

REPORT

Peer Education Session

Think Right, Feel Right

On 21st December 2021, the peer educators of class X of Delhi Public School, Sec 45, Gurgaon conducted an interactive session for the students of Class VIII on the topic 'Think Right.... Feel Right.' Thinking is an ongoing process vital for the survival of human beings. Overthinking is exhausting and detrimental to mental health.

The session laid emphasis on how children can help their brain to stay focused in a positive direction. As overthinking is a learned behaviour, it is possible to unlearn this behaviour.

The session answered questions like: What is overthinking, why does one overthink, ways to stop overthinking etc. In the latter half of the session there were discussions on the common causes of overthinking and some of the best techniques that work well to stop overthinking and to help students think right and feel right.

The peer educators created a comfortable space for sharing of experiences of students and were guided to understand that we can train our minds to think better and thereby live fulfilled lives. The session was effectively conducted, relevant and engaging. It was very well received by the students of grade VIII.



