



D.B.M.S. College of Education

(Recognised by National Council for Teacher Education)

Affiliated to Kolhan University, Chaibasa & J. A. C., Ranchi, Jharkhand

Road No. 23, Farm Area, Kadma, Jamshedpur-831005 | Phone : 2309097

E-mail : dbms.edu23@gmail.com | Website : dbmscollege.in

REPORT

TITLE OF THE EVENT	: SESSION ON KNOWING YOURSELF AND UNDERSTANDING CHILDREN
DATE	: 25TH APRIL 2026
TIME	: 10 A.M.
ORGANISING CELL	: IQAC OF D.B.M.S. COLLEGE OF EDUCATION
VENUE	: D.B.M.S. COLLEGE MULTIPURPOSE HALL
NO. OF BENEFICIARY	: 90 STUDENTS

INTRODUCTION

D.B.M.S. College of Education organized an insightful session titled “Knowing Yourself and Understanding Children” on 25th April 2026 at 10:00 A.M. The session was conducted by Mrs. Soma Banerjee, Principal of D.B.M.S. Career Academy. The session focused on self-awareness, emotions, and understanding children’s behaviour in the classroom.

OBJECTIVES

The objectives of the session were:

- To help student-teachers understand the importance of self-awareness.
- To develop better emotional understanding and connection with students.
- To introduce concepts of social and emotional learning.
- To make future teachers aware of children’s behaviour and stress responses.

PROCESS

The session began with a thought-provoking question: “What matters most to you?” The resource person explained that we must matter the most to ourselves because our existence gives meaning to everything around us. She then asked, “How much do you know yourself?” and emphasized that teachers must understand themselves first in order to connect with students and reach their



D.B.M.S. College of Education

(Recognised by National Council for Teacher Education)

Affiliated to Kolhan University, Chaibasa & J. A. C., Ranchi, Jharkhand

Road No. 23, Farm Area, Kadma, Jamshedpur-831005 | Phone : 2309097

E-mail : dbms.edu23@gmail.com | Website : dbmscollege.in

hearts. Participants were encouraged to explore their own emotions to gain self-awareness.

The session included a discussion on Urie Bronfenbrenner's Ecological System Theory, explaining different levels such as the micro system, meso system, macro system, and chrono system, and how they influence a child's development. The resource person also explained emotions as a state of mind and discussed why humans are social beings. She highlighted the importance of Social and Emotional Learning (SEL) in education. A significant part of the session focused on ACE (Adverse Childhood Experiences), including causes such as abuse, neglect, and household dysfunction. The discussion helped participants understand how these experiences affect a child's behaviour.

Students also learned how children handle stress through the 4Fs—Fight, Flight, Freeze, and Fawning. The session briefly introduced Erik Erikson's theory of psychosocial development, explaining how different stages shape personality.

An engaging activity was conducted where participants were asked to act like specially-abled children and express their creativity. This activity helped them develop empathy and better understand diverse learners.

OUTCOME

The session was very meaningful and interactive. Student-teachers gained a deeper understanding of themselves and the emotional needs of children. It helped them realize the importance of empathy, patience, and emotional connection in teaching.

The activities made the session lively and encouraged active participation. Overall, the session successfully prepared future teachers to become more sensitive, aware, and effective in handling different learners in the classroom.



D.B.M.S. College of Education

(Recognised by National Council for Teacher Education)

Affiliated to Kolhan University, Chaibasa & J. A. C., Ranchi, Jharkhand

Road No. 23, Farm Area, Kadma, Jamshedpur-831005 | Phone : 2309097

E-mail : dbms.edu23@gmail.com | Website : dbmscollege.in

MAIL TO THE RESOURCE PERSON

5/5/26, 12:08 PM

Gmail - Invitation to Workshop



DBMS COLLEGE OF EDUCATION <dbms.edu23@gmail.com>

Invitation to Workshop

2 messages

DBMS COLLEGE OF EDUCATION <dbms.edu23@gmail.com>

Thu, Apr 23, 2026 at 2:20 PM

To: Soma Banerjee <bsoma673@gmail.com>, dbms career academy <dbmscareeracademy@gmail.com>

To,

Mrs. Soma Banerjee

Principal

D.B.M.S. Career Academy

Kadma, Jamshedpur

Respected Soma,

You are an eminent educationist of Jamshedpur. We are pleased to invite you in our college as a resource person to conduct a workshop for B.Ed students. We would be honoured if you kindly accept our invitation.

A line of confirmation would be appreciated.

Date : 25th April 2026

Time : 9:00 a.m.

Venue : D.B.M.S. College of Education , Auditorium

Thanks and Regards,

Dr. Joohi Samarpita,

Principal

D.B.M.S. College of Education

Ph: 0657-2309097

Website: www.dbmscollege.in

dbms career academy <dbmscareeracademy@gmail.com>

Thu, Apr 23, 2026 at 3:13 PM

To: DBMS COLLEGE OF EDUCATION <dbms.edu23@gmail.com>

Respected Principal Ma'am

Thank you for your kind words.

I request you to kindly ask the participants to carry their diaries and pens, plain papers and colours.

I hope I am able to deliver to your expectation and leave an impact on the students.

Regards

Soma Banerjee

DBMS CAREER ACADEMY

ROAD NO.7, B.H.Area, KADMA, JAMSHEDPUR-831005

ACCREDITED TO NATIONAL INSTITUTE OF OPEN SCHOOLING, NEW DELHI

UNDER M.H.R.D, GOVT OF INDIA. (AI - 260015 AVI - 760002)

Phone : 2306620, Email ID : dbmscareeracademy@gmail.com

Web :- www.dbmsdca.edu.in

[Quoted text hidden]



D.B.M.S. College of Education

(Recognised by National Council for Teacher Education)

Affiliated to Kolhan University, Chaibasa & J. A. C., Ranchi, Jharkhand

Road No. 23, Farm Area, Kadma, Jamshedpur-831005 | Phone : 2309097

E-mail : dbms.edu23@gmail.com | Website : dbmscollege.in

NAAC
ACCREDITED

PHOTOGRAPHS OF THE SESSION



PIC 1: GROUP ASSIGNMENT BY THE STUDENTS



PIC 2: ACTIVITY DONE BY STUDENTS



D.B.M.S. College of Education

(Recognised by National Council for Teacher Education)

Affiliated to Kolhan University, Chaibasa & J. A. C., Ranchi, Jharkhand

Road No. 23, Farm Area, Kadma, Jamshedpur-831005 | Phone : 2309097

E-mail : dbms.edu23@gmail.com | Website : dbmscollege.in



PIC 3: STUDENTS EXPLAINING THEIR ART



PIC 4: PRESENTING A MOMENTO TO MRS. SOMA BANERJEE



D.B.M.S. College of Education

(Recognised by National Council for Teacher Education)

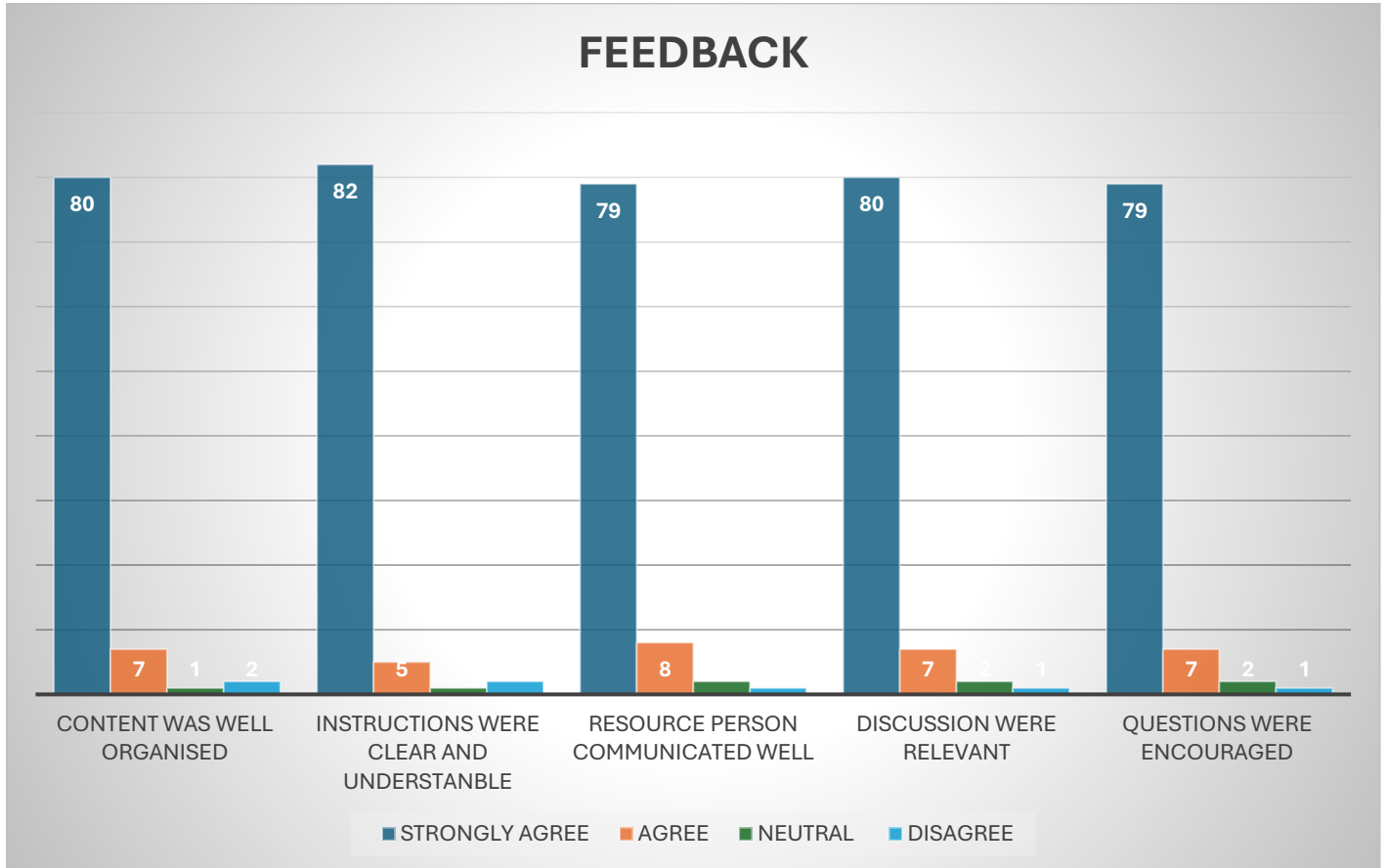
Affiliated to Kolhan University, Chaibasa & J. A. C., Ranchi, Jharkhand

Road No. 23, Farm Area, Kadma, Jamshedpur-831005 | Phone : 2309097

E-mail : dbms.edu23@gmail.com | Website : dbmscollege.in

NAAC
ACCREDITED

FEEDBACK ANALYSIS



TOTAL STUDENTS - 90