good practices.

Digital tools such as Wordwall.net were introduced to make classroom teaching more interactive and engaging.

A dedicated segment focused on the Domains of Emotional Intelligence, namely:

Self-awareness

Social awareness

Self-management

Relationship management

Teachers were also sensitised towards promoting mental health and wellness by recognising “invisible stressors,” practising kindness and compassion, encouraging emotional regulation and control, building emotional strength, and fostering awareness among students.

The session was interactive, reflective, and enriching. It empowered teachers with practical strategies to nurture happier classrooms and emotionally resilient learners. The programme concluded on a positive note with Madam Principal expressing heartfelt gratitude to the esteemed resource persons for their valuable session. She appreciated their efforts in guiding educators towards fostering emotionally healthy and happy classrooms. The event ended on a pleasant note with a group photograph, capturing the collective learning experience and enthusiasm of the participants.