

SPECIAL SESSION REPORT



THE HABIT FORMATION XII STANDARD

Date: 18th June 2025

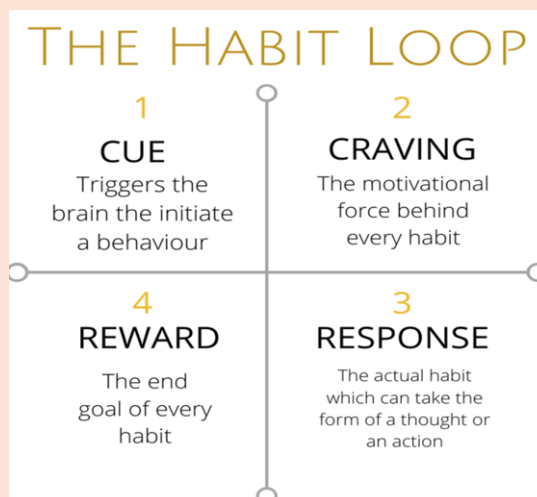
Presenters:

**MS. PADMA
MS. CHANDRA LEELA
MS. SUBHA
MS. DEEPIKA**



Habits do not restrict freedom. They create it. In fact, the people who don't have their habits handled are often the ones with the least amount of freedom.

James Clear





- ✚ Children understood how their small habits either good or bad tend to affect one's future.
- ✚ They were surprised to know that to acquire a good habit or to shed one bad habit a person has to be consistent for 21/66 days to make it a habit which is a herculean task but definitely possible.
- ✚ The Habit loop - the mechanism that involved in acquiring any habit (good/bad) and ways to break that loop were discussed.
- ✚ 'This' or 'That' activity was enjoyable as they came to know the people sharing the same interests.
- ✚ Children loved the pebbles with motivational phrases given to them as gifts.

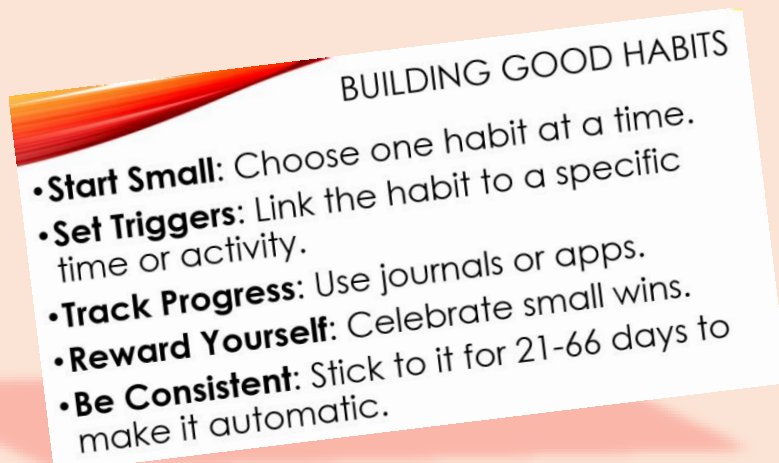
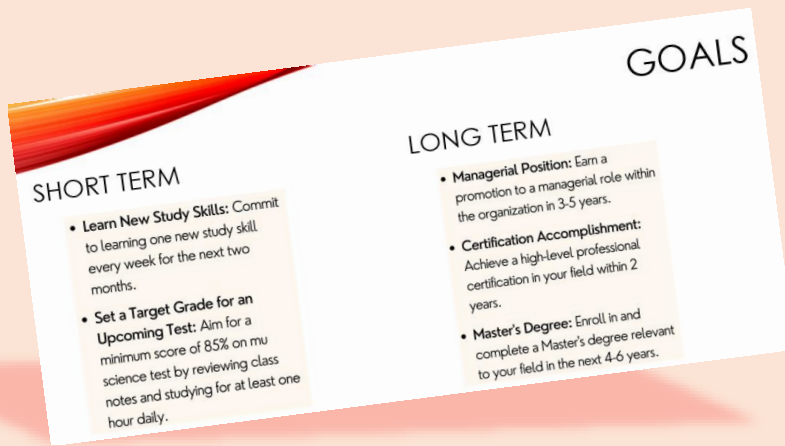
- ✚ Helped the students to categorise the goals into long term and short term; giving a clear idea on what to focus right now.
- ✚ The steps for achieving long term goals were discussed. Children understood whether they are in the right path; things that hinder their growth and what should be done to reach their goals.
- ✚ The session was so interactive and children were able to share their thoughts openly and freely.
- ✚ The games and activities made them rejuvenated physically and mentally.



- ✚ The class became instantly comfortable when Mam started with speaking about her teenage days.
- ✚ More insights were given related to her personal daily habits making them realize how schedules and preparations were important.
- ✚ 'This' or 'That' activity helped in understanding how they and their friends are and also fun moving around.
- ✚ Cues, Cravings, responses and rewards - the habit cycle was explained with examples.
- ✚ They were surprised and happy about the surprise gift at the end.

- ✚ Children identified that the issue they face in cultivating good habits is consistency; and procrastination being the main hindrance in achieving short term/long term goals.
- ✚ The session offered simple tips backed up by science in an effective manner.
- ✚ 'This' or 'That' activity made them realize their priorities and made the session energetic.
- ✚ Children felt comfortable in the way that the bad habits were not shamed but projected in a new way which helped them to see 'asking for help' in a new perspective;
- ✚ It inspired them to take accountability and to cultivate new good habits.





NAME: SHALINI R [OPTIONAL]

FEEDBACK

- How relevant was this session to you? What was your favorite part of the session?
Just yesterday was I worried about a bad habit I had to shed. The whole thing was super fun and I loved it
- How would you rate the overall value of this session for your life? [Out of 10]
9/10 [For sure bruh]
- What insight did you gain after attending the session?
How to kill the stupid habit I got and I'll fs give it a try.
- Based on today's session, what one habit you will commit to, and try this year?
Def. my sleep routine, it's hella messed up
- What questions do you still have? Do you need a special session on any other topic?
Honestly, this session was super informative and it's safe to say I have no questions
- Kindly give your general feedback on the session and suggestions if any.
Your personality and energy brought in so much to this topic and I was never near to getting bored. Relaxed my mind and I must say keep educating us lcs

THANK YOU FOR YOUR TIME AND VALUABLE RESPONSES!

NAME: A² [OPTIONAL]

FEEDBACK

- How relevant was this session to you? What was your favorite part of the session?
The session was motivating and exciting. The favourite part was the 15 OR THAT game.
- How would you rate the overall value of this session for your life? [Out of 10]
I would rate it a perfect 10.
- What insight did you gain after attending the session?
To improve my habits and be consistent
- Based on today's session, what one habit you will commit to, and try this year?
To be consistent and plan ahead.
- What questions do you still have? Do you need a special session on any other topic?
Maybe we could have a session on improving our decision making.
- Kindly give your general feedback on the session and suggestions if any.
It was so motivating and entertaining. I love it and would like to have more session like the one which we had today.

NAME: Creflo K.I.B [OPTIONAL]

FEEDBACK

- How relevant was this session to you? What was your favorite part of the session?
Highly relevant. The part where we got to choose this or that
- How would you rate the overall value of this session for your life? [Out of 10]
10 out of 10.
- What insight did you gain after attending the session?
How a habit is developed, so that the growth of bad habits can be hindered and good ones can be kindled
- Based on today's session, what one habit you will commit to, and try this year?
The habit of becoming a better version of myself every day.
- What questions do you still have? Do you need a special session on any other topic?
How can habits be developed in a practical way. Sessions about bullying and socialisation. Lessons about human interact
- Kindly give your general feedback on the session and suggestions if any.
The lessons were highly appropriate and valuable. I appreciate the efforts undertaken by our principal in painting the pebbles. The lessons learnt will last a life time. Thank you so much!

NAME: Saidur Rahman M.K [OPTIONAL]

FEEDBACK

- How relevant was this session to you? What was your favorite part of the session?
This session spoke about my weaknesses and how to overcome it. I loved the knowing the how thought transform to habit
 - How would you rate the overall value of this session for your life? [Out of 10]
I would rate it 10.
 - What insight did you gain after attending the session?
I learnt how to focus in developing good habits.
 - Based on today's session, what one habit you will commit to, and try this year?
I would try to be always non-chalant, read books and avoiding procrastination.
 - What questions do you still have? Do you need a special session on any other topic?
I have an idea about discussing I have equanimity as a topic for next session
 - Kindly give your general feedback on the session and suggestions if any.
It was very helpful for me. Actually I didn't expect that this session will talk in depth about developing good habits. It gave me some positivity and I also felt it as an encouragement for me.
- THANK YOU FOR YOUR TIME AND VALUABLE RESPONSES!

NAME: Harini [OPTIONAL]

FEEDBACK

1. How relevant was this session to you? What was your favorite part of the session?

This session was very relevant. I enjoyed the this - that game.

2. How would you rate the overall value of this session for your life? [Out of 10]

9/10

3. What insight did you gain after attending the session?

Self Introspection, realising about the habits that I need to get rid off.

4. Based on today's session, what one habit you will commit to, and try this year?

I will stay focused.

5. What questions do you still have? Do you need a special session on any other topic?

I don't have any more questions.

6. Kindly give your general feedback on the session and suggestions if any.

I thoroughly enjoyed this session. It was really engaging and nice.

NAME: Mithra [OPTIONAL]

FEEDBACK

1. How relevant was this session to you? What was your favorite part of the session?

Extremely relevant, I LOVED how ma'am really made us feel like everything didn't revolve around education & relatable talks.

2. How would you rate the overall value of this session for your life? [Out of 10]

9.5/10 ~ Both exciting and informative, the puvrrfect blend~

3. What insight did you gain after attending the session?

good We have so much potential, habits can guide us to our well-deserved destination.

4. Based on today's session, what one habit you will commit to, and try this year?

Time Management - something CRUCIAL especially this year.

5. What questions do you still have? Do you need a special session on any other topic?

I've a wayyy clearer perspective on breaking out of the trap, bad habits, THANK YOU SO MUCH MA'AM !!

6. Kindly give your general feedback on the session and suggestions if any.

(All those kids are right, you're glowing!) It was a great session, discussing quintessential topics.. You're a true Icon, soo inspiring!!

Thanks for bringing that vibe and telling us things like "flaunt yourselves", was really nice to hear <3.

THANK YOU FOR YOUR TIME AND VALUABLE RESPONSES!

NAME: Ranganasally [OPTIONAL]

FEEDBACK

1. How relevant was this session to you? What was your favorite part of the session?

I have a lot of bad habits. This session helped me in overcoming those habits. My favourite part was the "this or that" game.

2. How would you rate the overall value of this session for your life? [Out of 10]

I would rate it a 9 out of 10.

3. What insight did you gain after attending the session?

To be patient and work hard for gaining good habits.

4. Based on today's session, what one habit you will commit to, and try this year?

I would commit to do more exercise this year.

5. What questions do you still have? Do you need a special session on any other topic?

I have no questions. Everything was crystal clear.

6. Kindly give your general feedback on the session and suggestions if any.

This session was really interactive and us Deepika interacted like one of us (like a school girl). She was really sweet and kind. She encouraged even for the little things we did.

NAME: J. Gulina Ivan [OPTIONAL]

FEEDBACK

1. How relevant was this session to you? What was your favorite part of the session?

This session strengthened my resolve to form good habits. My favorite part was playing 'This or That'.

2. How would you rate the overall value of this session for your life? [Out of 10]

9/10 because change starts with my will and I'm unsure whether I have it yet.

3. What insight did you gain after attending the session?

There is nothing with putting in the work.

4. Based on today's session, what one habit you will commit to, and try this year?

Studying math everyday.

5. What questions do you still have? Do you need a special session on any other topic?

No, I do not have any other questions.

6. Kindly give your general feedback on the session and suggestions if any.

It was a fun session which reinforced what I already knew of my own bad habits and encouraged me to take accountability.

NAME: MS. HUYSHITA XI-D [OPTIONAL]

FEEDBACK

1. How relevant was this session to you? What was your favorite part of the session?

This session helped me to boost up my concentration

2. How would you rate the overall value of this session for your life? [Out of 10]

10/10

3. What insight did you gain after attending the session?

About building habits.

4. Based on today's session, what one habit you will commit to, and try this year?

To be consistent in homework.

5. What questions do you still have? Do you need a special session on any other topic?

No questions

6. Kindly give your general feedback on the session and suggestions if any.

I had some problems in building good habits. This session was like a God's call and helped me lot so I have some idea and a path to go on.

FEEDBACK

1. How relevant was this session to you? What was your favorite part of the session?

It was much relevant. The games and also about the habits.

2. How would you rate the overall value of this session for your life? [Out of 10]

7.5

3. What insight did you gain after attending the session?

To be consistent in studying. It is like we have to do it.

4. Based on today's session, what one habit you will commit to, and try this year?

To reduce phone usage

5. What questions do you still have? Do you need a special session on any other topic?

No question on any other topic

6. Kindly give your general feedback on the session and suggestions if any.

The session was good and interactive. It was useful for time management in statistics.

FEEDBACK

1. How relevant was this session to you? What was your favorite part of the session?

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To reduce phone usage

5. What questions do you still have? Do you need a special session on any other topic?

No question on any other topic

6. Kindly give your general feedback on the session and suggestions if any.

The session was good and interactive. It was useful for time management in statistics.

NAME: AG. Viswanath [OPTIONAL]

FEEDBACK

1. How relevant was this session to you? What was your favorite part of the session?

I enjoyed the session.

2. How would you rate the overall value of this session for your life? [Out of 10]

9

3. What insight did you gain after attending the session?

I learned how important habit is in your success

4. Based on today's session, what one habit you will commit to, and try this year?

Study consistently

5. What questions do you still have? Do you need a special session on any other topic?

No.

6. Kindly give your general feedback on the session and suggestions if any.

It was a nice session that gives a valuable life lesson.