



DON BOSCO SENIOR SECONDARY SCHOOL

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NOTICE: INTRODUCTION OF SEL CLASSROOM PROGRAM

DBSSSN/R/ACAD/VI-XII/JUN/25/10

Date: 16-06-2025

Dear Students and Parents,

We wish to inform you that the school is continuing their commitment to the well-being of their learners through the **Social and Emotional Learning (SEL) Classroom Program** designed by the Wellness counsellors of Prafula, Nerul. In the last academic year, the **EDCG (Emotional Wellness and Career Guidance) Program** was conducted by Prafula, Andheri. As part of our school's commitment to nurturing not only academic excellence but also emotional intelligence and personal growth we will conduct this program during the Life Skills classes within the classroom.

The SEL program will help students of Grades 6 to 12:

- Develop self-awareness and confidence
- Strengthen communication and interpersonal skills
- Manage emotions and set positive goals
- Build empathy and responsible decision-making

To make the most of this journey, all students are requested to carry an Interleaf notebook (100 pages) specifically for SEL activities and reflections. This will serve as a personal journal to record insights, thoughts, and exercises throughout the program.

We look forward to partnering with you in supporting the holistic development of our students.

Thanking you,

Kalyani Chaudhuri

Mrs. Kalyani Chaudhuri

Principal



Prepared by: Ms. Prutha Lunvara - Counsellor

Checked and approved by: Mrs. Kalyani Chaudhuri - Principal