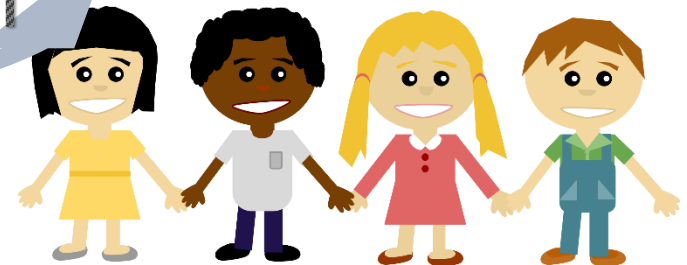


A circular graphic composed of four curved arrows pointing clockwise. The top arrow is green, the right arrow is yellow, the bottom arrow is grey, and the left arrow is orange. The text is centered within this circular frame.

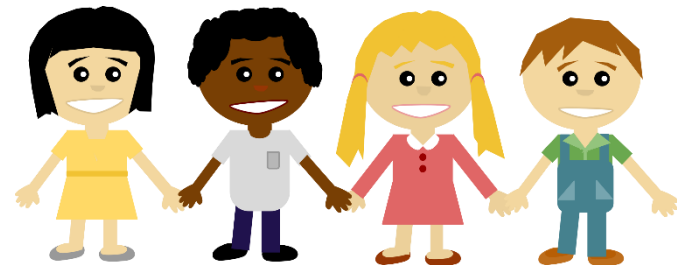
# HOLISTIC PERSONALITY DEVELOPMENT

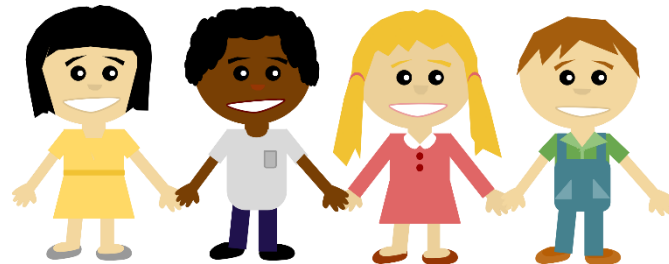
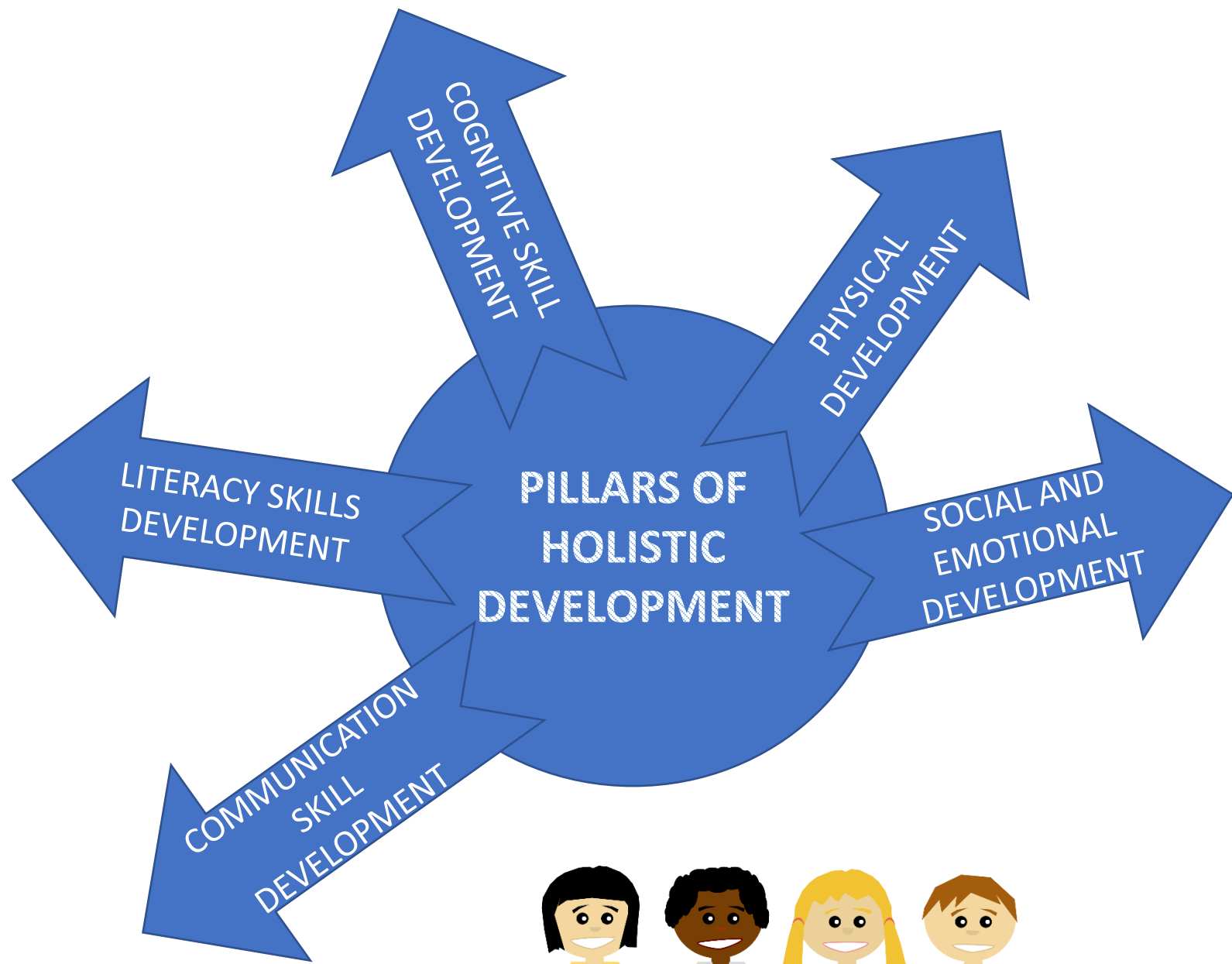
PREPARED BY:  
Ms. POOJA LAHOTI



# What is holistic personality development?

- Holistic Personality Development refers to the social, emotional, physical, mental, and intellectual growth of a person.
- In simpler terms, it means focusing on all aspects of a person's growth and not limiting them to one aspect alone.
- It refers to a person's overall wellbeing.





# PHYSICAL DEVELOPMENT

Fitness and health:

1. Mental
2. Physical

Means:

1. Yoga
2. Meditation
3. Exercise
4. Timely food and proper diet



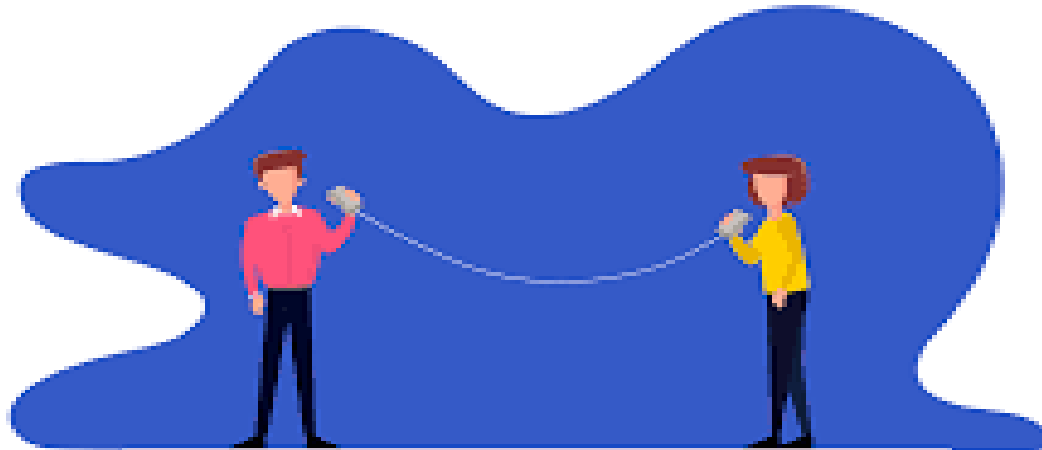
# SOCIAL AND EMOTIONAL DEVELOPMENT

- Feeling and expressing several emotions
- Adapting to different environment
- Learning to empathize and sympathize



# COMMUNICTAION SKILL DEVELOPMENT

- Verbal and non-verbal communication
- Ease of expression
- Language development – phonetics and vocabulary



# LITERACY SKILL DEVELOPMENT

- Reading
- Writing
- Understanding
- Observing



# COGNITIVE SKILL DEVELOPMENT

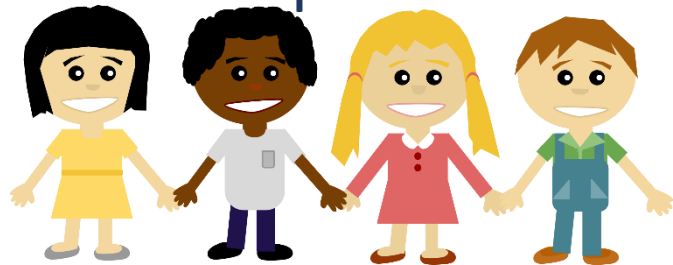
- Thinking process
- Logic and reasoning
- Perception
- Attention
- Remembering





# CBSE CORE VALUES THAT SUPPORT THE PILLARS OF HOLISTIC DEVELOPMENT

- Rights and responsibilities
- Freedom
- Respect
- Collaboration
- Conflict Resolution
- Celebrating Diversity
- Respect for Nation



# AWES CORE VALUES

- Thinking Beyond: Inquiry, Critical thinking, Creative thinking, Solving.
- National Values: Nurture National Pride, Foster National Building
- Global Citizenship with Universal Values: Respect for Environment and others, Right Conduct
- Curriculum Infused Values: Integrity, Excellence, Camaraderie, Perseverance, Respecting differences and diversity

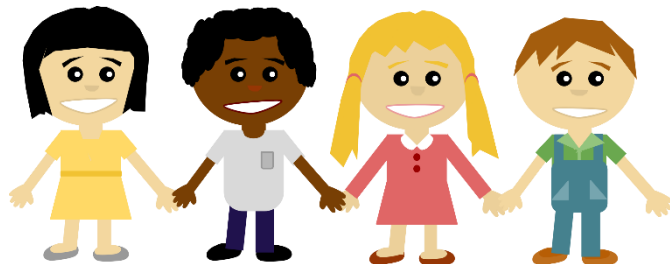


# TEACHER'S IN HOLISTIC PERSONALITY DEVELOPMENT OF A CHILD

In holistic education, the teacher is seen less as person of authority who leads and controls but rather is seen as a friend, a mentor, a facilitator, or an experienced traveling companion.

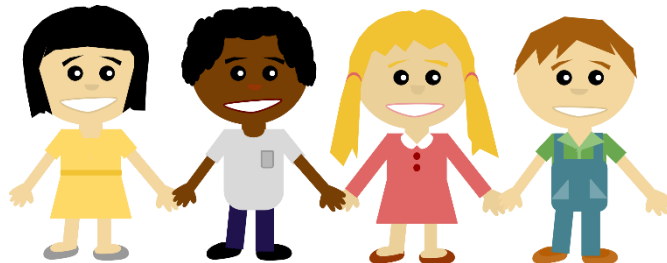
School should be seen as a place where students and teachers work towards a mutual goal.

Open and honest communication is expected and differences between people are respected and appreciated.



# HOLISTIC PERSONALITY DEVELOPMENT PATH ENSURES:

- Stress free and healthier life
- Better decision making ability
- Enhanced confidence level
- A more pleasing personality



THANK YOU

