

Cultivating Kindness:

A Transformative Session on Building Positive School Culture

Pune, Maharashtra | 16th November, 2025



A transformative counselling session was held on 16th October, 2025 at S.B. Patil Public School, led by principal, Dr. Bindu Saini; wellness coach, Ms. Payal Shah, and school counsellor, Ms. Manasvi Kulkarni. The session aimed to nurture a culture of emotional well-being, empathy, and respect, addressing the challenges that adolescents commonly face while growing up in today's fast-paced world.

The interactive session opened with discussions and activities centred on peaceful behaviour, where students learned mindfulness techniques such as deep breathing and practical anger management strategies. The facilitators encouraged calm and assertive communication in moments of conflict, helping students understand that empathy and patience can resolve far more than aggression ever could.



Adolescence, a phase often filled with change and uncertainty, was another key focus. Ms. Shah and Ms. Kulkarni spoke about the physical, emotional, and psychological transformations that accompany this stage of life, assuring students that their experiences and feelings were valid and normal. They emphasised the importance of self-awareness and self-compassion, reminding students to treat themselves kindly as they navigate these changes.

The discussion then turned to bullying — a persistent issue in many school environments. Through storytelling and real-life examples, students were made aware of the emotional harm that bullying inflicts. The session empowered them to stand up for themselves and their peers, reinforcing that kindness, inclusion, and support are essential to a healthy school culture.

Another important aspect explored was the use of language. The facilitators spoke about the harm caused by abusive or disrespectful speech, encouraging students to choose words that heal rather than hurt. Through role-play activities, they practised respectful communication and self-regulation, learning how thoughtful speech fosters understanding and trust.



The session concluded with reflections on emotional intelligence—an ability that enables individuals to recognise, express, and manage their emotions effectively. Students were introduced to techniques like journaling, mindfulness, and seeking guidance when needed, empowering them to take charge of their emotional well-being.

Overall, the session served as a meaningful step towards cultivating a school culture grounded in empathy, emotional awareness, and mutual respect—values that form the true foundation of a peaceful and positive learning community.