

A day to know each other

The day was started with a moment of quiet/mindfulness for fifteen minutes. At 8:15 am, we were served nutritious breakfast. Then, we headed to Pallavan School where we were welcomed in traditional manner. The school welcomed us with traditional dances (Kalbeli and Goomar dance) performed by kids of Pallavan School. After the traditional welcome, at 9:45 am presentations were done by the participants from different countries about their school and country in ten minutes each. Bangladesh, Bhutan, India, Indonesia, Nepal, Thailand, Tibet, UAE along with participants from Pallavan School and Vasan Valley School were the participants. These presentations were conducted with interesting games and a tea break.

At 12:30 pm, a session on sharing personal passion on an A4 size paper was started in groups. After completing the artistic works and expression on the coloured paper every member shared their passion. This session after successful completion, we had lunch at 1:30 pm and departed for visit at Gagron fort and Gagron Dargah. After reaching RTDC, we had refreshment with real juice, sandwich and biscuit. This was followed a session by Dr. Saroj Thapa about meditation. Then, there was consecutive sessions about assessment. This was then followed by a session with teachers about facilitation.



Participants reading the description on the board after the explanation by an expert on archaeologist