

Peer Education Session

Self-Discipline

The Peer Educators of Class XI conducted a session for the students of Class VIII on the topic 'Self-Discipline' on Monday, 18th November 2024, during part of the enrichment slot. The primary aim of the session was to educate students on the concept of self-discipline, its importance in personal and academic life, and strategies to cultivate it.

The session commenced with an icebreaker activity to foster a comfortable and interactive environment. Participants were then introduced to the topic and its relevance in daily life. Emphasis was placed on how self-discipline fosters personal growth, improves time management, and enhances productivity. Common obstacles such as procrastination, distractions, lack of motivation, and fear of failure were discussed through student interactions.

Practical Strategies to Cultivate Self-Discipline such as- setting clear goals and priorities, practicing mindfulness and self-awareness, breaking tasks into smaller and manageable steps, establishing routines and avoiding distractions, rewarding oneself for achieving milestones, etc. were suggested with real-life anecdotes.

Students expressed appreciation for the practical insights and interactive nature of the session, as it helped them gain a clear understanding of self-discipline and its significance. It also fostered a sense of accountability and peer support among the younger students.





