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**DATE:** 31<sup>st</sup> July 2019

**VENUE:** AV Hall

**RESOURCE PERSON:** School Counsellors- Ms. Nidhi Mehra & Ms. Megha Sharma

**PARTICIPANTS:** Students of Grade 11

**TOPIC:** 'Believe in Yourself and You will Succeed'

Grade 11 is a very crucial stage for students and it also brings a lot of pressure for them. However, students tend to take it lightly as they feel they don't have to face board examination this year. Keeping this in mind, a session was taken up with the students of Grades 11 to help them understand that if they understand their potential and be more dedicated and focused, they can achieve success in life.

The potential they have is huge, and their awareness for the same is like tip of an iceberg. They should start noticing themselves so that they become more self-aware. The students were given the message that failures should not be a roadblock, one should learn from their mistakes. One should be gritty, perseverant and resilient. These qualities are very important and should be imbibed within the person for a lifelong time. This can help in climbing the ladder of success.

Ms. Nidhi Mehra also shared with students' stories with very strong moral learnings. All the stories focused on taking failures as a learning and not as a roadblock. This will help in being stronger in life and being able to handle themselves better.

Principal Ms. Manju Gupta also spoke to the students about how important it is to train one's mind to think positively. Once this happens, we can sail smoothly in the journey of life and tackle all the roadblocks which we might face in life.









