Courage to Overcome Fear
Value Education Programme – Classes VII C & VII D

Don Bosco Senior Secondary School, Nerul, conducted a meaningful and inspiring Value Education Programme for the students of Classes VII C and VII D on 19th August 2026 at 7:50 a.m. in the Multipurpose Hall, 4th Floor. The programme revolved around the theme “Courage to Overcome Fear”, a topic particularly relevant to young adolescents who often experience fears related to academic pressure, stage fright, making mistakes, being judged, trying new things and facing challenges. The programme aimed to help students understand that fear is natural, but courage enables us to move forward despite it. In a class of 40, 36 from VII c and 33 from VII D participated in the programme.

The programme commenced with a warm introduction and welcome of the dignitaries Rector Rev Fr. Dr. Barnabe, D'Souza,Our Administrator Fr. Allwyn Misquitta, Principal Mrs. Kalyani Chaudhuri, Rev. Br. Ralston Rozario, Supervisor Mrs. Reena Dias, Teachers and the assembled students.

It was followed by a thought-provoking student podcast titled *The Student Voice*. Through conversations and personal experiences, the students highlighted different kinds of fears and demonstrated how confidence, support and perseverance can help one overcome them. The message was clear: courage does not mean the absence of fear; rather, it means choosing to keep going even when one is afraid.
The highlight of the programme was an engaging skit, “Choosing Courage,” presented through a classroom circle-time setting. The performance brought to life the different fears that students may encounter—fear of speaking in class, examinations, failure, making friends, trying something new, disappointing parents or teachers, being left out and being judged by others. The character of Fear represented the negative inner voice that often holds us back, while Courage represented the positive voice that encourages self-belief and action.

The skit beautifully conveyed that courage grows when we replace negative thoughts with positive choices. The students expressed powerful affirmations such as choosing confidence over silence, practice over perfection, hope over worry, trying over quitting, self-belief over fear of failure and reaching out over the fear of being alone. The performance concluded with the collective message that fear may knock at our door, but courage will always answer.

The programme then moved from words to rhythm with an energetic dance performance titled “Brave” by the students of Class VII. The performance added enthusiasm and reinforced the spirit of courage and confidence.

The programme concluded with an inspiring message encouraging students not merely to ask, *“Am I brave enough?”*, but rather, *“What brave thing can I do today?”* The Vote of Thanks expressed sincere gratitude to the dignitaries, teachers, parents and students for their presence, encouragement and contribution towards making the programme meaningful.

Adding great relevance and depth to the theme, Rev. Dr. Allwyn Misquitta addressed the gathering. His message offered a memorable perspective on fear. He explained that “FEAR” can be understood as “False Evidence Appearing Real.” He further encouraged the students to face and overcome their fears, transforming FEAR into “Face Everything and Rise.” His inspiring words reinforced the central message of the programme—that many fears are magnified by our thoughts, and that facing challenges with courage, confidence and a positive mindset enables us to grow.

The Value Education Programme succeeded in leaving the students with an important life lesson: fear is a natural emotion, but it should not become a barrier to growth. With self-belief, perseverance, support and courage, every challenge can become an opportunity to learn and rise. The programme was not merely a presentation on courage—it was a gentle reminder to every student to acknowledge their fears, face them and move forward with confidence.






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