

Wellbeing Conclave



Grade: 8, 9 and 11

Day & Date: Tuesday, 11th June, 2024

INTENT: In our pursuit to ensure student well-being, we organise numerous wellbeing activities for students at school. We also encourage them to participate in wellbeing conclaves, competitions and workshops organised by other schools. Against this backdrop, six of our students, two each from middle school, secondary and senior secondary participated in A WELLBEING CONCLAVE organised by DPS, Dubai, on June 11th 2024.



EXPERIENCE: The theme of the conclave centered around the PERMAH model, a framework for understanding and enhancing well-being developed by psychologist Martin Seligman. The model comprises of six elements essential to human flourishing. Various activities under each pillar of PERMAH, in which our students participated served as an avenue for them to gain knowledge, skills and contribute their innovative ideas centered on wellbeing and the PERMAH pillars.

INSIGHT: This inter-school event provided a platform for our students to explore holistic wellbeing and the significance of PERMAH framework . The conclave brought together experts, practitioners and enthusiasts of positive psychology from various backgrounds. The diversity of participants provided students a rich understanding of perspectives and experiences, enhancing the depth of discussions and interactions on the topic of Wellbeing.