

Cultivating Positivity: A Workshop on Positive Discipline at Bosco Public School

On July 2, 2024, Ms. Priya Handa, the perseverant Vice Principal of Bosco Public School, Paschim Vihar, conducted an engaging and insightful workshop on **Positive Discipline**. The workshop was designed to emphasize the importance of incorporating positive discipline techniques among students and teachers to foster a more conducive learning environment.

The workshop began with an introduction to the concept of positive discipline and its significance in educational settings. Ms. Handa highlighted the necessity of using positive reinforcement to encourage desired behaviours among students. A video on positive reinforcement was shown, highlighting real-life examples and strategies for effective implementation. Following the video, teachers shared their insights on the role of motivation, trust and encouragement in maintaining discipline. They emphasized that a supportive and understanding approach is crucial in guiding students towards positive behaviour.

The workshop featured several interactive activities designed to engage participants and provide practical experience with positive discipline techniques. Participants were asked to identify one quality or behaviour in a co-worker or student that frustrates them. This activity was followed by a brainstorming session on how to address these frustrations positively and constructively. A key focus was placed on the importance of effective communication in resolving conflicts and maintaining discipline. Teachers discussed various communication strategies that can help in understanding and empathizing with students' perspectives. Engaging activity **Saboteur** highlighted the significance of context and situation in influencing behaviour. Participants were tasked with identifying potential "saboteur" in the given scenario and devising strategies to mitigate their impact. Ms. Handa led a discussion on positive discipline techniques, encouraging teachers to change their approach towards handling behavioural issues. She emphasized the importance of empathy.

During the workshop, Ms. Priya emphasized that negative discipline, such as punitive measures and harsh consequences, is counterproductive and detrimental to the overall development of students. It can lead to resentment, fear and a lack of trust, ultimately hindering the learning process. Instead, positive discipline fosters a supportive and encouraging environment, promoting growth, cooperation and mutual respect.

The workshop concluded with a discussion on the ripple effect of goodness in life. Teachers were encouraged to practice gratitude and acknowledge positive behaviors, both in themselves and in their students. The session left participants with a renewed sense of purpose and motivation to start the academic session after summer break on a positive note.

The Positive Discipline Workshop by Ms. Priya Handa was a highly fruitful and engaging session. Teachers left the workshop with happy faces, having passed compliments and feeling geared up for the commencement of the new session. The workshop successfully imparted valuable insights and practical techniques for fostering a positive and disciplined learning environment at Bosco .