BUILDING BETTER CONNECTIONS THROUGH ACTIVE LISTENING

EVENT: Fostering Active Listening – Counselling Workshop
DATE: 14 October 2026
CONDUCTED FOR: Class 7C

An interactive counselling workshop was conducted for Class VII-C on 14 October 2026 to help students understand and practise the importance of active listening. A video on active listening was shown, followed by an engaging *Active Whispering Game*, which helped students recognise the difference between merely hearing and listening attentively.

Students participated enthusiastically, identified common barriers to effective listening, and reflected on how it feels when one is not heard. They were also introduced to the **E.E.P. Model – Eye Contact, Ear to Understand, and Paraphrase**.

The session encouraged empathy, mindful communication, and better interpersonal relationships, reinforcing the importance of listening with attention and understanding.



