

# Apostolic Carmel High School & Jr. College.

## Teachers Orientation

The entire Staff of Apostolic Carmel High School and Junior college, Bandra attended an Orientation on 28th July, 2023. Our resource person, a renowned speaker Mrs Neerja Chathly , conducted the session to enhance self-awareness and camaraderie. With her eloquent anecdotes and sparkling wit she kept the teachers active all through the sessions. The first half of the day was designed to build interpersonal relationships between staff, while the second half honed the teachers skills with methods such as storytelling interspersed with a Happiness curriculum.

The Teachers learned breathing techniques, and methods to make themselves relevant to the changing times.



















