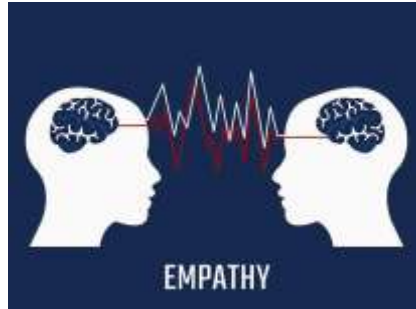


WORKSHOP

EMPATHY: A WAY OF LIVING



A workshop on Empathy: A Way of Living was conducted for the teachers of The Air Force School, Subroto Park, by the esteemed Mrs. Kumud Issar on 25th Feb 2025. The session aimed to deepen the understanding of empathy as a fundamental aspect of teaching and personal growth.

Mrs. Issar began the workshop by emphasizing the importance of empathy in fostering meaningful connections with students, colleagues, and the larger school community. Through engaging discussions, real-life scenarios, and interactive activities, she highlighted how empathy goes beyond sympathy and is a powerful tool for creating an inclusive and supportive learning environment.

The workshop covered key aspects such as:

- Understanding the difference between empathy and sympathy.
- Active listening and mindful communication techniques.
- Strategies to foster empathy in students.
- Practical ways to integrate empathy into daily classroom interactions.

Teachers actively participated in group activities and shared their experiences, making the session both interactive and insightful. Mrs. Issar encouraged self-reflection and provided valuable takeaways that could be implemented in both professional and personal spheres.

The workshop concluded with an open discussion where teachers expressed their appreciation for the session, noting how it reinforced the role of empathy in education. The session left a lasting impact, inspiring educators to nurture a more compassionate and understanding school environment.

