

## **MOTIVATION MATTERS: DISCOVERING YOUR POTENTIAL**

**EVENT: Counselling Session**

**DATE: 12 January 2026**

**CONDUCTED FOR: Class 7**

Counselling workshops were conducted in Classes **7A, 7B, and 7C** on the theme **“From Doubt to Drive: Find Your Potential.”** The sessions aimed to help students recognize their strengths, build self-belief, and understand what truly motivates them.

Through fun and engaging activities, students explored their **positive qualities and personal strengths** that play a vital role in shaping their personality. Interactive discussions encouraged them to reflect on self-confidence, goal setting, and overcoming self-doubt.

A meaningful discussion on **intrinsic motivation** helped students understand how inner drive and personal purpose guide individuals towards achieving their goals. The workshops witnessed enthusiastic participation, thoughtful responses, and active involvement from all students.

Overall, the sessions were enriching and empowering, inspiring students to believe in themselves and strive confidently towards their aspirations.

