

SEEING THROUGH OTHERS' EYES

EVENT: Counselling Session

DATE: 8 September 2025

CONDUCTED FOR: Class 8A

A counselling workshop was conducted in Class 8A on the theme “*Seeing Through Others’ Eyes: Learning Empathy as an Essential Life Skill.*” The session focused on helping students understand the importance of empathy in everyday life.

As part of the workshop, students reflected on their own experiences by writing down acts of kindness they had extended to others in society. They also practiced gratitude by expressing heartfelt “thank yous” to their loved ones for the significant roles they play in their lives.

Through these meaningful activities, students not only learned the value of kindness and appreciation but also discovered how empathy strengthens human connections and builds healthier, more positive relationships.

