A workshop on ‘Capacity Building Programme for Happy Classrooms’ was organized by CBSE, Centre of Excellence for Teachers, Delhi. The workshop was conducted on Thursday, September 19, 2019 at Ridge Valley School, DLF Phase IV, Gurugram. The resource persons were – Ms. Rekha Verma and Ms. Mohinder Kaur. Many teachers from different schools of Gurugram attended the workshop.

The interactive workshop aimed at making the classrooms happy for the students. According to the resource persons a happy classroom is possible only when the teacher is happy. The teachers were advised to leave all their worries, stress, anxiousness and tensions outside the classroom. All the teachers should work as one unit, helping each other and working towards the growth and development of the students and the institute. The teachers were made to perform certain activities which made them aware of their strengths, weaknesses and skills in handling a difficult situation at workplace. Self-awareness is very important to keep oneself happy. The teachers were told about the importance of acronyms like – STOP, CARE and PLEASE to make the classrooms more effective and improve the teaching strategies of a teacher. A teacher should lend an ear to each and every student and should always be available for his/her help. They must understand the situations and background of a child before reacting or judging him/her.

It was an informative and interactive workshop. It helped the teachers to know more about themselves. It taught them to be happy individuals so that they are able to spread happiness to all the lives they touch. A happy teacher can make the whole atmosphere happy as, ‘Happiness is Contagious’.