

Workshop on Procrastination and How to overcome it

Subject: What is Procrastination and how to overcome it (Class - IX)

Date: 24 July, 2024

Description of the Activity/Competition: -

On 24 July 2024, our school held a successful 40-minute session on Procrastination for all sections of Grade IX in celebration of International Self-Care Day. Principal announced Ms. Sunita Mukherjee's addition to the counselling committee. The event emphasized the importance of self-care and practical strategies to overcome procrastination.

Aim/Objective/Learning Outcome of the Activity (in case of subject enrichment activities):-

Aim:-

To celebrate International Self-Care Day by educating Grade IX students on the importance of self-care and strategies to overcome procrastination.

Objective:-

To provide students with practical tools and techniques to manage procrastination, enhancing their overall well-being and academic performance.

Learning Outcome:-

Students will understand the significance of self-care, recognize the impact of procrastination on their lives, and apply effective methods to manage and reduce procrastination in their daily routines.

- Name and Signature of the teacher: **Sunita Mukherjee**