



WORKSHOP FOR TEACHERS

SESSION: 2025–26

**THEME/TOPIC: MANAGING CLASSROOM BEHAVIOUR WITH
EMPATHY AND EMOTIONAL INTELLIGENCE**

RESOURCE PERSON: MS. VANDANA TANDON

ORGANISED BY: MBS INTERNATIONAL SCHOOL

DAY & DATE: 15 JANUARY 2026

DURATION: 2:30 P.M. TO 3:30 P.M.

VENUE: SCHOOL AUDITORIUM

ATTENDED BY: TEACHERS (NURSERY – CLASS XII)

Objectives:

- To understand the role of empathy and emotional intelligence in classroom management.
- To equip teachers with effective strategies to manage challenging student behaviour positively.
- To foster a supportive, inclusive, and emotionally safe classroom environment.
- To align classroom practices with NEP 2020's focus on socio-emotional learning.

Ms. Vandana Tandon conducted an engaging and insightful workshop on Managing Classroom Behaviour with Empathy and Emotional Intelligence for teachers from Nursery to Class XII. The session focused on creating emotionally responsive classrooms where discipline is guided by understanding, respect, and positive reinforcement.

The resource person highlighted that students' behaviour is often a reflection of their emotional state, social environment, and developmental needs. Teachers were encouraged to view behavioural challenges as opportunities to build trust and connection rather than merely correcting misconduct.

The workshop introduced the concept of emotional intelligence, explaining its core components—self-awareness, self-regulation, motivation, empathy, and social skills—and their practical application in managing classroom dynamics.

Practical strategies such as active listening, validating emotions, setting clear expectations, maintaining consistent routines, using positive language, and adopting restorative and non-punitive disciplinary approaches were discussed.

Outcomes and Feedback:

Teachers reported increased confidence in managing classroom behaviour with empathy and emotional intelligence. The workshop aligned strongly with NEP 2020's emphasis on holistic student development.

