

BHARATIYA VIDYA BHAVAN MEHTA VIDYALAYA – SAS CAMP



INTRODUCTION

Bharatiya Vidya Bhavan Mehta Vidyalaya's has been organizing the Social Awareness and Sensitivity camp every year for the past three decades for students of Class 11TH. It is an informative programme organized for the young minds with the motive of enlightening them about indispensable issues of our social lives and guiding them in building career paths for themselves for their successful and bright futures. Due to the COVID-19 Pandemic , the camp couldn't be held offline in school premises , but following the motto "Education shall never stop" this year also the SAS Camp was organized under the supervision of the school's Principal Dr. Anju Tandon and Vice Principal , Mrs. Alka Jayaswal on the online platform.



**DR.ANJU
TANDON,PRINCIPAL**



**MRS ALKA
JAYASWAL
VICE PRINCIPAL**

SAS CAMP-2021 ORGANIZERS:



DR JYOTI DEV RISHI



MRS. ARADHNA GAMBHIR



MR . RAKESH RAI

**SAS CAMP 2021–26th April to 7th
May**



**UNDERSTANDING LAW AS
A CAREER AND LEGAL
STUDIES AS A SUBJECT**



RESOURCE PERSON

**MR.EMANI
ABHAY KRISHNA**



PEACE

WHY DO WE NEED LAW?

- LAW IS AN INSTRUMENT OF SOCIAL CHANGE
- LAW BRINGS ORDER IN THE SOCIETY
- LAW PUNISH THE WRONGDOERS
- LAW PROVIDES JUSTICE TO THE PEOPLE
- LAW ESTABLISHES PEACE IN THE SOCIETY



🔒 Emani Abhay Krishna

🔒 You



🔒



🔒

P S

28 oth

Mr. Abhay started the session by explaining about the objective behind introducing Legal Studies as a subject. He threw light upon the fact that every individual must be aware of the law of the land, through which they can ensure checks and balance in the society, and, on the greater scale, their own country.

**THE ART OF LIVING
HEALTHY THROUGH
BREATHING**



RESOURCE PERSON

**MRS.
RENU**





Mr. Renu took the session and elaborated on the fact that- Money, Health and Love together constitute Happiness, with is vital for one's health especially during the pandemic.

She told the students that, by some breathing practices one can increase the strength of one's lungs and reduce the mental stress. She then continued with the exercises such as- PURNA YOGIK BREATHING, KAPAL BHARTI, VASRIKA PRANAYAM and STAW PRANAYAM.



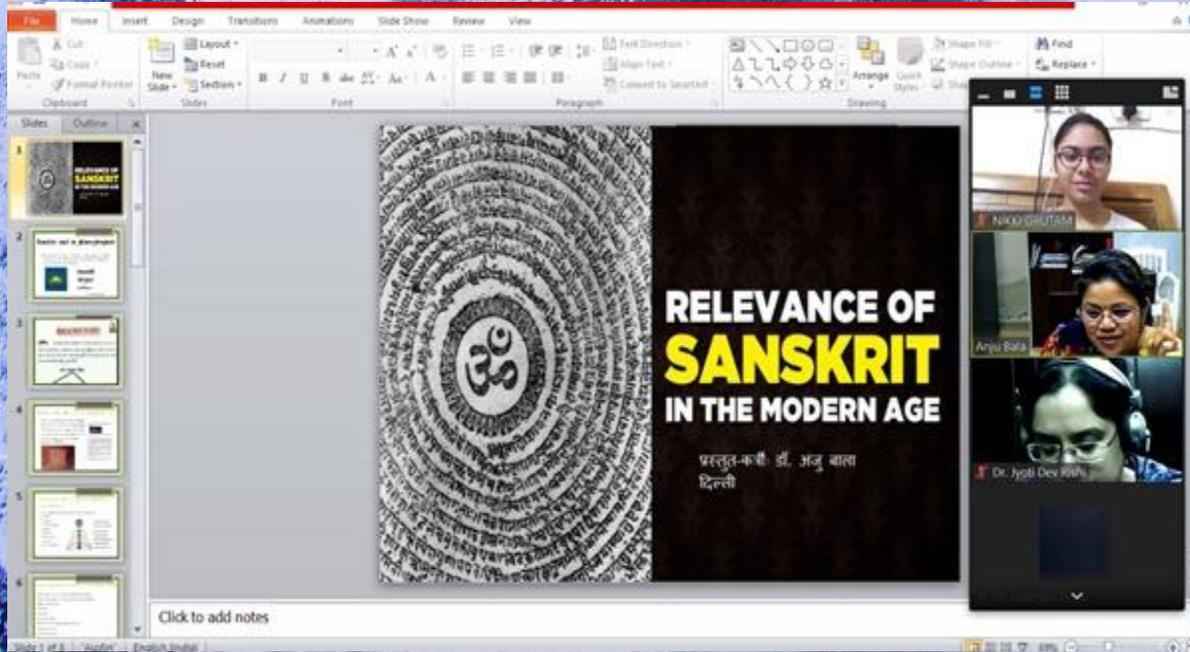
**SANSKRIT AS A SUBJECT IN
CLASS XI & XII AND ITS FUTURE
PROSPECTS**



RESOURCE PERSON

**DR ANJU
BALA**



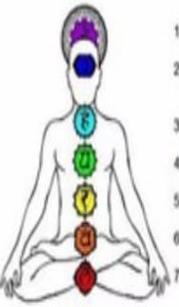


Dr. Anju Bala started the session by explaining about the growing importance of Sanskrit in the modern world. May it be NASA's new declaration about Sanskrit being the most, computer-friendly language, or the increasing importance of Sanskrit oriented jobs. She revisited the time when Sanskrit was considered to the "Dev-Vani" or the tongue of the gods.

Physical and mental benefits of Sanskrit

- By speaking Sanskrit our seven chakras
- Root
- Sacral
- Solar plexus
- Heart
- Throat
- Third eye
- Crown

Are enlighten.



1. The Crown Chakra
2. The Third Eye Chakra
3. The Throat Chakra
4. The Heart Chakra
5. The Solar Plexus Chakra
6. The Sacral Chakra
7. The Base/Root Chakra

She made it a point by telling the students about the professions such as a palmist, interpreter, astrologer, tutor, lecturer, etc. which are the possible areas of occupations after one completes one's education in Sanskrit.

- Vastu
- Dharm Shikshk in army
- Pandit(priest)
- IAS officer
- IPS
- Railways and Banking
- UPSE(himanshu gupta)
- Ayurved
- Fine arts
- Yoga teacher
- Puratatwa (manuscripts and inscriptions)
- Geology
- Journalist
- Motivational speaker
- business

BUILDING RESILIENCE THROUGH STORY TELLING



RESOURCE PERSON :

**MS. ANUSHA
TYAGI**



The session on building resilience was taken by Ms. Anusha Tyagi an art psychologist. She made us understand the importance of bouncing back from difficulties

She made the session very interactive by sharing some very interesting stories like potato, egg and coffee, and the white wolf. The stories made us understand the resilience in a more effective way.

And how strongly we can bounce back. She also gave us an activity in which we have to write three qualities of ourselves which made the session more interesting



**UNDERSTANDING GEOGRAPHY
AS A SUBJECT AND ITS FUTURE
PROSPECTS**



RESOURCE PERSON :

**MS.SAKSHI
RAWAT**



Why should we study geography?

- Geography enables us to understand change, conflict and the key issues which impact on our lives today and will affect our future tomorrow.
- Geography gives you life skills to understand the World around you and interact as a global citizen.
- Geography provides excellent job opportunities especially in this ever changing world.

S

Ms.Sakshi Rawat, ex bhavanite and topper of geography explained us about the subject geography in a very easy and simple way.

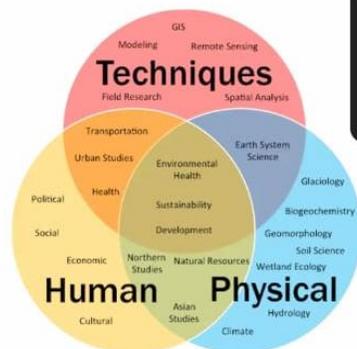
She told us about further classifications of the subject by a very well prepared presentation

Physical geography

It deals with various natural phenomena relating to earth surface.

Human geography

It is the study of human behavior and processes and how they relate to physical space they live in.



S

Human and Economic geography related career

- Demographer
- Defence studies
- Location expert
- Transport and tourism industry
- Spatial statistician
- Health/ Medical geographer
- Market researcher
- Urban and regional planner
- Political analyst
- Traffic manager (shipper)
- Production, distribution and exchange

Zoom

Physical and Biogeography related careers

- Climatologist
- Soil scientist
- Wildlife ecologist
- Meteorologist
- Environmentalist
- Nature conservation officer
- Climate change analyst
- Pollution control analyst
- Research and innovation
- Emergency management/ Risk Analyst

She explained us deeply about the a subject and provided us information of future prospects of taking up geography as a subject in XI and XII class

**UNDERSTANDING HISTORY AS
A SUBJECT IN CLASS XI AND XII
AND ITS FUTURE PROSPECTS**



RESOURCE PERSON :

**MS.JASMIN
NISHA**



The session on understanding history as a subject and its future prospects was taken by Mrs. Jasmin Nisha. She shared class XI and XII syllabus with us and gave us a brief information about what we will be going to study in our future classes



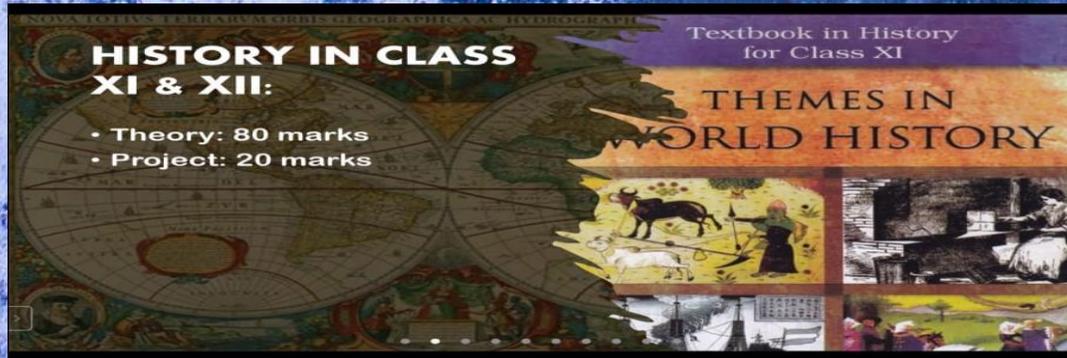
WHAT IS HISTORY AS A DISCIPLINE?

- History comes from the Greek word 'historia', which means knowledge acquired through inquiry or investigation.
- History is not stories about the past or mythology.
- It involves critical/analytical thinking and evidences like manuscripts and archaeological remains to piece together the past.



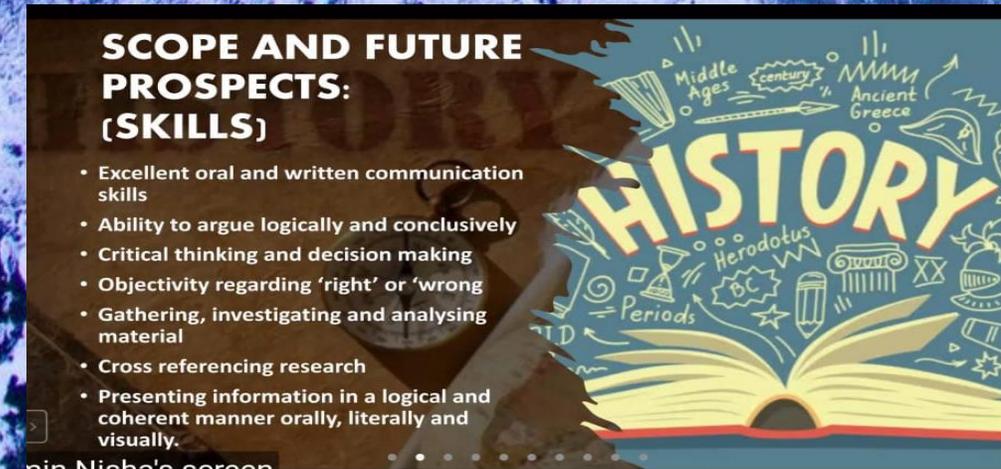
HISTORY IN CLASS XI: EARLY SOCIETIES

- From the beginning of time
- Early cities



She also provided us the marks distribution of our class and Very effectively made us understand about the subject

At last she discussed that what skills we will be going to develop by knowing the subject and also provided us the future prospects of the subject



THEATRE WORKSHOP



RESOURCE PERSON:

**MR. RAHUL
KHANNA**





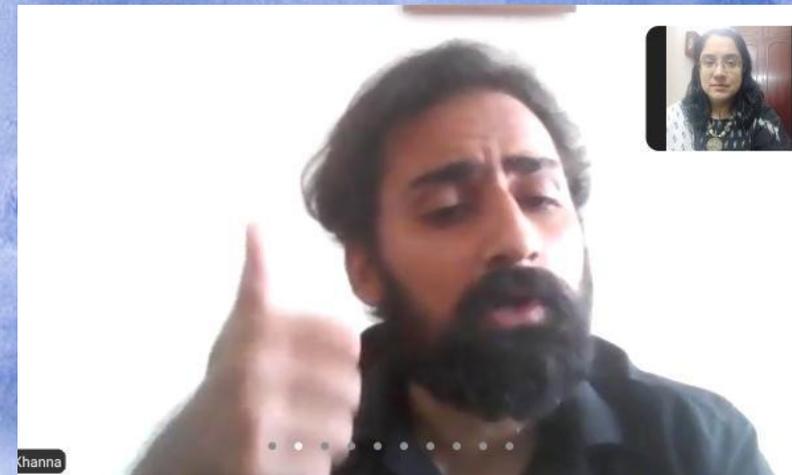
Our sessions started with an introductory session and was all about relaxing mind and doing voice control practice.

We then proceeded to acting upon self chosen characters inspired from surroundings





We were also taught about mime. It was very fun learning how to express ourselves without words but with just expressions. All the sessions were very fun , interactive and enjoyable



UNDERSTANDING JOURNALISM AND SPORTS MANAGEMENT AS A CAREER



SPEAKER:

**MR. GS
VIVEK**



Journalism and sports management as a career was held by renowned sports journalist Sir G.S.Vivek . Mr.Vivek defined journalism as a debated career option in recent time . He also told one should have to be unconventional and be unique and have your own narrative and opinion to be eligible for becoming journalist . He informed the students about challenges such as struggle to remain relevant growing influence of social media .



CREATIVE WRITING



RESOURCE PERSON :

**MR. ESHA
PUROHIT**



11:22 AM ...73.5KB/s 90%

vpw-rbxo-noi

CREATIVE WRITING - PowerPoint

Play Animations
Use Timings
Monitor: Automatic

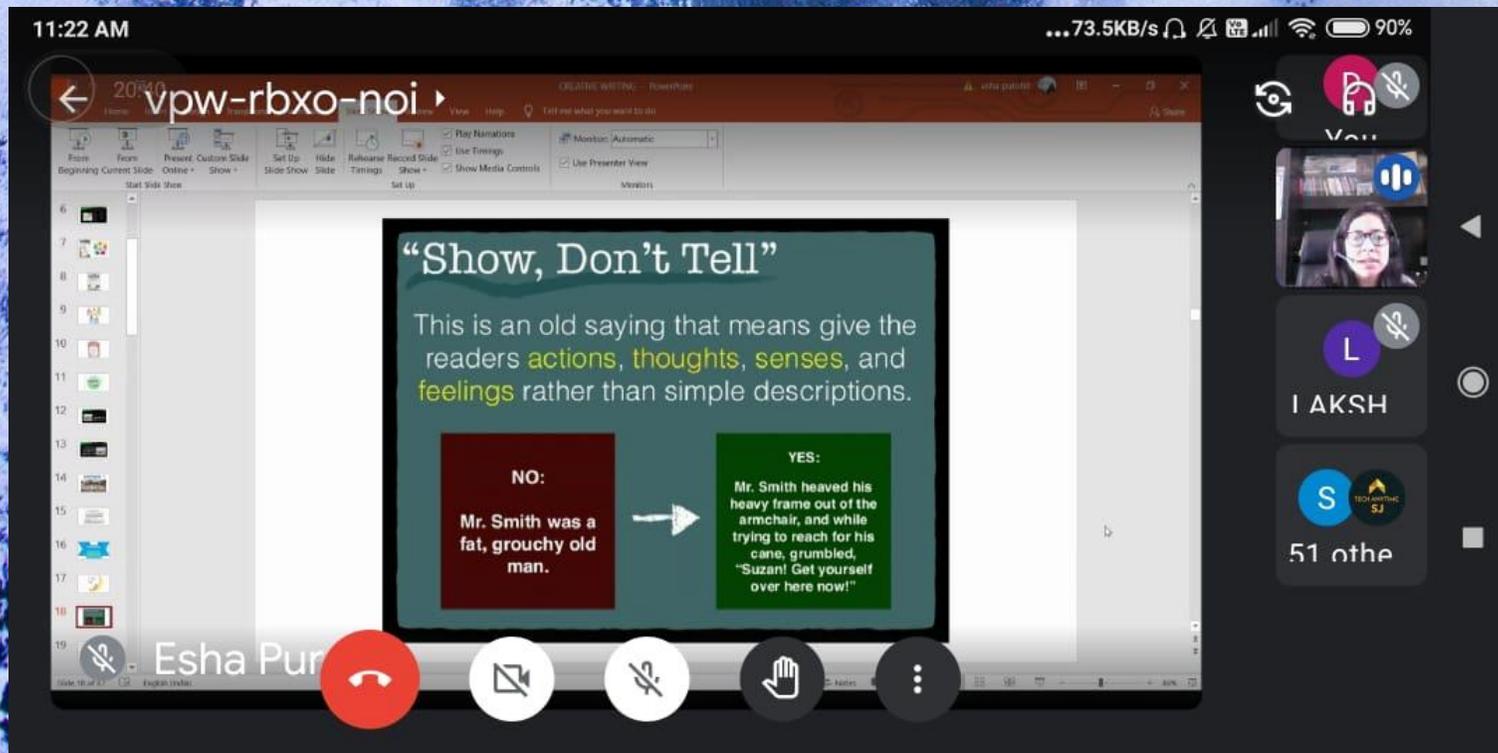
Slide 10 of 19

"Show, Don't Tell"

This is an old saying that means give the readers **actions**, **thoughts**, **senses**, and **feelings** rather than simple descriptions.

NO: Mr. Smith was a fat, grouchy old man.	→	YES: Mr. Smith heaved his heavy frame out of the armchair, and while trying to reach for his cane, grumbled, "Suzan! Get yourself over here now!"
-----------------------------------------------------	---	-------------------------------------------------------------------------------------------------------------------------------------------------------------

Esha Purohit

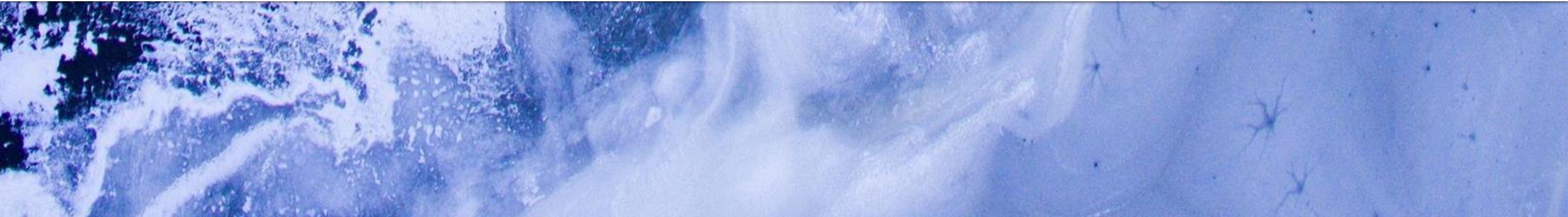


Ms Esha Purohit started the session with telling us how writing have academic and educational benefits and it has psychological and development benefits. It was a fruitful and insightful session. We performed many exercises. We learned how actions speak louder than words

We performed various exercise including how to be come a better writer by writing more and more, writing story from pictures, alphabet writing exercise, what if . We discussed about simile and metaphor , strategies to use them in effective way. It was very interesting session . Ms Esha shared some poems with us .

The screenshot shows a Zoom meeting interface. At the top, the time is 11:48 AM and the battery is at 84%. The main window displays a PowerPoint slide titled "WHAT IF" with a drawing of two people on a hill. The slide text includes: "I WAS DEEPLY SHOCKED, WHEN I DISCOVERED THAT MY FRIEND...", "WHAT IF Your Friends had a secret life?", and "CHOOSE ONE OF YOUR BEST FRIENDS AND IMAGINE THAT SHE OR HE HAS A SECRET LIFE... ACTIVITIES NO ONE KNOWS ABOUT. WHAT HE OR SHE WOULD BE AND DO?". The Zoom controls at the bottom show a red mute button, a video off button, a chat button, and a hand icon. On the right, there are participant icons for "You", "MIISKAN", and "50 othe".

PERSONALITY DEVELOPMENT



RESOURCE PERSON :

**MS.
SHREYA
SHAH**



The session started with how one can be confident and positive about themselves it felt very confident and overpowering after the session. Ms Shreya explained us briefly how can we be positive and challenge our thoughts ourselves . It changes our perspective about ourselves . We learnt about developing confidence and communication effectively.



The screenshot shows a Zoom meeting window with a presentation slide. The slide features a yellow speech bubble on the left containing the text "Developing a positive self-concept". To the right of the speech bubble is a list of six bullet points:

- Challenge your negative thoughts about yourself
- Improve physical health
- Become more assertive- Lean to say no
- Be compassionate towards yourself
- Practice Gratitude
- Indulge in positive self talk

The Zoom meeting interface includes a top bar with participant names: NIKKI GAUTAM, SHREYA SHAH, Ronak, Anju Tandon, Dr. Jyoti Devi, and HARSH TOMAR. The Zoom logo and "Recording" indicator are visible on the left. The Windows taskbar at the bottom shows the search bar, system tray, and the date/time "09:45 04-05-2021".

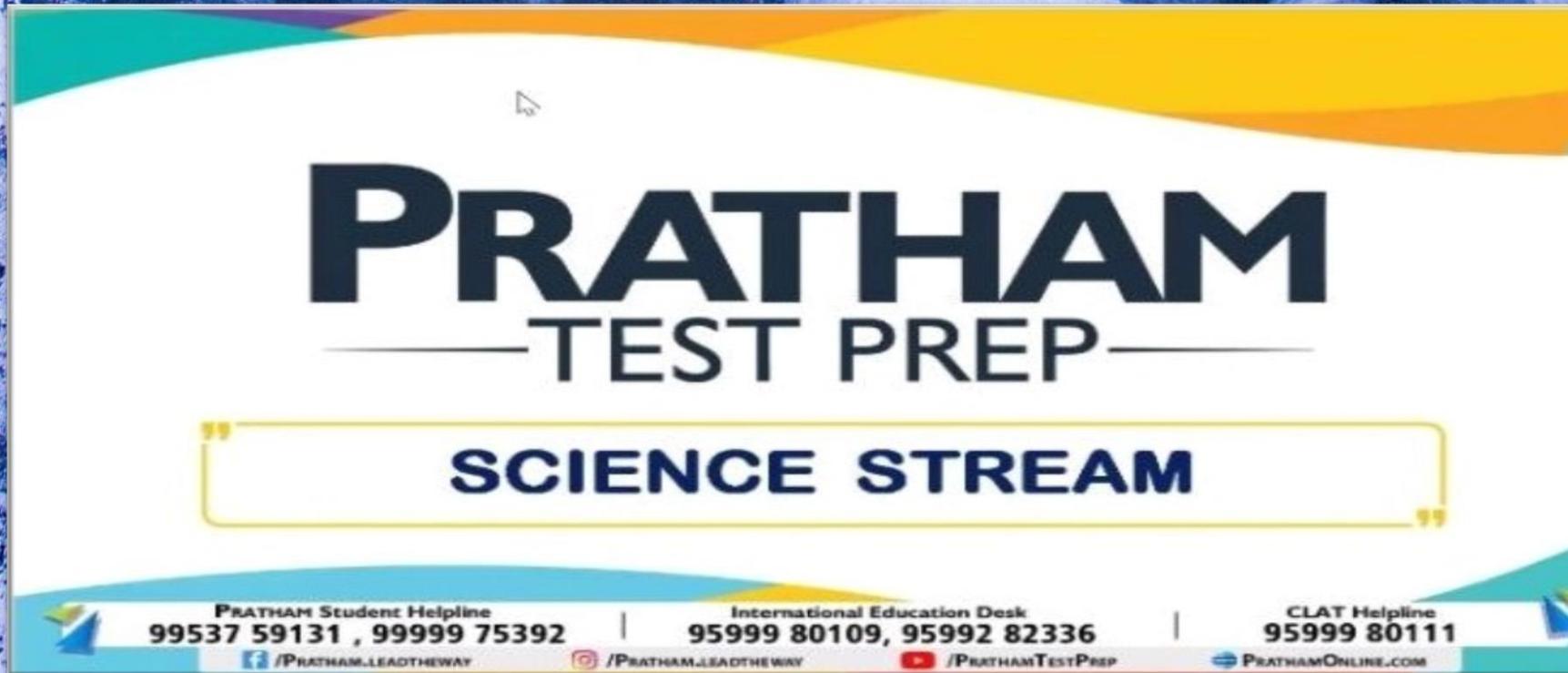
The screenshot shows a Zoom meeting interface. At the top, a status bar indicates "You are viewing SHREYA SHARMA's screen" and "View Options". The main content is a presentation slide with a yellow background and white text that reads "Personality Development" and "Developing Confidence and communication effectively". On the right side, there is a vertical video gallery with three participants: NIKKI GANTAM, Dr. Jyoti Devi Rani, and SHREYA SHARMA. Below the gallery, the name "Abhishek Sinha" is visible. At the bottom of the screen, the Zoom control bar includes icons for Mute, Stop Video, Participants (54), Chat, Share Screen, Record, Reactions, and a red Leave button.

Ms Shreya gave us a quiz so we can see how our personality is . It was a fun session and we enjoyed it . We tested our openness , extroversion etc . and learned about interpersonal skills

**CAREER COUNSELING AND
UNDERSTANDING PROCESS OF
DU & COLLEGE ADMISSION**



RESOURCE PERSON:



PRATHAM
—TEST PREP—

SCIENCE STREAM

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99537 59131 , 99999 75392

International Education Desk
95999 80109, 95992 82336

CLAT Helpline
95999 80111

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SPEAKER : Mr. BINIT BINOD

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Markets News Industry RISE Politics Wealth MF Tech Jobs Opinion NRI Multimedia Panache More

Business News - Jobs - 94% of engineering graduates are not fit for hiring, says the IT stalwart

Benchmarks > Sensex *CLOSED Nifty *CLOSED

NSE Large Cap Direct Plan Growth

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Stock Analysis, IPO, Mutual Funds, Bonds & More

94% of engineering graduates are not fit for hiring, says this IT stalwart

A McKinsey report had flagged the issue more than a decade ago when it said just a quarter of engineers in India were actually employable.

ET Online | Updated: Jun 04, 2019, 04:10 PM IST

40 Comments

Save

40 Comments

Last year, a study by employability assessment company Aspiring Minds

PRATHAM Student Helpline 99537 59131, 99999 75392

International Education Desk 95999 80109, 95992 82336

CLAT Helpline 95999 80111

PRATHAMONLINE.COM

Mr. Binit Binod shared with the students merits, demerits and other details of many career paths. He also presented some statistics of CBSE Board Exams. He also informed the students about cutoffs of Delhi University and about its admission procedure and criteria

Zoom Webinar

PRATHAM

Chat

improve

From Miral S... to All panelists and attendees: improve

From Lakshya... to All panelists and attendees: improve

From Harsh To... to All panelists and attendees: improved

From Adanya... to All panelists and attendees: improved

From Ansh Sha... to All panelists and attendees: improved

From Sehan K to All panelists and attendees: improve

To: All panelists and attendees

Your text can be seen by panelists and other attendees

Handwritten notes:

CBSE-712th

2019 2020

12.5L 13L

90% → 95000 1.58L

95% → 80000 39000

↓

DJMR → 3000 4600

497/500

ICSE

500/500

IB

State

K → 185 → 100%

T → 77 → 100%

MP → 15 → 100%

SRL 2018 2019 2020 2025

B (M) 97.25 97.75 99

C (M) 98.25 98.5 99.25

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15:44 27-04-2021

He discussed about the new education policy and some salient features about CUCET (Central Universities Common Entrance Test) which will be implemented as an entrance exam for Delhi University under the NEP.

PRATHAM
TEST PREP

NEP 2020 Highlights

- 5+3+3+4 instead of 10+2
- No stream, Multidisciplinary, Foreign Language, Critical thinking.
- Graduation- 4 years
 - a) 1 year- Certificate
 - b) 2 year- Diploma
 - c) 3 year-Degree(Entrances/Competitive exams/Jobs/Post graduation)
 - d) 4 Year- Research(Dissertation, Thesis, Research paper etc.)
- Common Entrance Exam at 12th level(CUCET).
- Post graduation(1/2 years)
- No M.phil
- PHD/Doctorate- 4 years.
- Credit transfer/Multiple exit option
- Multi-disciplinary
- Technical Courses in regional Language.

www.PRATHAMONLINE.COM

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Student Helpline
99999 75392, 011 42 666 000

telegram IPM@PRATHAM TEST PREP
telegram CLAT@PRATHAM

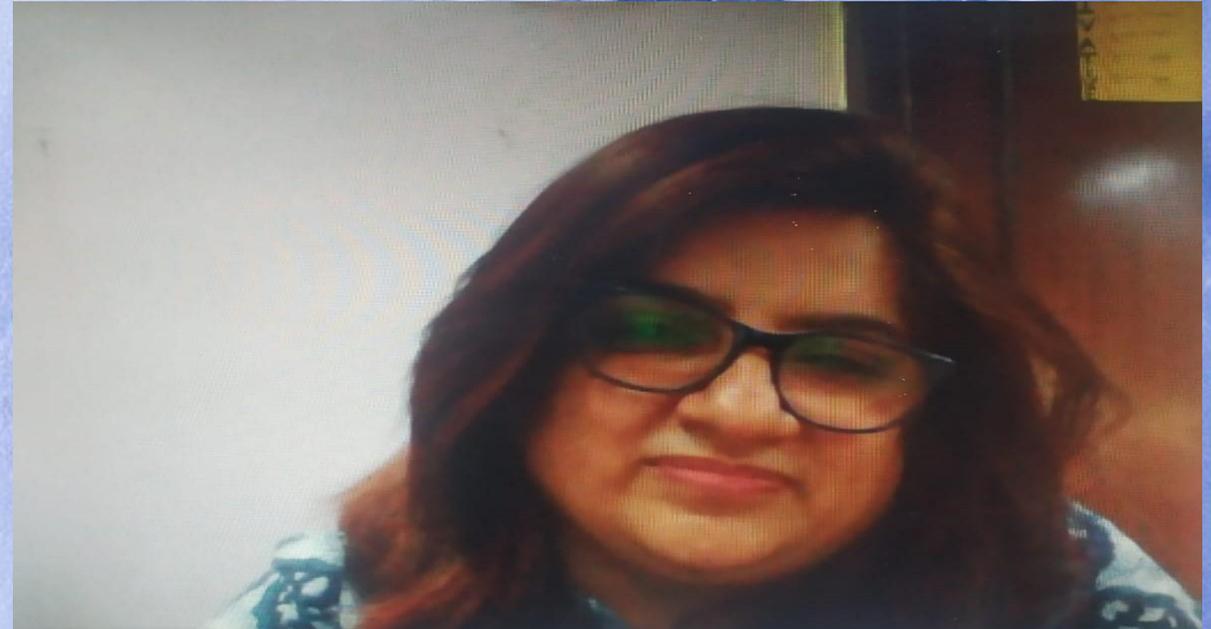
GOALS AND VISION



RESOURCE PERSONS:



MS. SWETCHA PERSHAD



MS. ROSY KATYAL

They both started session with great interaction by asking goals of a student . Then they told us six steps of goals : vision , goals , goals task ,timeliness and follow up. They taught us that have a vision and goals in you is good thing but believe in goals and vision is even more important things . They increase our confidence by showing positive energy and attitude.



**UNDERSTANDING PHYSICS AS A
SUBJECT IN CLASS XI AND XII AND
ITS FUTURE PROSPECTS**

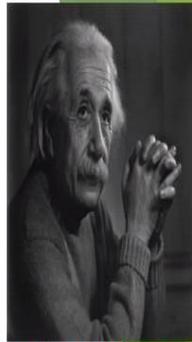


RESOURCE PERSONS:

**MRS.
ANNU
SAGAR**



PHYSICS



Albert Einstein - "Imagination is more important than knowledge. For knowledge is limited, whereas imagination embraces the entire world stimulating progress giving birth to evolution"

Mrs. Annu Sagar started session with a nice quote and tells us about what actually physics is. she also tells us about some conventional and unconventional job opportunitites .

CONVENTIONAL

UN-CONVENTIONAL

Structural
Engineer

Robotics
Technologist

Electronics
Engineer

Toy Designer

Electrical
Engineer

Blogger

She also shared with the students some of the popular and interesting career paths one can take through Physics

SPACE

- **Astronaut**
- **Aeronautical Engineer**
- **Astronomer**
- **Astrophysicist**
- **Cosmologist**

MEDICAL

- **Biophysicist**
- **Cardiac Imaging Research**
- **Molecular Biophysicist**
- **MRI Technologist**
- **Medical Laboratory Technologist**

IMPORTANT EXAMS

- **KVPY [KISHORE VIGYAN PRO TSAHAN YOGNA]**
- **IIT JAM [MSc Entrance Exams for IITs/ NITs / IISER]**
- **TIFR [MSc Entrance exam for Tata Institute of fundamental research]**
- **JNU EE [MSc Entrance exam for JNU Delhi]**
- **GATE [PG Science course at IITs , NITs]**
- **INAT Test [Research scholarship at IUCAA or TIFR]**

REMEMBER

- ❖ **No short-cut to success (Hard work)**
- ❖ **Career plan at 9th- 10th standard**
Favorite subjects at school , professional / technical course , job , your career and home life
- ❖ **Marks secured in 10th , 12th std and Bachelor degrees are considered for job**

Then she discussed about some of the important exams that would give preferences to the science student in many collages. Then she shared some tips with students that would help students to get focused on their goals and keep them motivated.

THE JUNGLE BOOK AND COLONIAL IMAGINATION



RESOURCE PERSON:

**DR. APARNA
VAIDIK**





Rudyard Kipling (1865-1936)

Dr. Aparna Vaidik, professor at Ashoka University, started the session with cheerful song of JUNGLE BOOK then she asked some common question about jungle book and told us so many unrevealed thing and theories about jungle book and writer Rudyard Kipling .



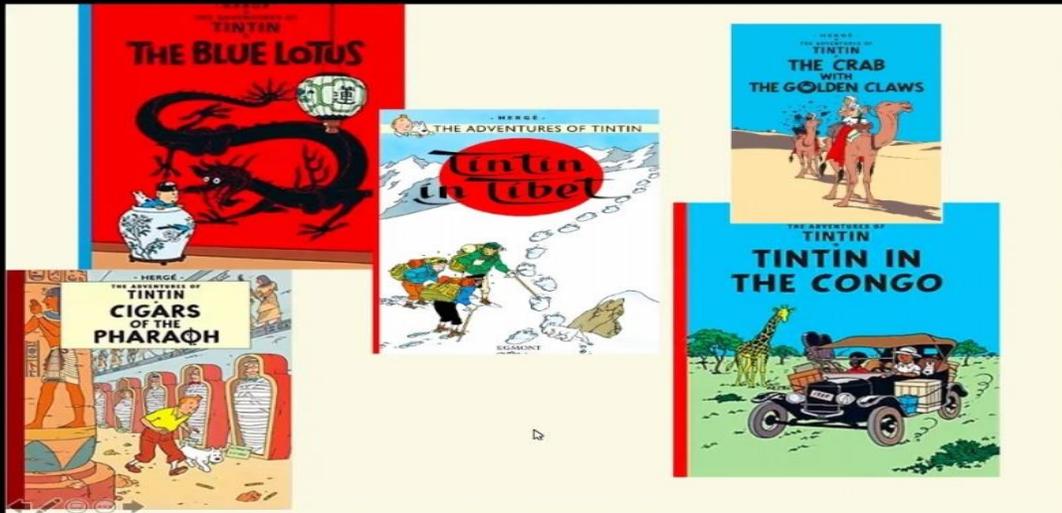


E.R. Burroughs, *Tarzan of the Apes*, 1914

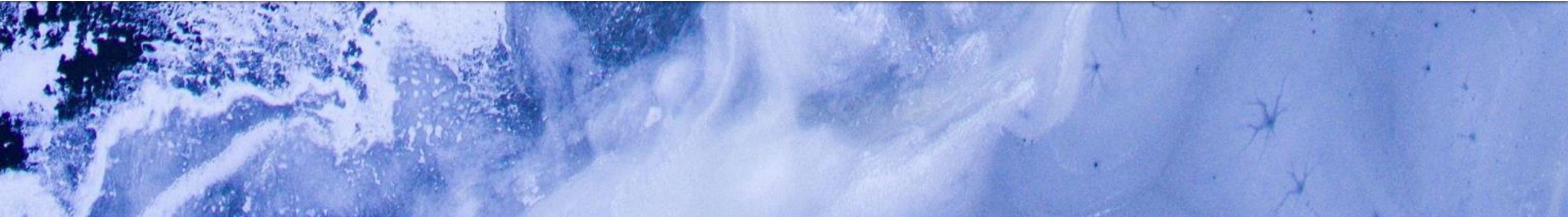
Lee Falk, *The Phantom*, 1919



She also explained to the students that history is not about only remembering dates and events and some interesting job opportunities like musicology, museum curators etc.. Then she told us that how can we relate history with our childhood comic books and fictional character.



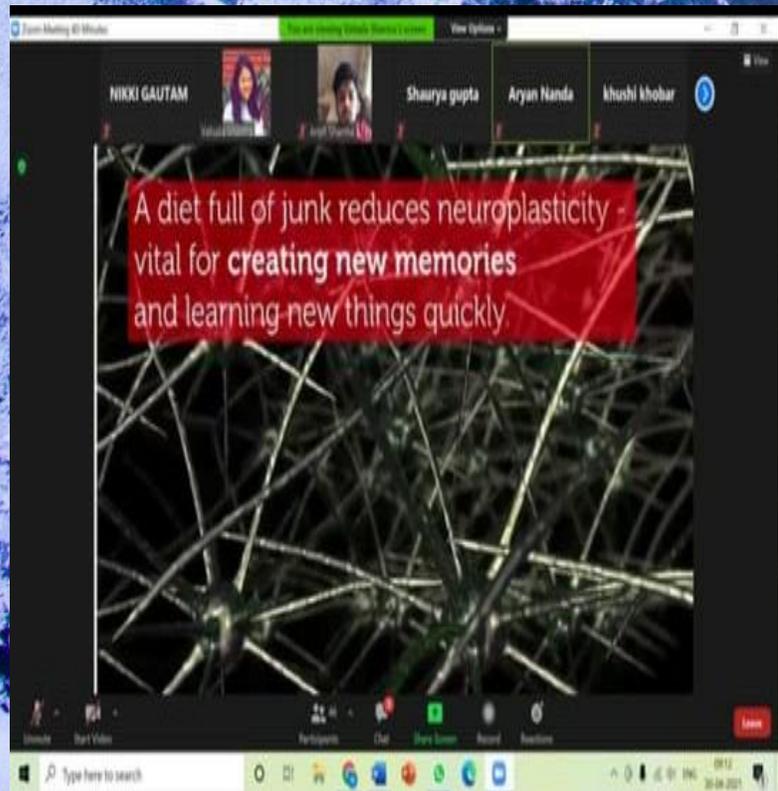
FOOD PSYCHE



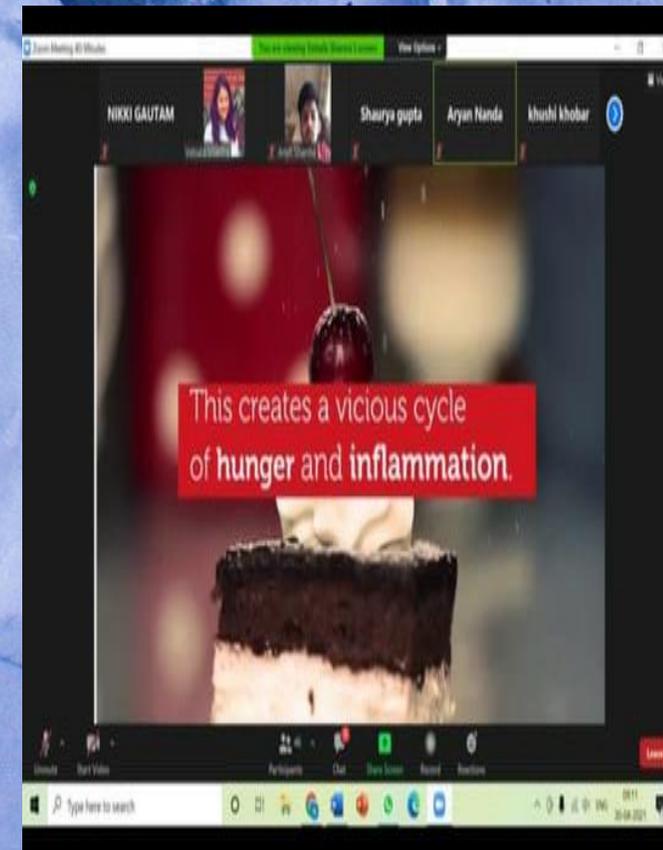
RESOURCE PERSON:

**MS. VATSALA
SHARMA**

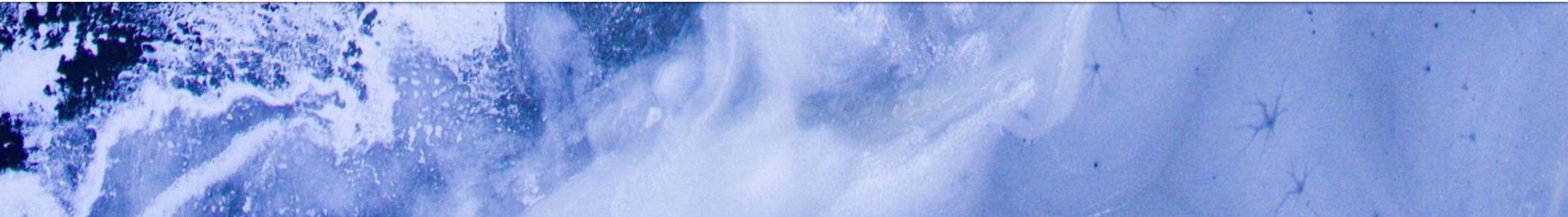




The session was taken by Vatsala Ma'am on Food Psyche played an instrumental role in informing us about the food and beverages that can help build us build our immunity and helped us understand the tremendous impact that good nutrition and food has on our health and well being The session made us aware about our dietary requirements during such dire time and also encouraged us to spread awareness to others



EXPLORING KOREA



RESOURCE PERSON:

**MR. HARSH
SHARMA**



Higher Studies in Korean Language

대학교 명		대학교 명	
한국어	영어	번호	영어
자와랄넬레루 대학교	Jawaharlal Nehru University	12	벵골로르대학교
자르칸드중앙국립 대학교	Central University of Jharkhand	13	벵골로르 크라이스트 대학교
인도국립방송통신 대학교	IGNOU (Indira Gandhi National Open University)	14	심바이오시스 대학교
델리 대학교	University of Delhi	15	아누그라하 나라 대학교
바나라시 힌두 대학교	Banaras Hindu University	16	아미티 대학교(구르가온)
마니푸르 대학교	Manipur University	17	영어 및 외국어 대학교
SRM 대학교	Sri Ramaswami Memorial University	18	자미야 밀라 이슬라미아 대학교
날란다 대학교	Nalanda University	19	캘커타 대학교
라자기리 사회과학 대학교	Rajagiri College of Social Sciences	20	하이드라바드 대학교
마가드 대학교	Magadh University	21	힌두스탄 대학교
마드라스 크리스천 칼리지	Madras Christian College	22	자다푸르 대학교
		23	악사드 대학교

Zoom Meeting

Recording

01 Introducing Hangeul(Korean alphabet)
Lesson 1 The creation of Hangeul > The background of the invention of Hangeul

훈민정음
Hun min jeong eum

palak sharma, Namar Preet, Jeevesh Joshi

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09:11 01-09-2021

The session taken on exploring Korea by Mr. Harsh Sharma from Korean Cultural Centre India helped us understand various aspects of obtaining education in Korea as well as many other aspects such as culture and script of Korean Language named 'Hangeul'. We were also able to understand the significance and importance of Korean Language and culture.

SCOPE OF PSYCHOLOGY



RESOURCE PERSON

**DR. MEGHA
PUSHKARNA**



Zoom Leave

REC

CLINICAL PSYCHOLOGISTS



- Clinical psychologists assess, diagnose and treat individuals experiencing **psychological distress and mental illness**.
- They also perform psychotherapy and develop treatment plans.
- Clinical psychologists often work in hospitals, mental health clinics, and private practice.



- They are trained in a variety of treatment techniques but may specialize in treating certain disorders or working with certain populations.
- For example, a clinical psychologist might specialize in an area such as **substance abuse treatment, child mental health, adult mental health, or geriatric mental health**.
- While clinical psychologists often work in medical settings, they are not physicians and cannot prescribe medications.

Chats Raise Hand Q&A More

The session , conducted by Dr. Megha Pushkarna , was very informative and insightful. It helped us a lot to bust the myths that one generally associates with Psychology and helped us understand various domains of Psychology in immense detail. The session brought us new insights regarding the current scenario and branches linked with psychology

Zoom Leave

REC

BIOPSYCHOLOGISTS



- These psychologists are also called physiological psychologists.
- They study and perform research on **brain and behaviour**.
- By examining the neural bases of behaviour, biopsychologists are able to understand different biological factors that might impact how people think, feel and act.



- They investigate how **brain diseases and injury impacts behaviour**.
- By better understanding how people are affected by such injuries and diseases, researchers can also find new ways of **preventing, treating, and managing serious brain illnesses and trauma**.

Chats Raise Hand Q&A More

**UNDERSTANDING
DISABILITIES: PROMOTING
COMMUNITY SUPPORT**

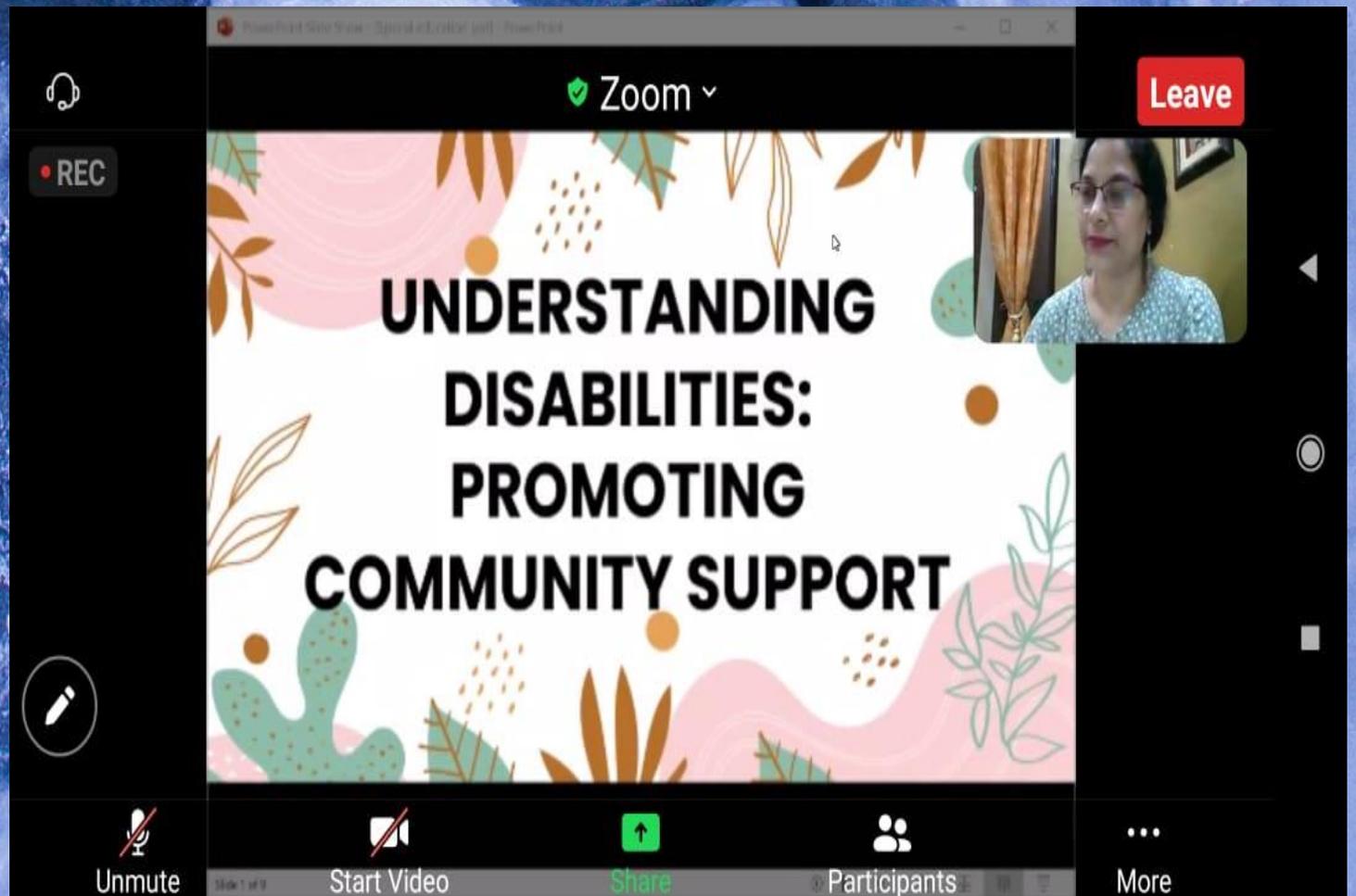


SPEAKER:

**MRS. SUPREET
KAUR AND MRS.
TULSI BORA**



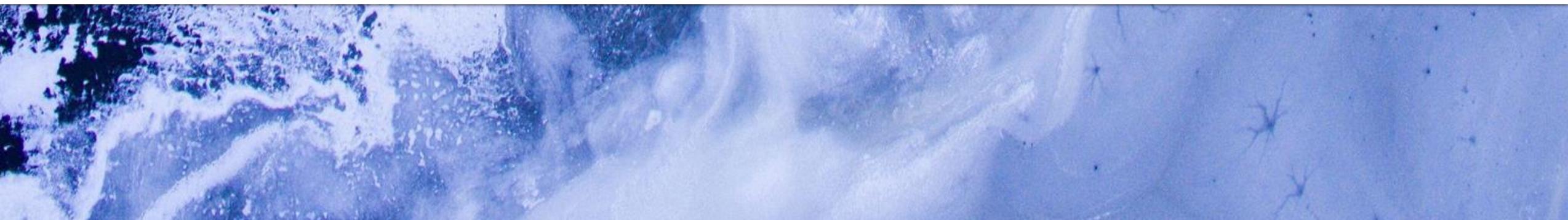
They made us understand different disabilities , and promoted community support . Which was a whole new experience. We watched a video that very well portrayed the thought of promoting opportunities not disabilities .





They made us aware about the problems faced by disabled people. They encouraged us to support disabled people and make them feel loved . It was a very beautiful session.

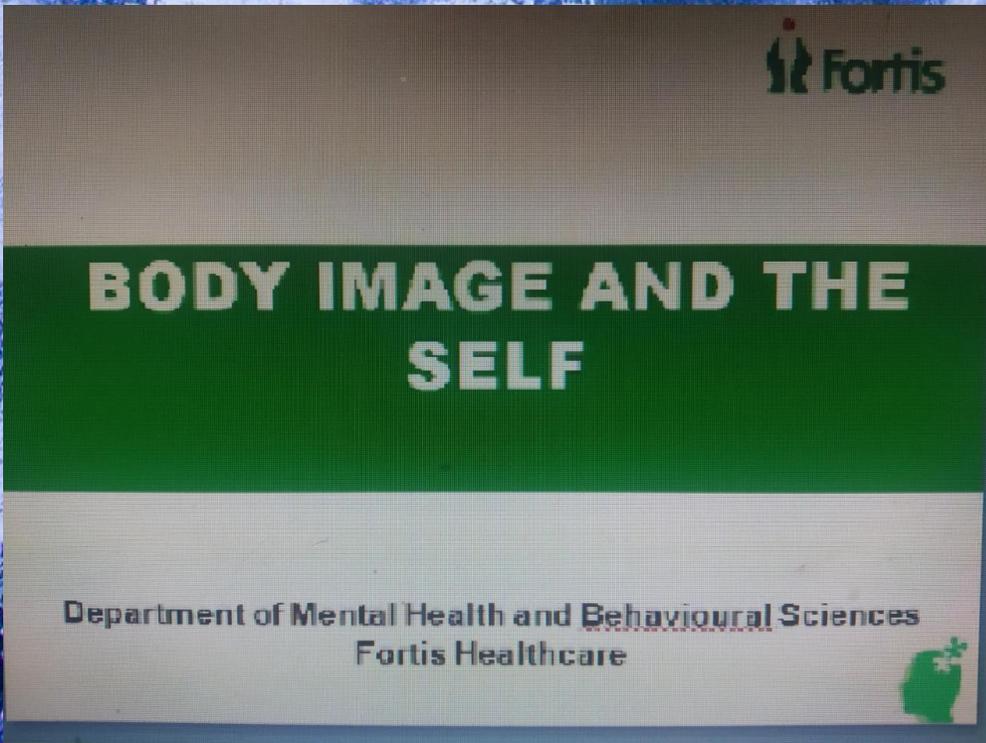
BODY IMAGE AND SELF



RESOURCE PERSON:

**MS. SHRUTI
SOOD**





The session on Body Image and Self was taken by Ms Stuti Sood , a psychologist from Fortis Hospital Ms Stuti in the Session gave a very significant quote that was to be "BeYoutiful".The session taught the students , that beauty is not monotonous , beauty is not a standard , rather beauty is in all shapes , sizes colors as a bouquet full of colourful and different flowers is better than a single colored and type one.

Ms Stuti revived the confidence in many students who had long lost due it to a negative self and body perception . The session was a fruitful one and was very helpful.

body image final ppt.pptx - Microsoft PowerPoint

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Slides Outline

Negative Body Image

- Inaccurate perception of body
- Having unrealistic expectations of ideal body image
- Persistent dissatisfaction with some part of your body or another
- Feeling embarrassed and uncomfortable in front of others
- Feeling ashamed about your body
- Giving excessive importance to physical appearance

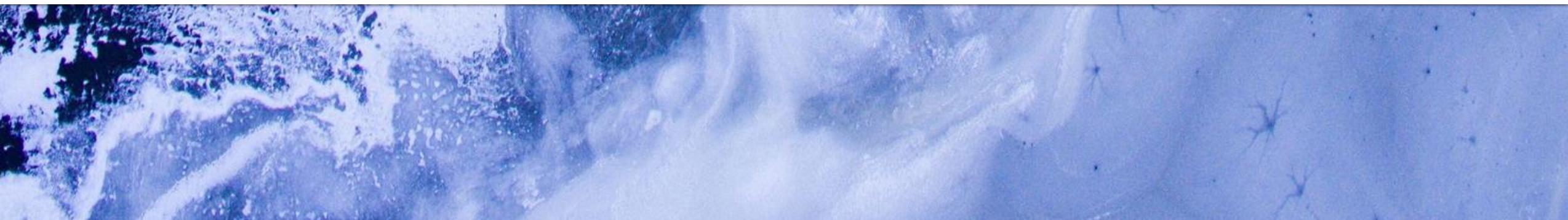
NO MORE DIETS!

Fortis

Click to add notes

iti's screen substance abuse final draft English (India) 65%

**UNDERSTANDING COMMERCE
STREAM AND ITS FUTURE
CAREER PROSPECTS**



RESOURCE PERSON:

**MR. AJAY
BHARADWAJ**



The session on Commerce Stream in Class XITH and XIITH was conducted by Mr. Ajay Bharadwaj. Sir explained to the students very elaborately about the Commerce Stream and the various career option it offers. He acquainted the students with the curriculum that one studies over the course of Class XITH and XIITH in Commerce Stream. The session was very informative and fruitful.

The screenshot shows a Zoom meeting interface. At the top, a green banner reads "You are viewing Ajay Bhardwaj's screen". Below this, a document titled "ACCOUNTANCY-CLASS 12th" is shared. The document contains a table with the following data:

Units		Marks
Part A	Accounting for Not-for-Profit Organizations, Partnership Firms and Companies	
	Unit 1. Financial Statements of Not-for-Profit Organizations	10
	Unit 2. Accounting for Partnership Firms	30
	Unit 3. Accounting for Companies	20
Part B	Computerized Accounting	
	Unit 4. Computerized Accounting	20

At the bottom of the screen, the Zoom control bar is visible, showing 41 participants, chat, share screen, record, and reactions options. On the right side, a list of participants is shown, with Ajay Bhardwaj highlighted in a yellow box. Other participants listed include Chetan Kumar, Naman Gupta, Anmol Jain 11th c, Anvi Srivastava, and Aagaman Bhatt...

EMOTIONAL INTELLIGENCE



RESOURCE PERSON:

**DR JYOTI DEV
RISHI**



The session on emotional intelligence was conducted by Dr. Jyoti Dev Rishi. In the session , Dr. Jyoti explained to the students about what it means to be an emotionally intelligent being. She taught them about stress and its management, anger management and various other topics related to emotional intelligence. The session made the students familiar with the art of being emotionally intelligent and expressing their emotions at the right time , place and in the right degree.



FEEDBACK FROM STUDENTS:



Name:- Chetan Kumar

The SAS camp was like a blessing to us students. At such a stage in our lives , where things start to feel directionless, the SAS camp with its informative sessions on career paths and other social aspects of life, guided students in carving out a path for their lives. Some sessions that I highly loved were on Body Image and Self by Ms. Stuti Sood, Jungle Book and Understanding Colonialism, by Mrs. Aparna Vaidik and Scope of Psychology , by Mrs. Megha Pushkarna. I thank the school's faculty for organizing such beautiful and fruitful sessions for us students



Name: Nikki Gautam

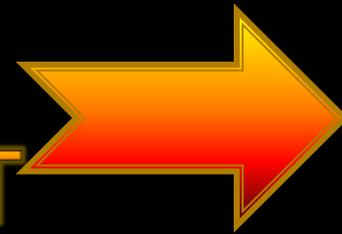
The Social Awareness and Sensitivity Camp is organized from 26th April to 7th May 2021 for class XI as an essential component of +2 studies and curriculum. During the camp, Speakers from diverse fields of academics/Society are invited upon by the School to hold informative and well-crafted sessions with students to provide them with valuable insight and knowledge about the various possibilities, functioning, scope and way forward offered under the respective domains. Through this camp, Students are being made aware of the sensitivities of not only self-perseverance but also of the Society and environment at large. These interactive sessions have been extremely helpful in crafting and guiding us through various facets of life and after completion of this camp, it is expected that we will be mature enough to look at themselves and the society with a new perspective.



Name: Palak Sharma

SAS camp was a greatly engaging and informative experience for us students. It played an instrumental role in providing insights on varied topics such as obtaining education abroad, nutrition, Theatre etc. The camp also provided us with deeper knowledge and insight regarding various subjects such as psychology, legal studies, home science which enabled us to make a conscious decision about our career paths and the streams we want to select. Many sessions such as the art of breathing and food psyche were the need of the hour as they provided vital information regarding our health, well being and nutrition. The camp also inspired us and kindled renewed interest in various fields such as theatre. it was an enthralling experience and I greatly enjoyed it. would like to express my gratitude towards the school for organizing SAS camp as I sincerely feel that the camp helped us become more aware of our surrounding and provided us with a new perspective to look towards the society.

**WE THANK THE STUDENTS WHO
VOLUNTEERED IN COMPILING THE REPORT**





AAYUSH KISHAN



CHETAN KUMAR



DRISHTI CHAUHAN



NIKKI GAUTAM



PALAK SHARMA



SAMRIDDHI GYAN



SRISHTI SINGH



URVI LEKHWAR

THANK YOU

