

DATE OF EVENT	EVENT	RESOURCE PERSON	TEACHERS INVOLVED	LOCATION	ORGANISED BY	SUMMARY
<b>CBSE FACULTY TRAINING</b>						
1.01.22	Addressing Socio- Emotional Needs Of Students	Ms. Stella Pauline Punitha	Bela Ahuja	WEBEX	CBSE	<p>The resource person Ms. Stella Pauline Punitha organised an effective workshop which covered certain features</p> <ol style="list-style-type: none"> <li>1. Social- emotional development includes the child's experience, expression and management of emotions and the ability to establish positive and rewarding relationships with others.</li> <li>2. Socio- emotional needs- A type of special educational needs in which children have severe difficulties in managing their emotions and behaviour.</li> <li>3. What is socio-emotional development</li> <li>4. What are socio- emotional needs</li> <li>5. Why to address socio- emotional needs</li> <li>6. How to address socio- emotional needs-</li> <li>7. Modelling our own behaviour.</li> <li>8. Building foundational support.</li> <li>9. Build communities of learners</li> <li>10. Establishment of effective communication.</li> </ol>
1.01.22	Life Skills	Dr. Mahesh Kadakkalakath	Bela Ahuja	WEBEX	CBSE	<p>A much required workshop was organised by Dr. Mahesh Kadakkalakath. He detailed certain crucial points as-</p> <p>Definition- Life skills are the abilities that facilitate the physical , mental and emotional well- being of an individual.</p> <ol style="list-style-type: none"> <li>1. Ten core life skills as identified by WHO- <ul style="list-style-type: none"> <li>• Self awareness</li> <li>• Empathy</li> <li>• Critical thinking</li> <li>• Creative thinking</li> <li>• Decision making</li> </ul> </li> </ol>

						<ul style="list-style-type: none"> <li>• Problem solving</li> <li>• Effective communication</li> <li>• Inter personal relationship</li> <li>• Coming with stress</li> <li>• Coming with emotions</li> </ul> <p>It was indeed a very useful session</p>
1.01.22	Understanding Multiple Intelligence	Ms. Karpagam Arasappan	Bela Ahuja	WEBEX	CBSE	<p>Ms. Karpagam Arasappan, the resource person held a session with striking versatility. The salient features are</p> <ul style="list-style-type: none"> <li>• What is intelligence- The capacity to know abstraction, logic, understanding, self- awareness, learning, emotional knowledge, reasoning and problem solving. The ability to perceive and to retain it as knowledge to be applied towards adaptive behaviour within an environment or context.</li> <li>• How does intelligence affect learning-</li> <li>• Learning is impossible without intelligence.</li> <li>• It is an accepted fact that students with high intelligence are easier to teach or to direct and guide than students with comparatively low intelligence.</li> <li>• Multiple intelligence refers to a theory describing the different ways to how students learn and acquire information.</li> <li>• The multiple intelligence theory can draw students back into learning. Using the different intelligences to teach a concept that allows each of the diverse learners to succeed at learning</li> </ul>
2.01.22	Content & Time Management	Ms. M Rajeswari	Bela Ahuja	WEBEX	CBSE	<p>The very experienced resource person Ms. M Rajeswari enlightened the attendees with steps on how to make classroom teaching effective</p> <ol style="list-style-type: none"> <li>1. Basic principles of classroom time</li> </ol>

						<p>management-</p> <ul style="list-style-type: none"> <li>• Defining objectives for each class and trying to remain focused on them</li> <li>• Being flexible and reshaping the lesson plan so as to cater to the needs of all the students</li> </ul> <p>2. Time management skills-</p> <ul style="list-style-type: none"> <li>• Set goals</li> <li>• Prioritise needs</li> <li>• Schedule tasks</li> <li>• Take breaks</li> <li>• Minimize distractions</li> </ul> <p>3. The basic tools of time management are -</p> <ul style="list-style-type: none"> <li>• Planning and Organizing</li> <li>• Prioritising</li> <li>• Pacing the task</li> <li>• Executing</li> <li>• Asking for help</li> </ul>
2.01.22	Effective communication skill	Ms A.N. Suryavathy	Santosh Sharma	WEBEX	CBSE	<p>This session dealt with the importance of Effective Communication Skills and how it can be beneficial for a teacher to interact with students in different ways.</p> <p><b>KEY FEATURES</b></p> <ul style="list-style-type: none"> <li>• Objective of Communication Skills</li> <li>• Different Communication Media</li> <li>• Important points of both Verbal and Non-verbal Communication</li> <li>• 7 C's of Effective Communication</li> </ul> <p>How teachers can communicate effectively with students and how Effective Communication can boost up individual's personal and professional growth.</p>
2.01.22	Selection of Effective Teaching – learning Material	Dr. Maheah k.	Bela Ahuja	WEBEX	CBSE	<p>Dr. Maheah k. advocated that teaching material is the aid used by the facilitator to help in delivering the lesson effectively.</p> <p>1. The importance of TLM were discussed</p>

						<p>in detail as below -</p> <ul style="list-style-type: none"> <li>• Make lessons interesting</li> <li>• Make learning easy</li> <li>• Helps in retention of learning</li> </ul> <p>2. Strategies of using TLM-</p> <ul style="list-style-type: none"> <li>• Teaching becomes interesting when the learner uses reasonably sized teaching aids which can be seen easily by the trainees.</li> <li>• Content written on the board or flip charts should be clearly visible to the taught.</li> <li>• The strategy plays the most effective role in performing a task, thus should be wisely chosen.</li> <li>• Strategies can be developed further after holding close interaction with the learner.</li> </ul>
2.01.22	Stress Management Techniques	Ms. Sapna Sankhla	Bela Ahuja	WEBEX	CBSE	<p>Ms. Sapna Sankhla awared the attendees about stress management techniques. The main points covered were -</p> <ol style="list-style-type: none"> <li>1. Stress refers to an individual 's reaction to a disturbing factor in environment. It can lead to psychological discomfort, emotional unhappiness with other people.</li> <li>2. Stress is defined as an adaptive response to an external situation that result in physical, psychological or behavioral deviations for organizational participants.</li> <li>3. Sources of stress- <ul style="list-style-type: none"> <li>• Physical/ Environmental stressors</li> <li>• Organizational stressors</li> <li>• Interpersonal stressors</li> <li>• Intrapersonal stressors.</li> </ul> </li> <li>4. Types of stress- <ul style="list-style-type: none"> <li>• Distress</li> <li>• Hypo stress</li> </ul> </li> </ol>

						<ul style="list-style-type: none"> <li>• Hyper stress</li> </ul>
3.01.22	Adopting Inclusive Practices in Classroom	Ms. Shalini Swaroop	Bela Ahuja	WEBEX	CBSE	<p>The resource person, Ms. Shalini Swaroop emphasised on need of adopting inclusive practices in classroom.</p> <ol style="list-style-type: none"> <li>1. Inclusive classrooms- <ul style="list-style-type: none"> <li>• Embrace diversity</li> <li>• Provides access to learning to all students</li> <li>• Allows students to learn in the least restrictive environment</li> <li>• Has high expectations for all students</li> <li>• Tailored learning to meet individual needs</li> <li>• Encourages co-teaching and collaboration</li> </ul> </li> <li>2. Benefits of inclusion- <ul style="list-style-type: none"> <li>• Builds community</li> <li>• Enhances respect for others</li> <li>• Maximizes individual growth</li> <li>• Increased school staff collaboration</li> <li>• Increased parent participation</li> <li>• Increased inclusion in future environments</li> </ul> </li> </ol>
3.01.22	Understanding Gender & Relationships	Ms. Mukta Sharma	Bela Ahuja	WEBEX	CBSE	<p>Ms. Mukta Sharma introduced the need of gender responsive schools-</p> <ul style="list-style-type: none"> <li>• Grows awareness of their implicit biased and limited paradigms.</li> <li>• Educates teachers and staff about the effects of biased beliefs.</li> <li>• Provides strategies for identifying biased behaviour.</li> <li>• Develops practices used to overcome and repair the impact of being partial towards students.</li> </ul>
3.01.22	Value Education And Its	Dr. Reeta Sharma	Jaya Singh	WEBEX	CBSE	<p>Dr. Reeta Sharma emphasised on impact of value education during schooling.</p>

	Importance					<ol style="list-style-type: none"> <li>1. To teach value in daily life</li> <li>2. Great learning inculcates moral, spiritual and cultural values.</li> <li>3. To learn values through daily routine and provide greater opportunities for students.</li> <li>4. To tell them about the ancient value system of India.</li> <li>5. To encourage the acceptance of certain social values such as- forgiveness, cooperation and team work.</li> <li>6. To make children learn and accept the values</li> <li>7. To make them sensitize towards human and environment</li> <li>8. To learn tolerance</li> <li>9. To grow in the present scenario inspite of problems around one.</li> </ol>
3.01.22	Constructivism	Ms. Dinisha Singh	Bela Ahuja	WEBEX	CBSE	<p>Ms. Dinisha Singh introduced the very innovative idea of Constructivism in classroom learning.</p> <ol style="list-style-type: none"> <li>1. Meaning of Constructivism</li> <li>2. Constructivism is a rather heterogeneous idea.</li> <li>3. Knowledge is constructed by learners through an active, mental process of development.</li> <li>4. Learners are the builders and reactors of meaning and knowledge.</li> <li>5. Learners adapt the concept and add to learning process.</li> <li>6. Benefits of Constructivism in teaching- <ul style="list-style-type: none"> <li>• Children learn more and enjoy learning.</li> <li>• Promote divergent thinking.</li> <li>• Boost the confidence of learners.</li> <li>• Promote collaborative learning.</li> </ul> </li> </ol>

						<p>Students come from different types of socio economic backgrounds, varied culture experiences, and learning styles. These dynamics create a challenge for teachers.</p> <p>Teaching must always be adjusted to the level of the pupils. So, constructivist way of teaching should be promoted in the classroom.</p>
3.01.22	Teaching Strategies For Students With Intellectual Disability	Ms. Bhavika Gidwani	Jaya Singh	WEBEX	CBSE	<p>Ms. Bhavika Gidwani sensitizes the teacher towards students suffering from intellectual disability in class.</p> <p>The salient features covered are -</p> <ol style="list-style-type: none"> <li>1. To be aware of the different terms related to disability.</li> <li>2. Identification of warning signs among children in school.</li> <li>3. Discussing the various teaching techniques for children with disability.</li> <li>4. To recognize child's delay in the physical/mental development.</li> <li>5. Children with disability require special assistance.</li> <li>6. Identifying children at risk and implementing warning signs.</li> <li>7. All children should be educated in a common regular classroom.</li> </ol>
4.01.22	Devepoling Scientific Temperament	Ms. Aditi Basu Roy	Jaya Singh, Bela Ahuja	WEBEX	CBSE	<p>Ms. Aditi Basu Roy advocates scientific approach in student's thinking .</p> <ol style="list-style-type: none"> <li>1. To raise awareness about constitutional duties.</li> <li>2. Understand the difference between science and technology.</li> <li>3. Explore methods of developing scientific temperament.</li> <li>4. Create scientific environment in school.</li> </ol>

						<ol style="list-style-type: none"> <li>5. Community participation.</li> <li>6. Duty of every citizen to develop scientific temper, Humanism and spirit of inquiry and reform.</li> <li>7. Scientific temper refers to an attitude of logical, rational and scientific thinking.</li> <li>8. Developing higher order thinking skills- Create Evaluate, Analyse Apply Understand Remember.</li> <li>9. The scientific methods are- observation, Hypothesis Prediction Verification, Experiment.</li> <li>10. Employ fun element such as games and electronic devices.</li> </ol>
4.01.22	Salient Features Of National Education Policy	Mr. Trilok Singh Bist	Alo Singhal, Bela Ahuja	WEBEX	CBSE	<p>This workshop organised by Mr. Trilok Singh Bist aimed at discussing the new education policy. Main features discussed are -</p> <ol style="list-style-type: none"> <li>1. Respect for diversity and local context</li> <li>2. Community participation</li> <li>3. Equity and inclusion</li> <li>4. Use of technology</li> <li>5. Unique capabilities</li> <li>6. Critical thinking and creativity</li> <li>7. Continuous review</li> <li>8. Reforming examination in grade 9 and 11 including board exams.</li> <li>9. Focus on Los , competencies and subject-integration</li> <li>10. Innovative pedagogy : transforming teaching learning process</li> </ol>



						<p>11. Transforming the culture of assessment. 12. Holistic progress card</p>
4.01.22	Content And Time Management	Mr. Clarence	Jaya Singh	WEBEX	CBSE	<p>Mr. Clarence highlighted the importance of managing time and content taken up in the class.</p> <ol style="list-style-type: none"> <li>1. To manage time to do things you want to achieve.</li> <li>2. Plan long and short-term goals.</li> <li>3. Use SMART model- Specific, Measurable, Attainable, Relevant, Time-based.</li> <li>4. Keep an eye on relevant material for children.</li> <li>5. Bookmark useful websites.</li> <li>6. Keep an organised folder for printouts.</li> <li>7. Be careful about marking of the home work.</li> <li>8. Eliminate time wasters.</li> <li>9. Allow yourself to relax, time to exercise and sleep.</li> <li>10. Time management allows to – increase productivity and self confidence, reduce stress, to help reach one’s goal.</li> </ol>
5.01.22	Essential Components of a Lesson Plan	Ms. Sangeeta Rekhi	Bela Ahuja	WEBEX	CBSE	<p>Ms. Sangeeta Rekhi stressed upon the importance of planning the lesson to be taught.</p> <ol style="list-style-type: none"> <li>1. Why is lesson plan important - <ul style="list-style-type: none"> <li>• To structure and organize the lesson</li> <li>• To determine method of its delivery</li> <li>• Assess student’s learning</li> <li>• To be clear on what one wants to teach</li> <li>• Be prepared to cope with upcoming situations</li> </ul> </li> <li>2. Preliminary steps of Lesson planning require preparation of- <ul style="list-style-type: none"> <li>• Introduction</li> <li>• Summary</li> <li>• Lesson evaluation</li> <li>• Lesson plan</li> </ul> </li> </ol>

						<ul style="list-style-type: none"> <li>• Teaching notes</li> <li>3. Points to consider while preparing a lesson plan- <ul style="list-style-type: none"> <li>• What is the main topic.</li> <li>• How to arouse the students interest.</li> <li>• How to boost their challenge</li> <li>• What order to teach the activities in.</li> <li>• Controlled practice</li> <li>• Free practice</li> </ul> </li> </ul>
5.01.22	Connecting and Communicating with Parents	Ms. Aishwarya Taneja	Bela Ahuja	WEBEX	CBSE	<p>Ms. Aishwarya Taneja brought about awareness on the combined role of the parent and teacher in student's life.</p> <ol style="list-style-type: none"> <li>1. Defining family engagement</li> <li>2. Understanding the two way process of connecting and communicating with parents</li> <li>3. To highlight the strength of the relationship, that it is a commitment and a shared responsibility among the stakeholders in a child's life</li> <li>4. Three dimensions of connecting with parents <ul style="list-style-type: none"> <li>• Integration</li> <li>• Induction</li> <li>• Investment</li> </ul> </li> </ol>
5.01.22	Education for Peace	Ms. Asha John	Mona Gupta	WEBEX	CBSE	<p>In this workshop Ms. Asha John aimed at suggesting ways of how to discover ones own inner strength and personal peace.</p> <ol style="list-style-type: none"> <li>1. Make a list of the environmental problems which have adversely affected the peace in the surrounding</li> <li>2. How can education help to promote peace</li> <li>3. Teach Environmental Education with a purpose to add peace.</li> <li>4. Increase level of Peace</li> </ol>

5.01.22	Pre –school Teaching Method	Ms. Muka Misra	Bela Ahuja	WEBEX	CBSE	<p>Ms. Muka Misra supports that child is the pivot for whom learning is planned.</p> <ol style="list-style-type: none"> <li>1. To ensure child-friendly environment where each child is valued, and respected, feels safe, and secure and develops a positive self concept.</li> <li>2. To enable a sound foundation for the child’s good health, well being, nutrition, hygiene and healthy habits.</li> <li>3. To enable children to become effective communicators and foster both receptive and expressive language.</li> <li>4. Approaches of pre-schooling- <ul style="list-style-type: none"> <li>• Theme- based approach</li> <li>• Play based</li> <li>• Activity based</li> <li>• Project based</li> <li>• Integrated based</li> <li>• Emergent curriculum</li> </ul> </li> </ol>
5.01.22	Practice Blended Learning	Mr. Sonu Nayar	Mona Gupta	WEBEX	CBSE	<p>In this workshop Mr. Sonu Nayar aimed at explaining the meaning of blended learning and how it is beneficial.</p> <p><b>KEY FEATURES</b></p> <ol style="list-style-type: none"> <li>1. Blended learning is the combination of online and offline learning .</li> <li>2. Blended Learning is child centered.</li> <li>3. Benefits of Blended learning are :- Efficiency Personalization Cost Effectiveness Flexibility</li> <li>4. Advantages of Flipping</li> <li>5. Fun with Blended learning</li> </ol>
5.01.22	Adopting Inclusion Practices in	Dr. Sujatja Girish	Bela Ahuja	WEBEX	CBSE	<p>Dr. Sujatja Girish advocated adopting inclusion practices in classroom. The resource person covered certain points.</p>

	Classroom					<ol style="list-style-type: none"> <li>1. Inclusion in education is based on the belief that every child can learn and realise one's full potential if provided equal opportunities to participate in school.</li> <li>2. To understand inclusion, it is important to acknowledge that each child is unique in terms of physical ability and mental capacity and also a preferential learning style.</li> <li>3. Steps to adopt inclusive practices- <ul style="list-style-type: none"> <li>• Create an environment of acceptance</li> <li>• Formulate inclusive policies and structures</li> <li>• Adopt inclusive teaching practices</li> <li>• Support student learning</li> </ul> </li> </ol>
6.01.22	Essential components of a Lesson Plan	Ms. Ira Vishwakarma	Bela Ahuja	WEBEX	CBSE	<p>Ms. Ira Vishwakarma laid emphasis on Essential components of a Lesson Plan</p> <ol style="list-style-type: none"> <li>1. A lesson plan is teacher's detailed description of the course of instruction for an individual lesson.</li> <li>2. A lesson plan is a written guide for the trainee's benefit in order to achieve the intended learning outcome.</li> <li>3. Five levels of planning- <ul style="list-style-type: none"> <li>• Daily planning</li> <li>• Weekly planning</li> <li>• Unit planning</li> <li>• Term planning</li> <li>• Yearly planning</li> </ul> </li> </ol>
7.01.22	NEP 2020	Mr. Charles Clarence	Mona Gupta	WEBEX	CBSE	<p>This workshop aimed at explaining the new education policy and was organised by Mr. Charles Clarence. The salient features of the webinar are -</p> <ol style="list-style-type: none"> <li>1. What does the NEP 2020 signify</li> </ol>

						<p>2. The new education policy also emphasizes on access ,affordability,equity and quality .</p> <p>3. NEP with the new policy is 5+3+3+4 School system. Besides this ,the age group for the RTE is now 3 to 18 years .</p> <p>4. NEP 2020 aims to ensure that no child loses any opportunity to learn and excel due to circumstances of birth or background</p>
7.01.22	Importance of Gratitude	Dr. Rahul Chawla	Bela Ahuja	WEBEX	CBSE	<p>Dr. Rahul Chawla rightly promotes the gesture of gratitude and its implication in a student's life</p> <ul style="list-style-type: none"> <li>• Gratitude is an emotion that we experience after receiving something- a gift, help etc</li> <li>• Gratitude is not a feeling of being indebted yet one should express gratitude with gratefulness Being grateful is respecting.</li> <li>• The feeling of gratitude motivates us to reflect. We are naturally inclined to pay it back.</li> <li>• It strengthens the relationship between both the giver and the receiver.</li> </ul>
7.01.22	Setting Outcomes In Teaching Learning	Dr. Dinesh Sharma	Bela Ahuja	WEBEX	CBSE	<p>Dr. Dinesh Sharma explained the term Setting Outcomes In Teaching.</p> <p>Learning outcomes are statements that describe the knowledge and skills the students should acquire by the end of a particular assignment, class, course or program and help them understand how it would be useful to them. Points to meet teaching outcome. are -</p> <ol style="list-style-type: none"> <li>1. Major areas of learning outcomes</li> <li>2. Moral reasoning and ethical sensitivity</li> <li>3. Personal, social and emotional</li> </ol>

						<p>development</p> <ol style="list-style-type: none"> <li>4. 21<sup>st</sup> century skills</li> <li>5. Attainment and progress across all school subjects</li> </ol>
7.01.22	Decision Making Skills In Adolescents	Ms. Ruchika Sukhija	Renu Goyal	WEBEX	CBSE	<p>Ms. Ruchika Sukhija picked a very burning topic ‘Decision Making Skills In Adolescents’</p> <ol style="list-style-type: none"> <li>1. Resource person gave an insight on what adolescents want.</li> <li>2. She also briefed on why children/students should have decision making skills and how could we help them develop the same.</li> <li>3. This session indeed introduced new ways for teachers to help adolescents improve their decision making.</li> <li>4. A questionnaire was filled by the participants to know their feedback.</li> </ol>
8.01.22	Focusing on Competency-Based Education		Bela Ahuja	WEBEX	CBSE	<p>The webinar on Competency- based education was indeed an eye opener to the trainees. The resource person focused on certain features.</p> <ol style="list-style-type: none"> <li>1. Competency- based education is a learning approach that gauges learning based on a student’s demonstration of understanding.</li> <li>2. Competencies include explicit, measurable, transferable learning objectives that empower students.</li> <li>3. Assessment is meaningful and a positive learning experience for students.</li> <li>4. Students receive timely, differentiated support based on their individual learning needs.</li> <li>5. To implement CBE we need to have- <ul style="list-style-type: none"> <li>• Commitment</li> <li>• Time, energy, resources</li> </ul> </li> </ol>

						<ul style="list-style-type: none"> <li>• Face resistance and challenges</li> </ul>
10.01.22	Decision Making Skills In Adolescence	Ms. Veena Mishra	Kalpana Jain, Santosh Sharma	WEBEX	CBSE	<p>Ms. Veena Mishra organised a workshop on Decision Making Skills In Adolescence and covered certain areas in the discussion -</p> <ol style="list-style-type: none"> <li>1. Perspective build on life skills.</li> <li>2. 21<sup>st</sup> century learner and teacher.</li> <li>3. Framework of life skills.</li> <li>4. Understanding life skills.</li> <li>5. Self-awareness.</li> </ol>
10.01.22	Practicing Blended Learning	Mr. Rajiv Shrivastava	Bela Ahuja	WEBEX	CBSE	<p>In this workshop Mr. Rajiv Shrivastava supported the need of Practicing Blended Learning.</p> <ol style="list-style-type: none"> <li>1. A blend of learning through physical schooling and online schooling.</li> <li>2. Classroom learning- <ul style="list-style-type: none"> <li>• Motivation</li> <li>• One- on- one feedback</li> <li>• Personal time and counselling</li> <li>• Progress tracking</li> <li>• Guidance</li> <li>• Assessments and practice activities</li> </ul> </li> <li>3. Online learning- <ul style="list-style-type: none"> <li>• Self-study</li> <li>• Self-direction</li> <li>• Self-tracking and control</li> <li>• Online assessments</li> <li>• Group chats and discussions</li> </ul> </li> </ol>
11.01.22	Integration Of Arts And Culture In Teaching Learning	Ms. Sudha Ravi	Anjana Bhardwaj	WEBEX	CBSE	<p>Ms. Sudha Ravi introduced 'Integration Of Arts And Culture In Teaching Learning' as an integral part of student's development.</p> <ol style="list-style-type: none"> <li>1. What is art integration and how other subjects can be integrated with art</li> <li>2. How we can do integration of right and left brain</li> <li>3. What is the objective behind art</li> </ol>

						<p>integration</p> <ol style="list-style-type: none"> <li>4. Art integrated learning sensitizes students and improves their imagination.</li> <li>5. What are different learning agencies</li> <li>6. Assessment is a cyclic process which can be self or peer or Verbal or nonverbal.</li> <li>7. What is the difference between assessment for learning and assessment of learning</li> <li>8. It was indeed a webinar of great worth</li> </ol>
12.01.22	Education for peace	Mrs. Gurmeet Kaur	Bela Ahuja	WEBEX	CBSE	<p>Mrs. Gurmeet Kaur sensitizes the learner about the importance of peace enhanced through education.</p> <ol style="list-style-type: none"> <li>1. Violence or absence of peace can have several social configurations or conglomerations, namely- <ul style="list-style-type: none"> <li>• Individuals</li> <li>• Groups</li> <li>• Communities</li> <li>• Nations</li> <li>• Cultures</li> </ul> </li> <li>2. Lack of success in satisfying the materialistic desires leads to anger, the seed of all violence.</li> <li>3. The second origin of restlessness is the intolerance of different religious beliefs, languages, social customs and practices etc</li> </ol>
14.01.22	Importance of personal Hygiene & Nutrition		Bela Ahuja	WEBEX	CBSE	<p>This webinar aimed at creating sensitivity towards Importance of personal Hygiene &amp; Nutrition.</p> <ol style="list-style-type: none"> <li>1. Health is defined as a state of complete physical, mental and social being and not merely and absence of disease.</li> <li>2. Hygiene is a set of practices performed to preserve health.</li> <li>3. Characteristics of good health-</li> </ol>



						<ul style="list-style-type: none"> <li>• The person has capability to do work.</li> <li>• The person feels himself efficient to take decisions and work accordingly.</li> <li>• The person remains in sound mental condition</li> <li>• The person intakes nutritive diet and remains free from any disease</li> <li>• The person know how to overcome stress and tension.</li> </ul>
17.01.22	Addressing Socio-Emotional Needs Of Students	Dr.Sandeep Kumar	Anjana Bhardwaj	WEBEX	CBSE	<p>In this workshop Dr.Sandeep Kumar addressed Socio-Emotional Needs Of Students to support a healthy going.</p> <ol style="list-style-type: none"> <li>1. Study of early stage of brain development to inculcate the required skill.</li> <li>2. Focusing on breadth of skill development over depth.</li> <li>3. Brain and body system- how health and learning are deeply interconnected.</li> <li>4. What is toxic stress and how to deal with it.</li> </ol>
18.01.22	Hygiene And Nutrition	Ms. Nisha Singh	Kalpana Jain	WEBEX	CBSE	<p>Ms. Nisha Singh focused on importance of health aspects.</p> <ol style="list-style-type: none"> <li>1. Ingredients used to make diet nutritious.</li> <li>2. Importance of nutrition.</li> <li>3. How hygiene helps in child's growth.</li> <li>4. Resource person taught 12 steps to achieve better health of the child.</li> <li>5. Hygiene and nutrition both are important for better immunity system.</li> </ol>
19.01.22	Decision Making Skills In Adolescents	Ms Maheshwari Natarajan	Sunita Agarwal	WEBEX	CBSE	<p>Ms Maheshwari Natarajan emphasised on how to grow decision making skills In adolescents</p> <ol style="list-style-type: none"> <li>1. Meaning of decision making- It is a reasoning process and shows one's proficiency in choosing between two or more alternatives.</li> <li>2. Some decisions are easy while some are</li> </ol>

						<p>difficult - like choosing a career, choosing a good friend etc.</p> <ol style="list-style-type: none"> <li>3. Decision making steps- <ol style="list-style-type: none"> <li>a- GOFER Model- goal clarification, options generation, facts, consideration of effects, review and implementation.</li> <li>b- DECIDE Model- define, establish, consider, identify, develop and evaluate.</li> </ol> </li> <li>4. Decision making techniques- <ol style="list-style-type: none"> <li>a. Group decision</li> <li>b. Individual decision.</li> </ol> </li> <li>5. Group decision making techniques- Consensus decision-making, Voting based methods, Delphi method, Participative decision making, Decision engineering.</li> <li>6. Individual decision making techniques- Decisional</li> <li>7. Balance sheet, Expected value optimisation, flipism.</li> <li>8. The factors that most influence decision-making in teenagers- <ol style="list-style-type: none"> <li>a. Biological changes</li> <li>b. Positive and negative reinforcement.</li> </ol> </li> </ol>
19.01.22	Protection Of Child Rights	Ms. Hema Kalakoti	Renu Goyal	WEBEX	CBSE	<p>Resource person Ms. Hema Kalakoti gave an insight on the protection of child rights in India.</p> <ol style="list-style-type: none"> <li>1. She also briefed on the definition of a child, what is child protection and the Indian laws on the protection of child rights.</li> <li>2. A questionnaire was filled by the participants.</li> </ol>

19.01.22	Teaching And Learning Style	Ms. Padmini Sriraman	Vijay Sharma	WEBEX	CBSE	Ms. Padmini Sriraman focused on teaching and learning style. In this webinar she gave insight into questions as - <ol style="list-style-type: none"> <li>1. What and how students learn</li> <li>2. Why some of them don't learn</li> <li>3. When do they learn better</li> <li>4. How to make teaching and learning enjoyable</li> <li>5. How will they like to learn</li> </ol>
20.01.22	Anger Free Schools	Ms. Bhavika Gidvani	Sandeep Yadav, Prem Singh Naruka	WEBEX	CBSE	Ms. Bhavika Gidvani promotes the environment that creates anger free schools <ol style="list-style-type: none"> <li>1. Guiding students to deal with anger effectively.</li> <li>2. Myths about anger.</li> <li>3. Anger Management.</li> <li>4. Dealing with anger .</li> </ol> This webinar supported the present need of the hour to bring about the required change.
20.01.22	Managing Change	Ms. Meeta Gupta	Poonam Sharma	WEBEX	CBSE	Ms. Meeta Gupta introduced methods to manage according to the changing scenario. <ol style="list-style-type: none"> <li>1. Change is a continuous process: <ul style="list-style-type: none"> <li>• Develop a change in vision</li> <li>• Communicate the vision</li> <li>• Empower broad based action</li> <li>• Generate short term wins and never give up</li> </ul> </li> <li>2. How to achieve the goal : <ul style="list-style-type: none"> <li>• Stimulate conversation</li> <li>• Provide appropriate resources</li> <li>• Coordinate and align projects</li> <li>• Prepare the critical mass</li> </ul> </li> </ol>
20.01.22	Adopting Inclusive Practices In Class Room.	-	Poonam Sharma	WEBEX	CBSE	The webinar organised on Adopting Inclusive Practices In Class Room was indeed fruitful. The salient features discussed are -

						<ol style="list-style-type: none"> <li>1. Inclusive educational setup refers to equitable and non discriminatory arrangements where each child is valued, accepted and respected.</li> <li>2. Get to know your students and let them get to know you.</li> <li>3. Create a safe space for students to share.</li> <li>4. Provide opportunities for students to share their own experiences.</li> <li>5. Use universal design principles to create accessible classrooms.</li> <li>6. Use a variety of instructional formats.</li> <li>7. The teacher's role is to provide different teaching material according to the need.</li> </ol>
21.01.22	Digital library	Dr. Sunitha Rao	Sunita Agarwal	WEBEX	CBSE	<p>The resource person Dr. Sunitha Rao very discretely discussed Digital library.</p> <p>1-Objectives of digital library.</p> <ul style="list-style-type: none"> <li>- Need of digital library and its usage.</li> <li>- To enhance love for books.</li> <li>- To improve reading and communication skills.</li> <li>- To have reference and academic material anywhere, anytime.</li> <li>- To reach out to society at large.</li> <li>- To create lifelong learners.</li> <li>- To ensure a cyber safety reading space.</li> </ul> <p>2-Benefits of reading books like good vocabulary, exposure, communication skills etc.</p> <p>3-As per NEP 2020- digital libraries to be established throughout the country.</p> <p>4- Impact of digital libraries on students, teachers and community.</p> <p>5- Different learning sources for students – books, articles, videos, PPT, games, quiz, fun activities, online activities etc are available in digital libraries.</p> <p>6- Some free online websites for free PDF books</p>

						were shared.
24.01.22	Constructivism	Ms.Ekta Bajpai	Arya Jain, Ravi Vashishth, Nidhi Jain	WEBEX	CBSE	Ms.Ekta Bajpai discussed certain points on constructivism in the webinar <ol style="list-style-type: none"> <li>1. Daily philosophy of Constructivism</li> <li>2. James Drawer's views on Constructivism</li> <li>3. Ways of constructivism of human mind</li> <li>4. Importance of Constructivism in Education</li> <li>5. Constructivism in classrooms</li> </ol>
24.01.22	Selection of Effective Teaching-Learning Material	Ms. Monica Chawla	Kunal Harsana	WEBEX	CBSE	This workshop by Ms. Monica Chawla aimed at explaining how to use Teaching and Learning Material in a better way and how different TLMs can be used in any subject to make it interesting and easy to understand. <ol style="list-style-type: none"> <li>1. Types of TLMs – Maps, Charts, Diagrams, Books, Overhead projectors, TV and videos, Games, podcasts, apps etc.</li> <li>2. Strategies were also explained by which TLMs can be used in much effective manner.</li> <li>3. How can TLMs be used for longer period of time and teachers can plan out new TLMs for new sessions.</li> <li>4. At the end resource person also shared few TLMs made by her teachers.</li> <li>5. The TLMs shown by her were in the form of newspaper articles, key chains etc.</li> </ol>
27.01.22	Teaching Strategies For Students With Intellectual Disabilities	Ms. Gitika Ahuja	Sumita Dhar	WEBEX	CBSE	Ms. Gitika Ahuja discussed teaching strategies For students with intellectual disabilities which were quite helpful. She detailed on - <ol style="list-style-type: none"> <li>1. To identify and help students with intellectual disabilities in learning.</li> <li>2. How to identify these students from birth</li> </ol>

						<p>and gradually help them.</p> <ol style="list-style-type: none"> <li>3. Parents involvement is a must.</li> <li>4. Many guidelines regarding helping them from pre primary onwards.</li> <li>5. Separate worksheets, one - on- one readouts, activities to enhance patience, etc.</li> </ol>
28.1.22	Managing Change	Mr. Anurodh Chitra	Vedanjali, Ravi Vashisth, Sunita Yadav, Arya Jain, Sumita Dhar	WEBEX	CBSE	<p>This workshop aimed at suggesting ways to make to make NEP more effective and education change more practical. Mr. Anurodh Chitra also aimed at understanding ‘change’ in the process of improving.</p> <ol style="list-style-type: none"> <li>1. A change management process comprises six main activities: Identify potential change, Assess clearly Plan change Implement change Review change Close change.</li> <li>2. People resist change because it disturbs existing procedures, power structures etc.</li> <li>3. Building culture for change.</li> <li>4. Role of leader in change.</li> <li>5. Involving teacher in change management.</li> <li>6. Adopt 4D phenomena of change management.</li> </ol>
29.01.22	Digital Library	Ms. Mamta Maggu	Nidhi Jain	WEBEX	CBSE	<p>Ms. Mamta Maggu supported the need Digital Library in the ongoing scenario.</p> <ol style="list-style-type: none"> <li>1. How to establish Digital libraries</li> <li>2. Principles of establishing E- Libraries.</li> <li>3. Hybrid Library includes- Collaboration Creativity</li> </ol>

						<p>Communication Critical thinking.</p> <ol style="list-style-type: none"> <li>4. Moving from Reactive to Proactive</li> <li>5. Resources for Curation</li> <li>6. Recognizing resources for transforming into community libraries.</li> <li>7. Multi-lingual collection (built-in-dictionary, Vocabulary, worldweb)</li> </ol>
31.01.22	Teaching Learning and Styles	Mrs. Guneet Ohri	Sunita Yadav, Vedanjali Tiwari, Ravi Vashist	WEBEX	CBSE	<p>Mrs. Guneet Ohri talked of different teaching learning and styles to achieve better results.</p> <ol style="list-style-type: none"> <li>1. Difference b/w learning and Holistic learning.</li> <li>2. Constructive approach for learning. She discussed about the student centered teaching methodologies and teaching tips.</li> <li>3. Adoption of some basic and specific teaching styles in our teaching so that the behavioural changes among the learners can be brought up.</li> <li>4. Teaching is an activity of influencing others i.e. we teach in classroom to influence the behaviours of learners.</li> <li>5. Adoption of effective teaching learning styles by – <ul style="list-style-type: none"> <li>• Clarity to learners about teaching content, conciseness &amp; comprehensiveness, confident, unbiased, providing equal opportunities to all the students TL process.</li> <li>• Identifying strengths and weaknesses of students and teaching style must be according to it.</li> <li>• A good teaching model creates interests and creativity among students.</li> <li>• Good interaction with students plays an</li> </ul> </li> </ol>

important role in effective teaching.

## **NON CBSE FACULTY TRAINING**

8.01.22	Scholastic Reading Program	Ms. Nitika Dutta Gupta	Sunita Yadav, Sushmita Saraff	Zoom	Scholastic India Pvt. Ltd.	This workshop aimed at briefing about the Short Reads Student Program- Scholastic India Pvt. Ltd. Short Reads Student Pack is a versatile reading comprehension programme that covers topics from across the curriculum. It is a programme that is designed to teach children close reading of a short passage to build deep, critical understanding of the text.
8.01.22	Real life Mathematics...An Insight	Mr. A.T.B Bose	Shikha Aggarwal, Daizy Sehgal, Kirti, Mona Gupta and Poonam Sharma.	Virtual Online Sessions	Ramanujan Museum & Math Education Centre	Mr. A.T.B Bose introduced methods to make learning of mathematics interesting by relating it to real life. <ol style="list-style-type: none"><li>1. To explain all Mathematical operations (like: addition, subtraction, multiplication and division) to the children using different methods so that students can inculcate the basic concept of Mathematics.</li><li>2. In the counting of numbers we must teach the children to count practically, so that they start with concrete material which they come across in daily life.</li><li>3. We should also make children do Math based activity at home just like: how many chairs, pillows, utensils they have.</li><li>4. Allow children to learn in different methods of their choice.</li><li>5. We must develop confidence among children to explore Mathematics.</li><li>6. To solve word problems, we must give examples from their real life so that they can connect it closely, in this way ambiguity can be avoided.</li></ol>



20.01.22	Defining the Goal for Learning Keeping End in Mind	Ms. Deepti Sawhney	Arya Jain, Kalpana Jain	YouTube	CBSE	<p>In this workshop Ms. Deepti Sawhney aimed at explaining how to set learning outcomes/objectives by giving importance to the end results.</p> <ol style="list-style-type: none"> <li>1. Examine and interpret the definition of goals/learning outcomes</li> <li>2. Defining the core competencies according to students' level</li> <li>3. Understand the resources and their availability to achieve the aimed outcomes</li> <li>4. Focus on strategies to facilitate teaching-learning process</li> </ol>
20.01.22	Integration of Arts and Culture in Teaching-Learning Practices	Ms. Bali Dhawan, Mr. Simon Rein	Arya Jain	YouTube	CBSE	<p>Ms. Bali Dhawan, Mr. Simon Rein organised a workshop, where they aimed at giving instructions/guidelines on how to work in Google Arts and Culture.</p>
21.01.22	Mental Wellness, Social emotional learnings (SEL)	Manju ma'am and Aslam sir <b>Facilitator-</b> Shubhangi Mittal	Archana Mukherji, Vedanjali , Divya Vani Setia, Kavita Kapila, Meenakshi Bhardwaj, Mugdha , Pooja Taneja, Anuradha, Shikha Kapoor , Sujata Bose and Nidhi Jain	Zoom	Alwar Public School	<p>The facilitator Shubhangi Mittal organised a workshop on Mental Wellness, Social emotional learnings (SEL)</p> <p><b>ART &amp; JOURNALING (Design 4)</b></p> <p>Starting with some basic guidelines and then moving towards setting intentions-</p> <p>The session involved book page art blackout poetry- using words or images on a book/newspaper to inspire artwork and some options of expressing by the way of adding images, patterns and other art materials.</p> <p>The closure helped the members to get involved in switching - soothing practice to bring peace to body and mind.</p>

22.01.22	Khel-Khel Mein Seekhein- Workshop by Hindi Department for Primary teachers	Pooja Taneja, Rupali Poddar, Payal Hazrati, Ritika Chakravarty	All primary teachers	MS TEAMS	Primary Block, Alwar Public School	<p>This workshop Khel-Khel Mein Seekhein aimed at integration of different themes and subjects within a lesson and encourage activity based learning, especially during online classes. Lot of activities were shared which could be used in classes also.</p> <ol style="list-style-type: none"> <li>1. Art on the top – Keeping a paper on the head and making drawings within a stipulated time. This activity will attract the attention of the students so that the class could be started with fun and enthusiasm.</li> <li>2. Paper folding – Making an origami, pasting it on a paper and drawing something around it using imagination and then talking about the end result. It’s an integration of art, craft and speaking skills.</li> <li>3. Story reading – Reading out stories loud with mistakes so that the children focus on pointing the mistakes. This helps in holding their attention. Eg - In place of ‘bhookh’ the resource person spoke ‘pyaas’, in place of 5, she spoke 6. This leads to integration of many topics within a discussion and involves interaction in class.</li> <li>4. Prose and poetry composition – a word is chosen, forming new words using the alphabets in it and further composing stories and poems. This is a Madhuvan Concept.</li> <li>5. Reading activity - When children have difficulty in reading a word, it’s broken into syllables that helps</li> </ol>
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						pronouncing it by connecting the sounds created by those syllables .
1.02.22	Addressing Socio-Emotional Needs of the Students	Mr. Arpit Tripathi	Arya Jain	WEBEX	CBSE	<p><b>KEY POINTS</b></p> <p>Social-Emotional needs of students are directly connected to their learning and have a deep influence. The resource person Mr. Arpit Tripathi introduced social emotional literacy which is also known as Social Emotional Learning(SEL)which can work as a handy tool for a teacher. The salient features discussed in the workshop are-</p> <ul style="list-style-type: none"> <li>• It is impossible to understand social emotional needs at a young age without understanding SEL in detail</li> <li>• Before you understand anyone else, you need to understand yourself first</li> <li>• What is self awareness?</li> <li>• Tips for improving your self awareness</li> <li>• Build students’ social emotional vocabulary</li> <li>• Allow talk time</li> <li>• Teach students how to manage conflicts with peer mediation</li> <li>• Teach students to monitor their own progress</li> </ul>
1.02.22	Happy Teacher Creates Happy Classroom	Ms. Deepti Sharma	Mamta Sharma	WEBEX	CBSE	Ms. Deepti Sharma in this workshop suggested ways to make the classroom environment interactive and friendly to encourage learning.
2.02.22	Managing Change	Mr. Anurodh Chitra	Santosh Sharma	WEBEX	CBSE	<p>Aim of the Mr. Anurodh Chitra in this webinar was to discuss about how to manage change, which is an inevitable part of life.</p> <p>The four main points discussed in the workshop are-</p>

						<p>Understand the nature of change.          Explain the essential elements of change.          Differentiate between driving forces and restraining forces.          Understand the model of change</p>
3.02.22	Importance Of Personal Hygiene Nutrition	Dr Reshma Ganesh	Santosh Sharma	WEBEX	CBSE	<p>Dr Reshma Ganesh in this workshop intended to explain what includes in personal hygiene. A number of things we ignore or sacrifice in the name of personal hygiene, due to our fast lifestyle, though they matter a lot and should be observed regularly.          Resource person explained everything about personal hygiene with the help of slides, including how can we take care about our body if we keep simple things in our mind.          He talked at length about ‘Nutrition’ as well.</p>
4.02.22	Embracing Multilingualism In Classrooms	Ms. Gurmeet Kaur	Sumita Dhar, Kalpana Jain, Sunita Yadav, Arya Jain	WEBEX	CBSE	<p><b>KEY POINTS</b></p> <ul style="list-style-type: none"> <li>• Value, develop and sustain linguistic and cultural identities</li> <li>• Develop bi/multi literacy</li> <li>• Raise awareness and appreciation of languages and cultures in the classroom</li> <li>• Build bridges between home and school knowledge</li> <li>• Support students to become critical and creative thinkers and users of language</li> <li>• Benefits of multilingual classrooms</li> <li>• Creating a language rich environment</li> <li>• Suggestions to address the students multilingual needs</li> <li>• Problems of a multilingual classroom</li> <li>• NEP-2020 and multilingualism</li> </ul>
4.02.22	Addressing Socio-Emotional	Ms Dhavala Suseela	Santosh Sharma	WEBEX	CBSE	<p><b>KEY POINTS</b></p> <ul style="list-style-type: none"> <li>• Addressing socio emotional needs of students</li> </ul>

	Needs Of Students					<ul style="list-style-type: none"> <li>●Why SELis important.</li> <li>●Five core ‘self’ competencies</li> <li>●Social Skills</li> <li>●Social identity</li> <li>●Five core ‘Self’ competencies</li> <li>●Self –awareness</li> <li>●Self –management</li> <li>●Responsible decision making</li> <li>●Social awareness</li> <li>●Relationship skills</li> </ul>
11.02.22	Understanding Gender and their relationship	Mrs M. Rajeshwari	Santosh Sharma	WEBEX	CBSE	<p style="text-align: center;"><b>KEY POINTS</b></p> <ul style="list-style-type: none"> <li>● Gender sensitization</li> <li>● Meaning of gender</li> <li>● Develop gender literacy among teachers / students</li> <li>● Understand gender relations and gender issues in classroom / School</li> <li>● Explain roles of schools in promoting gender equality among students</li> <li>● Develop positive attitude towards gender.</li> <li>● Solution for gender equality</li> <li>● Educating women is the best weapon</li> <li>● Providing employment to women</li> <li>● Economic independence</li> <li>● Empowerment</li> <li>● Self confidence</li> <li>● Decision making</li> </ul>
12.02.22	Promoting Mental Health	Ms. Maheshwari Natarajan	Anjana Bhardwaj, Shilpy Yadav	WEBEX	CBSE	<p style="text-align: center;"><b>KEY POINTS</b></p> <ul style="list-style-type: none"> <li>● What is mental health.</li> <li>● What is stigma of mental health.</li> <li>● Different ways to remain healthy.</li> <li>● Different facets of mental health</li> <li>● Five zones of the mental health continuum</li> <li>● What helps to feel mentally and emotionally well.</li> </ul>

						<ul style="list-style-type: none"> <li>• What is the BLOB TREE and how to use it with students.</li> <li>• 5 ways to well being.</li> </ul>
15.02.22	Managing Change	Ms. Ritika Anand	Barkha Sharma	WEBEX	CBSE	<p>A wonderful session was conducted by Ms. Ritika Anand. She told us why we talk about change. Change is the process of saying bye to an old, obsolete and outdated paradigm while embracing a new paradigm.</p> <p>Those who failed to change are washed away from the race. When we are surrounded by like-mind people, our ability to unlearn is hampered. Changes can be associated with negative emotions like uncertainty, fear and resistance. So we all must come out from these negative emotions.</p>
15.02.22	Experiential Learning in Practice	Dr .Ajay Kumar Jha	Mona Gupta	WEBEX	CBSE	<p><b>KEY FEATURES</b></p> <ul style="list-style-type: none"> <li>• Experiential Learning make educational environment student centric.</li> <li>• Experiential Learning enables students to think critically, evaluate , make decisions and construct knowledge.</li> <li>• Experiential Learning makes learning experience co-operative , collaborative and independent.</li> <li>• Experiential Learning bridges gap between theory and practice.</li> </ul>
15.02.22	Selection Of Effective Teaching-Learning Material	Ms. Monica Chawla	Arya Jain, Alo Singhal, Sumita Dhar	WEBEX	CBSE	<p><b>KEY POINTS</b></p> <ul style="list-style-type: none"> <li>• Availability of teaching-learning material in one's surrounding</li> <li>• TLM should be portable, simple and adaptable to local situations</li> <li>• TLM should enable everyone to participate actively</li> <li>• TLM should help the learner to relate what is taught to real life situations</li> <li>• Types of TLM: maps, charts, diagrams, books, videos, roller boards/flip-charts,</li> </ul>

						<p>games, apps, etc.</p> <ul style="list-style-type: none"> <li>• Developing TLM: choose topic, make a plan, identify the available resources</li> <li>• Pre-testing of TLM: Assessment of TLM may be done in brief classroom discussions</li> </ul>
15.02.22	Deliberating on Ethics and Integrity	Ms. Vamsheepriya Amar	Sunita Agarwal, Mamta Sharma, Ravi V, Kalpana Jain	WEBEX	CBSE	<p><b>KEY POINTS</b></p> <ul style="list-style-type: none"> <li>• Meaning of Ethics- Ethics is a system of moral principles. They affect how people make decisions and lead their lives.</li> <li>• Meaning of ethics from Bhagavad Gita and views of Swami Vivekananda on ethics.</li> <li>• Five principles of ethics- purpose, patience, persistence, perspective and pride.</li> <li>• Five steps of Ethical decision making- recognise, get the facts, evaluate, alternative actions, make a decision and test it, act and reflect on the outcome.</li> <li>• Meaning of Integrity- quality of being honest and having strong moral principles.</li> <li>• Meaning of academic integrity, its importance and examples.</li> <li>• Teachers workload for academic integrity benefits.</li> <li>• Difference between - Ethics and Integrity.</li> </ul>
16.02.22	Developing Resilience in students	Ms. Monica Chawala	Anjana Bhardwaj	WEBEX	CBSE	<p><b>KEY POINTS</b></p> <ul style="list-style-type: none"> <li>• What is resilience, it's defining factor</li> <li>• What are different signs of resilience in a child</li> <li>• Seven CS of resilience</li> <li>• How to develop resilience in students.</li> </ul>
17.02.22	Education for Peace	Dr Dakshayini Kanna	Sunita Agarwal, Sumita Dhar	WEBEX	CBSE	<p><b>KEY POINTS</b></p> <ul style="list-style-type: none"> <li>• Meaning of peace, role and importance of education for maintaining peace, definition of peace and universal values of peace like – truth, right conduct, peace, love and non-violence.</li> </ul>

						<ul style="list-style-type: none"> <li>• Education for peace, it's goals and concept of peace education.</li> <li>• Levels of peace - harmony with nature, with others and with self.</li> <li>• Peace education in National curriculum framework.</li> <li>• Concept of total peace- inner peace, social peace, peace with nature.</li> <li>• Use of learning activities effectively to infuse peace values, attitudes and skills in formal teaching learning classroom.To select and integrate appropriate activities depending upon the need.</li> <li>• To effectively implement the peace education plan.</li> <li>• To evaluate the effectiveness of the peace education plan.</li> </ul>
21.02.22	Protection Of Child Rights	Dr. Ambika Prasad Gaur	Santosh Sharma, Mamta Sharma, Kunal Harsana, Vedanjali	WEBEX	CBSE	<p>This workshop aimed at discussing about Child's right.</p> <p><b>KEY POINTS</b></p> <ul style="list-style-type: none"> <li>• What are child rights.</li> <li>• Fundamentals of child rights -UNO</li> <li>• The right to a family life</li> <li>• The right to be protected from violence</li> <li>• The right to an opinion</li> <li>• The right to be protected from Armed conflict</li> <li>• The right to be protected from exploitation</li> <li>• Scholarly study generally focuses children's rights by identifying individual rights. The following rights allow children to grow up healthy and free-</li> <li>• Freedom of speech</li> <li>• Freedom of thought</li> <li>• Freedom from fear</li> <li>• Freedom of choice and the right to make</li> </ul>



						<p>decisions</p> <ul style="list-style-type: none"> <li>• Ownership over one's body.</li> </ul>
22.02.22	Teaching strategies in English	Ms. Bhavna Arora	Barkha Sharma	WEBEX	CBSE	<p>A helpful and awesome session was conducted by Ms Bhavna Arora. In this session, she told we can improve our English writing by chain stories, “What-if...” question series and “if-then” question. We can train our brain by having own mini dictionary, hold on phonetics for correct pronunciation and remove inhibitions.</p> <p>She also told we can practice with our friends and parents and ask them to point out mistakes in our speech. During our teaching, we should support students to enhance their capabilities. We must try to make learning joyful. Some more activities are picture description, story narration and sharing their experiences.</p>
22.02.22	Stress management	Ms. Bhakti Khedekar	Mona Gupta	WEBEX	CBSE	<p>This workshop aimed at discussing stress and its causes to learn the technique of stress management</p> <p><b>KEY POINTS</b></p> <ul style="list-style-type: none"> <li>• Sources of Stress</li> <li>• What causes Stress- Environment , Physiology , Internal pressure ,social pressure</li> <li>• Types of stressors</li> <li>• Recognising signs of Stress- Physiological , Behavioural , Emotional , Cognitive</li> <li>• Substitute Rational beliefs</li> <li>• Coping with Stress</li> </ul>
22.02.22	Gamification In Learning	Ms. Sapna Sankhla	Jaya Singh	WEBEX	CBSE	<p><b>KEY POINTS</b></p> <ul style="list-style-type: none"> <li>• Helps students achieve learning outcomes.</li> <li>• Intrinsic motivation- enjoyment, purpose, growth, curiosity, passion, self-expression and fun.</li> <li>• Extrinsic motivation- promotions, benefits, prizes, winning, grades and certificates.</li> </ul>

						<ul style="list-style-type: none"> <li>• How gamification works? – earn points, receive rewards, unlock new levels.</li> <li>• The benefits of gamification learning-</li> <li>• Turn fear into FUN</li> <li>• Turn Have to- into- Want to</li> <li>• Give them a challenge</li> <li>• Inspire and Re-activate</li> </ul>
23.02.22	Teaching Strategies In Home Science	Dr. Sushil kumar Dwivedi	Barkha Sharma	WEBEX	CBSE	<p>A knowledgeable session was conducted by Dr. Sushil kumar Dwivedi. He told us about different teaching methods like lecture discussion method, project method, problem solving method and observation method. He also told us about bionics. Bionics is the application of methods and systems found in nature to the study and design of engineering. He also told that yoga poses are based on animal names. For example the hand balancing is mayurasana. Games also teach children to work together, develop coordination skills.</p>
23.02.22	Understanding Gender And their Relationship	Ms. Lakshmi Prabha	Jaya Singh	WEBEX	CBSE	<p><b>KEY POINTS</b></p> <ul style="list-style-type: none"> <li>• To become aware of the gender</li> <li>• To familiarize with the concept of socio culture</li> <li>• To differentiate between sex and gender</li> <li>• Gender equality, Gender Equity and Gender inequality</li> <li>• Gender stereotype</li> <li>• Gender roles</li> <li>• Sources of Socialization</li> <li>• To find reasons for gender bias</li> <li>• Raising children without gender stereotypes</li> </ul>
24.02.22	Teaching Strategies In Social Science	Ms. Asha Sharma	Barkha Sharma	WEBEX	CBSE	<p>A useful and social session was conducted by Ms Asha Sharma. In this session, she talked elaborately on social science. It is a relationship of society with individuals. She told how can we bring better learning</p>

						<p>outcomes in the classroom. It can be done by-</p> <ol style="list-style-type: none"> <li>1. Analysing the contents of textbook.</li> <li>2. Picking different objectives of teaching social science at different levels.</li> <li>3. Adopting different pedagogical approaches.</li> <li>4. Identifying the issues related to our day to day life.</li> </ol> <p>She also discussed the effective pedagogy. The effectiveness is linked to achieve goals. A teacher must have reasonable content knowledge but a high quality of pedagogical knowledge. She also told us the strategies of effective learning like analysing the given information and note making.</p>
24.02.22	Community Outreach Program	Ms. Meenakshi Gupta	Jaya Singh	WEBEX	CBSE	<p><b>The resource person</b> Ms. Meenakshi Gupta introduced 'Community Out Reach Program'</p> <p><b>KEY POINTS</b></p> <ul style="list-style-type: none"> <li>• CORP are small, time bound sessions</li> <li>• be respectful, be punctual, follow ethics, be patient, be truthful.</li> <li>• Sample activities- collect used backpacks, books, stationary, offer dog walking, be a translator of parent-teacher meetings.</li> <li>• Host events in the community- conduct a bake sale, give a meal to a needy family. Carry a river clean-up.</li> </ul>
25.02.22	Library An Asset For Research And Learning	Ms. Mamta Maggu	Jaya Singh	WEBEX	CBSE	<p><b>KEY POINTS</b></p> <ul style="list-style-type: none"> <li>• Libraries are amazing collection of information</li> <li>• Role of a librarian</li> <li>• Importance of libraries in school</li> <li>• Types of libraries-</li> <li>• Public</li> <li>• Academic</li> <li>• National</li> </ul>

						<ul style="list-style-type: none"> <li>• Digital</li> <li>• Hybrid and special.</li> <li>• Benefits of library- free access to information, improves quality of life, develops reading habits.</li> <li>• Library is better than internet.</li> </ul>
25.02.22	21st Century Skill	Ms. Jyotsna Kumar	Barkha Sharma	WEBEX	CBSE	<p>An innovative session was conducted by Ms Jyotsna kumar. In this session she elaborated on 21<sup>st</sup> century skills. It refers to the skills to face the challenges of 21st century world- that is digitally transforming, progressing and quick in adopting changes. She lay emphasis on 21st century skill as critical thinking, creativity, communication, flexibility, leadership, initiative, productivity etc.</p> <p><b>KEY POINTS</b></p> <ul style="list-style-type: none"> <li>• Which are the 21st century skills.</li> <li>• How do we develop these among students.</li> <li>• Which activities can be conducted to introduce these skills.</li> <li>• How should we consider our role as teacher.</li> </ul>
26.02.22	Adopting Inclusive Practice in classroom	Ms. Gunjan Tomar	Mona Gupta	WEBEX	CBSE	<p>This session intended to impart knowledge about Inclusive Classrooms and how it is effective.</p> <p><b>KEY FEATURES</b></p> <ul style="list-style-type: none"> <li>• Hallmark of an Inclusive Classroom</li> <li>• Why Scaffolding is it's importance in an Inclusive Classroom</li> <li>• Effective Teaching Strategies</li> <li>• Planning and their execution for Differentiated classroom</li> <li>• Why are Individual Learning goals/Individual Teaching Methods/ Individual personal support very important points for a differentiated classroom.</li> </ul>

## **NON CBSE FACULTY TRAINING**

3.02.22	POCSO (Protection of Children from Sexual Offences)	Col Alankar Bhardwaj (CEO of Team IRIS), Shikha Agnihotri	Pradeep Naruka, Renu Goyal, Sushmita Saraff, Sunita Yadav, Mukesh, Barkha Jagrawal, Pushpendra, Pallavi	Zoom	Team IRIS	<p>It was an orientation workshop on "Protection of Children from Sexual Offences" (of approx. 30 minutes).</p> <p>Through this, they trained the staff about:</p> <ul style="list-style-type: none"> <li>• Basic fundamentals of child safety</li> <li>• Briefed about POCSO legal framework</li> <li>• Told how to train the staff on 'Child Safety'</li> <li>• Told about the equipments to take the right decision at the right time</li> <li>• Also answered the queries asked.</li> </ul>
4.02.22	Mental Wellness, Social emotional learnings (SEL)	Ms. Manju Jain and Mr. Aslam	Sunita Yadav, Archana Mukerji, Vedanjali, Kunal Harsana, Shubhangi Mittal, Nidhi Jain	Zoom	Alwar Public School	<p>The session involved the discussion about the problems faced while taking workshops and possible solutions, also some questions were put up. It was to help facilitators share their experiences during sessions in school, in order to identify what is working for the kids and what changes could be made for the ones who don't not get involved in the practice.</p>
5.02.22	EVS Workshop (In-house)	Meenu Ganda, Shama Saini	All Primary teachers	MS TEAMS	Primary Block, Alwar Public School	<p><b>KEY POINTS</b></p> <ul style="list-style-type: none"> <li>• Latest methods of teaching should be used which can help students to learn by doing .</li> <li>• Understanding of the changes taking place in society and adoption of suitable teaching methods should be done .</li> <li>• Learning by doing, extra knowledge, practical teaching should be integrated.</li> <li>• Experiment related to water -solubility, dead sea, its location, etc was explained. Why people don't drown and why animals are not found there, was explained.</li> <li>• Density and the state of water were explained.</li> </ul>
7.02.22	Intergrated Learning	Ms. Monika Kacker	Santosh Sharma, Archana Mukerji, Sumita	Zoom	Oxford	<p><b>KEY POINTS</b></p> <ul style="list-style-type: none"> <li>• To ensure that all children have access and equal opportunity to quality education as a basic human right to learn.</li> </ul>

			Dhar			<ul style="list-style-type: none"> <li>• How to create positive learning space through qualified and trained faculty to meet the need of the learners.</li> <li>• To create awareness and sync our education program in accordance to national education policy 2020.</li> <li>• Suggested six learning domains -             <ol style="list-style-type: none"> <li>1) Physical and motor development</li> <li>2) Personal, social and emotional development.</li> <li>3) Art and creative development.</li> <li>4) Language and literacy</li> <li>5) Cognitive development</li> <li>6) Technology</li> </ol> </li> </ul>
8.02.22	Sharing Best Practices of Teachers-Myself	Coordinators of Pre Primary Block from all Eicher Schools	Teachers of Pre Primary Block from all Eicher Schools	Zoom	Alwar Public School	<ul style="list-style-type: none"> <li>• A Zoom meeting was organised between all Eicher Schools, where the Pre-Primary coordinators and 2 teachers from each school discussed their best practices on the theme 'Myself'.</li> <li>• Best practices incorporated by all schools were exchanged amongst each other.</li> <li>• It was a fruitful session.</li> </ul>
8.02.22	Cross Curricular Integration	Ms. Sonali Jha Chatterjee	Santosh Sharma	Zoom	Oxford	<p><b>KEY POINTS</b></p> <ul style="list-style-type: none"> <li>• To understand the importance of language across curriculum.</li> <li>• To use the earth's across curriculum</li> <li>• To understand the importance of collaboration and communication</li> </ul>
8.02.22	Cross Curricular Integration 2	Ms. Jay Shri Anand	Santosh Sharma	Zoom	Oxford	<p><b>KEY POINTS</b></p> <ol style="list-style-type: none"> <li>1. Bloom's revised taxonomy -             <ul style="list-style-type: none"> <li>• Create</li> <li>• Evaluate</li> <li>• Analyze</li> <li>• Understand</li> <li>• Remember</li> </ul> </li> <li>2. Thimatic immersion for in-depth learning -</li> </ol>

						<p>Engage student throughout varied pedagogical approaches</p> <ul style="list-style-type: none"> <li>• Active</li> <li>• Collaborative – cooperative</li> <li>• Experiential</li> <li>• Guided Discovery</li> <li>• Enquiry</li> <li>• Problem based</li> <li>• Project-based</li> </ul>
9.02.22	Skills Integration	Mr DevKalpa Ghosh	Santosh Sharma	Zoom	Oxford	<p>This workshop aimed at discussing various skills of education. Education must build character, enable learners to be ethical, rational, compassionate and caring, while at the same time prepare them for gainful, fulfilling employment.</p> <p>The ten core life skills are -</p> <ol style="list-style-type: none"> <li>1. Self -awareness</li> <li>2. Empathy</li> <li>3. Critical thinking</li> <li>4. Creative Thinking</li> <li>5. Design making</li> <li>6. Problem solving</li> <li>7. Effective communication</li> <li>8. Interpersonal relationship</li> <li>9. Coping with stress</li> <li>10. Coping with emotion</li> </ol>
10.02.22	Sharing Our Best practices - on Mapping introduction for classes 1 to 5	Sushmita Saraff , Pooja Taneja ,Shwetha V.and Shama Saini	E.V.S teachers of Eicher, Parvano, A.P.S and the co-ordinators	Zoom	Eicher School Faridabad	<p>The teachers from all the three schools shared their best practices to teach mapping to kids of classes 1 to 5.</p> <p>Early mapping skills were taught through warm up activities, songs, stories and many hands on activities like “ know your house” for class 1 and 2 students.</p> <p>For class 3, activities related to festivals, dance, song , mock drill, daily life examples , integration of textbook chapters ,National anthem, PBL classes and integration of other</p>

						subjects with map work were shared and liked by other schools also. An easy way to remember SEVEN SISTERS STATE in fun way method was shared by A.P.S school. Every one loved this activity. The PPTs and videos on virtual tour to explore the world, was made by students and presented. The virtual platform has given a different learning experience and made learning interesting in virtual classes also.
11.02.22	Planning For Integration	Ms. Gurjit Kaur Bhatia	Santosh Sharma	Zoom	Oxford	<p><b>KEY POINTS</b></p> <ul style="list-style-type: none"> <li>• NEP 2020</li> <li>• Holistic development</li> <li>• Enquiry based learning</li> <li>• Discovery based learning</li> <li>• Life skills and values</li> <li>• Integrated with digital learning</li> <li>• Art integration</li> <li>• Connecting lessons with real life</li> <li>• Focus on foundational literacy</li> <li>• Effective lesson plan</li> </ul>
12.02.22	Competency Based Integration	Ms Prachi Gaur Shandilya	Santosh Sharma, Sumita Dhar	Zoom	Oxford	<p><b>KEY POINTS</b></p> <ul style="list-style-type: none"> <li>• What are the five elements of the competency education definition. <ul style="list-style-type: none"> <li>• Students advancement and mastery on demonstration.</li> <li>• Competencies include explicit measurable, Transferable learning objectives that empower students</li> <li>• Assessment is meaningful and a positive learning experience</li> <li>• Students receive timely and differentiated support</li> <li>• Students develop and apply a broad set of skills and dispositions.</li> </ul> </li> </ul>
14.02.22	Session on	IT Department,	VC( Mr.	Zoom	Eicher School	A session on Artificial Intelligence &



	Artificial Intelligence & Coding for classes VI-X	ESP	Pradeep Naruka), Shweta Bhatia(Co-ordinator), Sunita Yadav, Indu Mittal, Rekha yadav, Reena Kalra, Ritika Chakarvarti, Chandra Prakash		Parvanoo	coding for classes VI –X was conducted by Eicher school Parvanoo. The session was initiated by Deepak Sir (Principal ESP),who explained the main objectives of the session.It was followed by the demonstration of AI Models and a presentation on Python coding by their IT team. They shared the implementation of AI and coding at various levels for classes 6 to 10 <sup>th</sup> in their school. Also had a discussion on aim and importance of Artificial Intelligence and coding for students. Everybody found it to be really beneficial having such kind of sharing sessions in collaboration with the IT department of Goodearth Foundation schools. It would give a new dimension to learning.
18.02.22	Mental Wellness, Social emotional learnings (SEL)	Ms. Manju Jain and Mr. Aslam	Sunita Yadav, Archana Mukerji, Vedanjali, Kunal Harsana, Shubhangi Mittal ,Sumita Dhar	Zoom	Alwar Public School	The session involved the discussion on ‘the problems faced while taking workshops and pursuing possible solutions’, also some questions were put up. It was to help the facilitators share their experiences of suggesting measures in the sessions in school, in order to identify what is working for the kids and what changes could be made for the ones who are not getting involved in the practice. Daily energy routine movements were also demonstrated by Aslam sir to beat the stress..After the workshop they shared a pdf of the session held for Grade 1-2, involved in movements and mediation.
3.03.22	Fostering Critical and Creative Literacy	Ms. Gunveet Kaur	Santosh Sharma	WEBEX	CBSE	<b>KEY POINTS</b> 1. Concept of creativity 2. Element or components of creativity 3. Nature and characteristics of creativity 4. Stages of creativity 5. Characteristics of Creative children 6. Concept of divergent and convergent

						thinking 7. Difference between divergent and convergent thinking.
8.03.22	Effective Communication Skills	Dr. Dinesh Sharma	Arya Jain	WEBEX	CBSE	<p><b>KEY POINTS</b></p> <ul style="list-style-type: none"> <li>• ‘What is Communication’- was defined.</li> <li>• 7 C’s of Effective Communication: Completeness, Consciousness, Consideration, Clarity, Concreteness, Courtesy, Correctness</li> <li>• <b>Need of good communication skills:</b> It helps in-Job satisfaction, fast communication, better interpersonal relations, mutual confidence, trust and faith.</li> <li>• <b>Significance of effective communication:</b> Establishing goals and organizational objectives, planning and execution, selection, direction, appraisal, developing and establishing rapport among stakeholders, maintaining interpersonal relations amongst different organizations, agencies, enterprises, etc.</li> <li>• <b>Impact of effective communication:</b> Better communication, understanding, interpersonal relationship, effective planning and management, higher productivity, better conflict management, less stress and happy working environment</li> </ul>
8.03.22	Setting outcomes in Teaching - Learning	Ms. Ranjana Bhardwaj	Kunal Harsana	WEBEX	CBSE	<p><b>KEY POINTS</b></p> <ul style="list-style-type: none"> <li>• What Teaching outcomes are.</li> <li>• What learning outcomes are</li> <li>• Different types of teaching and learning.</li> </ul>

						<ul style="list-style-type: none"> <li>• Why to write Intended learning outcomes.</li> <li>• Learning difficulties of the students</li> <li>• Observational learning</li> <li>• Designing of learning outcomes</li> <li>• How to develop learning outcomes.</li> <li>• Objectives of Bloom's Taxonomy.</li> </ul>
8.03.22	Focussing On Competency Based Education	Mr. Vikas Vashistha	Arya Jain	WEBEX	CBSE	<b>KEY POINTS</b> <ul style="list-style-type: none"> <li>• What is competency based education</li> <li>• Difference between traditional education and CBE</li> <li>• CBSE initiatives for CBE implementation</li> <li>• Learning outcomes to be clearly defined</li> <li>• All students are not of same cognitive level, give them required time and space (flexibility) to achieve the level of mastery</li> <li>• CBE uses different pedagogical approach and variety of engaging activities</li> <li>• Assessment for learning and assessment as learning</li> <li>• Comparison of all aspects of Traditional and Competency based approach in Education</li> </ul>
8.03.22	Content And Time Management	Ms. Gurmeet Kaur	Arya Jain	WEBEX	CBSE	<b>KEY POINTS</b> <ul style="list-style-type: none"> <li>• Content Preparation and Factors affecting Content Design</li> <li>• Identifying different learners who use: Visual, Aural, Verbal, Physical, Logical, Social, Solitary modes VARK model to identify the type of learner</li> <li>• What is Time Management and what</li> </ul>

						<p>are the components of Time Management.</p> <ul style="list-style-type: none"> <li>• Benefits of Good Time Management and challenges thereof</li> <li>• Understanding the Pareto Principle of 80/20</li> <li>• Time Management tips for teachers</li> <li>• Time Management in classroom</li> <li>• Checklist for lesson planning</li> </ul>
9.03.22	Developing Scientific Temperament	Mr. Anurodh Chitra	Kunal Harsana	WEBEX	CBSE	<p><b>KEY POINTS</b></p> <ul style="list-style-type: none"> <li>• What is scientific temperament.</li> <li>• Why it is important for children to have a scientific bent of mind.</li> <li>• Why is the importance of scientific temperament in ones life.</li> <li>• Recognition of scientific temperament in a person.</li> <li>• Significance of scientific temperament in contemporary India.</li> <li>• How to help children in developing scientific temperament. <ul style="list-style-type: none"> <li>- Encouraging them</li> <li>- Allowing to answer after critical thinking.</li> <li>- Watching scientific shows.</li> </ul> </li> </ul>
12.03.22	Life Skills	Ms. Rajeswari Muthusubramaniam	Kunal Harsana	WEBEX	CBSE	<p>Life skills are a group of psycho-social competencies and interpersonal skills that help people make informed decisions, solve problems, think critically and creatively, communicate effectively, build healthy relationships, empathize with others and cope up and manage lives in a healthy/responsible manner.</p> <p>The few points explained are:</p> <ol style="list-style-type: none"> <li>1. Thinking and Creativity</li> <li>2. Communication and collaboration</li> <li>3. Problem solving and decision making</li> </ol>

						4. Self awareness and self management
12.03.22	Teaching strategies in social science (secondary level)	Ms. Indira Vijayakumar	Kalpana Jain	WEBEX	CBSE	<b>KEY POINTS</b> <ol style="list-style-type: none"> <li>To adopt and apply simple online tools to promote critical and creative thinking.</li> <li>To incorporate blended learning models in the offline mode.</li> <li>To implement Socratic circle/scampers- problem solving techniques in the classroom.</li> <li>To implement multidisciplinary approach connecting other disciplines.</li> </ol>
14.03.22	Practicing Blended Learning	Ms Chitrakala Ramachandran	Nidhi Jain	WEBEX	CBSE	<b>KEY POINTS</b> <ol style="list-style-type: none"> <li>Constructivism</li> <li>Traditional model</li> <li>Flipped classroom model</li> <li>Four pillars of FLIP.</li> <li>Blended learning models</li> <li>Different types of blended classrooms</li> <li>Faux Flipped model</li> <li>Tools for Blended learning</li> </ol>
14.03.22	Developing Resilience In Students	Ajay Khosla	Kunal Harsana	WEBEX	CBSE	<b>KEY POINTS DISCUSSED WERE</b> <ul style="list-style-type: none"> <li>What is resilience</li> <li>What are the different signs of resilience in a child</li> <li>How to develop resilience in students</li> <li>What is hope</li> <li>Showing positive attitude towards everyone.</li> <li>Showing gratitude.</li> <li>Positive behaviour towards other fellow students.</li> <li>Always encouraging children to do better than self and keep up a healthy competition.</li> </ul>
14.03.22	Teaching strategies in	Dr. Vinod Prasun	Kalpana Jain	WEBEX	CBSE	Some points discussed in the workshop are- <ol style="list-style-type: none"> <li>How to teach new techniques in</li> </ol>

	Hindi (secondary level)					education 2. Teach according to the lesson plan. 3. Teaching strategy must be planned according to students mental level.
15.03.22	Developing Resilience in students	Dr. Priyadarshini Deoghare	Santosh Sharma	WEBEX	CBSE	Strategies to develop resilience in students- 1. Be Proactive 2. Protect your downtime 3. Change your mindset about adversity 4. Build relationships 5. Focus on the present 6. Know that life is not fair 7. Stay flexible 8. Focus on what you can change 9. Be grateful
15.03.22	Community Outreach Program In Schools	Ms Khyati Dwarkadas	Santosh Sharma	WEBEX	CBSE	<b>KEY POINTS</b> 1. Defined community outreach program 2. Types of programs 3. Why CORP in school 4. How it could be started as a 'key' 5. How would community outreach program help students and benefit too.
15.03.22	Classroom Management	Dr Dakshayani Kanna	Megha, Mukta Bhardwaj, Pankaj, Nidhi Jain, Pradeep Naruka, Preeta Jain, Swati Jain, Rakhi Sharma	WEBEX	CBSE	The resource person dealt with the following topics during the session- 1. Content Management 2. Conduct Management 3. Age Management
19.03.22	Life Skills	Dr. Mahesh Kadakkalakath	Anjana Bhardwaj	WEBEX	CBSE	<b>KEY POINTS</b> <ul style="list-style-type: none"> <li>• Ten core points of life skills</li> <li>• Classification of life skills</li> <li>• Importance of life skills in ones life</li> <li>• How to develop life skills in students</li> <li>• Life skills and the role of teacher</li> <li>• Enhancing life skills through stories</li> </ul>
19.03.22	Understanding Multiple	Ms. Nandini Bhat	Arya Jain	WEBEX	CBSE	<b>KEY POINTS</b> <ul style="list-style-type: none"> <li>• Different types of Intelligence: Verbal,</li> </ul>

	Intelligence					<p>Musical, Visual/Spatial, Interpersonal, Naturalistic intelligence.</p> <ul style="list-style-type: none"> <li>• Observation and working with students to identify their types of intelligence through variety of activities related to the same topic.</li> <li>• Create and implement a multiple intelligence lesson plan to facilitate learning for all kinds of students with different/multiple intelligence.</li> <li>• Designing of multiple level study material based on the needs of the individual learner involving various learning activities as per their intelligence type.</li> </ul>
22.03.22	Community Outreach Program	Ms. Yashika Bhardwaj	Anjana Bhardwaj	WEBEX	CBSE	<p>This session aimed at discussing the importance of environment education in the school and how school and teachers can make a remarkable difference. We can make students aware about the current situation as well as about future also caution them about how to deal wisely to protect our environment from the disaster caused by mankind. What small steps can be done by each one of us to make a difference.</p>
22.03.22	Happy Teachers Creates Happy Spaces	Ms. Latha Jayaram	Sunita Agarwal	WEBEX	CBSE	<p><b>KEY POINTS</b></p> <ol style="list-style-type: none"> <li>1. Meaning of Happiness – It is a state of mind and the way we look at the things.</li> <li>2. Reasons for unhappy teachers- like personal issues, lack of preparation, high strength of class etc.</li> <li>3. Factors that can influence happiness in the classroom- mindfulness, self esteem etc.</li> <li>4. Emotional intelligence, domain of emotional intelligence- self awareness, social awareness, self motivation and</li> </ol>

						<p>regulation.</p> <p>5. Dimensions of a happy classroom space, the way a happy class room looks like,- teachers go to class with a smile, well prepared, respond to queries etc.</p> <p>6. Various indicators of students happiness- good attendance, happy faces, ready to learn etc.</p>
23.03.22	Strengthening Reading Competency	Dr. Suseela Principal	Santosh Sharma	WEBEX	CBSE	<p><b>KEY POINTS</b></p> <ul style="list-style-type: none"> <li>• Expands ones learning topics of personal interest.</li> <li>• Develops Creative Thinking.</li> <li>• Expands vocabulary and spellings.</li> <li>• Increases success in foundational academic subjects.</li> </ul>
23.03.22	Importance of Personal Hygiene and Nutrition	Mr. Devendera Mahal	Sunita Agarwal	WEBEX	CBSE	<p>The key points covered in the webinar were-</p> <ol style="list-style-type: none"> <li>1. Meaning of health - It is a combination of physical, mental, biological and social aspects.</li> <li>2. Concept of health focusing on different elements of good health – physical, mental and social.</li> <li>3. Social health- Different signs of being socially healthy, symptoms of poor social health, importance of social wellness.</li> <li>4. Different ways to measure social health and wellness.</li> <li>5. Definition of personal hygiene, types of hygiene- personal and environmental.</li> <li>6. Personal hygiene at home enhances health for students.</li> <li>7. Negative effects of poor personal hygiene and creating of a personal hygiene routine.</li> </ol>



						<p>8. Meaning of immunity and its importance, working of immune system.</p> <p>9. Ways to keep immune system strong by including Immune booster ingredients in food.</p> <p>10. Nutrition definition, meaning of good nutrition, types of nutrients.</p> <p>11. The relationship between health and nutrition.</p> <p>12. Need of good nutrition, signs of good nutrition and healthy food.</p>
<b><u>NON CBSE TRAINING</u></b>						
4.03.22	Mental Wellness, Social emotional learnings (SEL)	Ms. Manju and Mr. Aslam	Archana Mukherji, Vedanjali ma'am, Kunal Harsana, Meenakshi Chouhan and Nidhi Jain	Zoom	Alwar Public School	The session involved in holding a discussion on- the problems faced while conducting workshops and possible solutions were suggested, also some questions were put up. It introduced the Hand model of the brain depicting how it can be used to help one calm down hard feelings. The session was to help the facilitators while at work in school, in order to identify what is working for the kids and what changes could be made for the ones who couldn't involve in the practice.
21.03.22	Theatre Workshop	Mr Akhilendra Mishra	Class X (Atomica, Charvi, Vinayak Jain, Garvita, Nidhi, Ashlesha, Abhishek, Bhavika, Arshpreet, Anya Singh,	HMT Auditorium Gayitri Mandir Road Alwar ( Raj )	Rang Sanskar Theatre Group	A group of students of class X got an opportunity to attend a theatre workshop at HMT auditorium, Alwar. It was a wonderful opportunity to meet and greet one of the most renowned actors of Bollywood "Mr Akhilendra Mishra" who has worked in cinema since childhood , seen in movies like LAGAAN, GANGAJAL, READY, BHOOT UNCLE and many more ! Students were told about theatre, personality

			Sanvi, Chavi, Eshana, Aanya)			development, how to stay rooted with the Indian culture and how to find the INNER YOU ! All the children were deeply fascinated and influenced by his charismatic personality.
1.04.22	Focusing On Competency Based Education	Mr. Dinesh Menon	Jaya Singh	WEBEX	CBSE	<p><b>KEY POINTS</b></p> <ul style="list-style-type: none"> <li>● Teaching students to handle themselves.</li> <li>● To go beyond their accumulation of knowledge.</li> <li>● Contrary to traditional learning approach.</li> <li>● CBE ensures proficiency in learning through demonstration of-skills, knowledge, attitude, values.</li> <li>● Competency based skills- <ul style="list-style-type: none"> <li>➤ Creative thinking</li> <li>➤ Critical thinking</li> <li>➤ Collaboration</li> <li>➤ Problem solving</li> <li>➤ Developing curiosity</li> </ul> </li> </ul> <p>It was indeed a good learning experience.</p>
9.04.22	Evs Education In Practice	Mr. Ajay Swarup	Jaya Singh	WEBEX	CBSE	<p><b>Points covered in the session-</b></p> <ul style="list-style-type: none"> <li>● Sustainable development and environmental sustainability.</li> <li>● For sustainable development an indicator is needed to compare the relative progress made by different countries.</li> <li>● Role of science and technology in delivering environmental</li> </ul>

						<p>sustainability.</p> <ul style="list-style-type: none"> <li>● All major resources are in grave danger.</li> <li>● The only hope of salvaging this grave situation is to make THE YOUNG aware.</li> <li>● Curriculum should include air conservation, human health, waste recycling, water, ecosystem, etc.</li> <li>● Creating environmental awareness.</li> </ul>
12.04.22	Art Intregration Across Curriculum	Mrs.Padmini Sriram	Jaya Singh	WEBEX	CBSE	<p><b>KEY POINTS</b></p> <ul style="list-style-type: none"> <li>● Helps students to concentrate.</li> <li>● Feel good about themselves as individuals.</li> <li>● Learn to observe developed skill, creativity and imagination.</li> <li>● Improves academic skills in all subjects.</li> <li>● Keeps themselves happy and joyful.</li> <li>● Incorporates music into your classes.</li> <li>● Choose the art form- visual art, digital art, theatre and dance.</li> <li>● Some activities with art and its integration with the subjects- hand puppet- Health and hygiene, board game - maths, visit a zoo- travel etc.</li> </ul>
<b><u>NON-CBSE FACULTY TRAINING</u></b>						
6.04.22	Climate Education	Jharna Jassal	Padma Sharma, Indu Mittal	Online	Earth Warriors Global	This session aimed at explaining how climate change is a huge issue for our planet and how our children are the most affected. The

						resource person also discussed how we can give the next generation a healthier and greener planet. Working together against climate change, what t work can be done on this topic, can be discussed with students. Tomorrow's change starts with today's young children.
8.04.22	Mental Wellness, Social emotional learning (SEL)	Manju Jain and Aslam Khader	Sunita Yadav, Sumita Dhar Archana Mukherji, Vedanjali , Kunal Harsana, Shubhangi Mittal and Nidhi Jain	Zoom	Alwar Public School	The session started with meditation. It included the discussion about the designs to be taken up in the new session (2022-23). Main points discussed- <ol style="list-style-type: none"> <li>1. New 30 mins design for the new session.</li> <li>2. Building the staircase of mind (Hand model of the Brain).</li> <li>3. To provide SEL related work in summer break.</li> </ol>
22.04.22	Mental Wellness, Social emotional learning(SEL)	Manju Jain and Aslam Khader	Sunita Yadav, Archana Mukherji, Vedanjali , Kunal Harsana and Nidhi Jain	Zoom	Alwar Public School	Main points discussed- <ol style="list-style-type: none"> <li>1. Building the staircase of mind (Hand model of the Brain) Right brain and left brain.</li> <li>2. Rating on brain scale from 1-10 for challenging behavior.</li> <li>3. Creating and losing connections.</li> </ol>
<b><u>Workshops For Students</u></b>						
11.04.22	In House Session With Lama Gyatso	Lama Gyatso	Senior block Teachers	MPH	Alwar Public School	Lama Gyatso highlighted his journey through his childhood, how he began his studies,etc. He also appreciated the fact that the children studying in APS are fortunate enough to get such a great environment. He mentioned that Happiness comes from within and keeping others happy.

21.04.22	A session with Amit Bimrot	Mr. Amit Bimrot, Bollywood actor and author	Pooja Bhargava, Pradeep Naruka	MPH	Alwar Public School	<p>This session aimed at introducing students with the opportunities and challenges in acting as a career.</p> <p>Mr. Bimrot, in an interactive manner shared his journey from Alwar to Mumbai film industry. His experiences of selections and rejections motivated the students to work with perseverance and never give up. His final advice to the students 'give your 100% in your present without thinking much about future' was indeed an eye opener for all. Students' curiosity regarding the life in Bollywood was also satisfied by the guest. It was a wonderful session which cheered and also motivated the students.</p>
4.05.22	Experiential Learning In Practice	Ms. Bhavana Bhahot	Jaya Singh	WEBEX	CBSE	<p><b>KEY POINTS</b></p> <ul style="list-style-type: none"> <li>• Students take initiative, make decisions and be accountable of the results.</li> <li>• They make mistakes but also find out the ways to correct the situation.</li> <li>• Ways to do experiential learning- hands on practical, experiments, internships, field experience, studio performance and exchange performance.</li> </ul> <p><b>Benefits of experiential learning-</b></p> <ul style="list-style-type: none"> <li>• Making learning retable to students.</li> <li>• Increase the effectiveness of learning.</li> <li>• Links theory to practice.</li> <li>• Travel to local areas.</li> <li>• Helps in memory retention.</li> <li>• Leads to development of skills</li> </ul>
5.05.22	Career Guidance in School	Mr. Raghu Chandra Thota	Barkha Sharma	WEBEX	CBSE	<p>A knowledgeable session was conducted by Dr. T. Lalitha Kumari. In this session, she told us about the meaning of career and the importance of career counselling in</p>

						schools. She explained how career counselling can build a good relation with parents by working with them. Working with parents is actually working with fear. A career counsellor acknowledges their fear and builds trust.
6.05.22	Essential Component Of Lesson Plan	Mr. Rajesh Srivastava	Jaya Singh	WEBEX	CBSE	<p><b>KEY POINTS</b></p> <ul style="list-style-type: none"> <li>• Lower order thinking skills and higher order thinking skills.</li> <li>• Testing the previous knowledge of students.</li> <li>• Content to be transacted/ taught</li> <li>• 7 Es- elicit, engage, explore, encounter, explain, elaborate, evaluate.</li> <li>• Methodology to be adopted/ adapted.</li> <li>• Learners centred approach.</li> <li>• Academic and SEL- should go side by side.</li> <li>• Feedback for- <ul style="list-style-type: none"> <li>✓ Self check</li> <li>✓ Student- diagnostic, achievement, progressive test to plug the learning gaps</li> </ul> </li> </ul>
7.05.22	Classroom Management	Ms. Vamshreepriya Amar	Barkha Sharma	WEBEX	CBSE	A useful session was conducted by Ms Vamshreepriya Amar. She suggested that for a good classroom management, a teacher should do chapter wise analysis. Each topic has learning objective and learning outcomes. The test items should be based on Bloom's taxonomy. In Bloom Taxonomy, the test is based on lower order thinking skills and higher order thinking skills. She explained all these contents with the help of examples.
17.05.22	Environmental Education In Practice	Dr. Sushil Kumar Dwivedi	Neel kamal	WEBEX	CBSE	Aim of the workshop was to develop an awareness to save our environment. The resource person put his efforts in a very

						<p>systematic manner to discuss about the effects of global warming. He also included mitigation measures for reduction of global warming. He explained very well through some ppt about Carbon footprint.</p> <p>He wined up this webinar with the discussion to preserve the biodiversity for protection of ozone layer.</p>
17.05.22	Promoting Mental Health	Ms Himani Verma	Mona Gupta	WEBEX	CBSE	<p>This workshop intended to explain the meaning and importance of mental health.</p> <p><b>CAUSES-</b></p> <ul style="list-style-type: none"> <li>• Stress , tension and anxiety, competition, jealousy</li> <li>• Anger</li> <li>• Rejection</li> <li>• Atmosphere in home and school</li> <li>• Diet ( physical and emotional)</li> </ul> <p><b>REMEDIES-</b></p> <ul style="list-style-type: none"> <li>• Anger transformation</li> <li>• Affirmations</li> <li>• Happy and peaceful atmosphere at school</li> <li>• Emotional diet</li> <li>• Life skills</li> <li>• Meditation</li> <li>• Values are priority</li> </ul>
19.05.22	Child Psychology- Understanding Develomental Stages	Dr. Sandeep Kumar	Jaya Singh	WEBEX	CBSE	<p>This workshop aimed at discussing the importance of pre-school.</p> <p><b>KEY POINTS</b></p> <ul style="list-style-type: none"> <li>• It is development of positive sense of self.</li> <li>• Children have high energy, extreme curiosity, soaring imagination, excessive creativity.</li> <li>• Language development- interaction, communication, conversion,</li> </ul>

						<p>discussion.</p> <ul style="list-style-type: none"> <li>• Child's brain architecture</li> <li>• Nurturing : interaction of genes and experience.</li> <li>• Toxic stress weakens the architecture of the developing brain.</li> <li>• All children no matter which language their parents speak, learn language in the same way.</li> </ul>
20.05.22	Teaching Strategies For Students With Autism Spectrum Disorder	Ms. C. Ayer	Jaya Singh	WEBEX	CBSE	<p>This workshop intended to explain the meaning of Autism.</p> <p><b>KEY POINTS</b></p> <ul style="list-style-type: none"> <li>• It is a complex neurological developmental disorder.</li> <li>• Typically seen in early childhood.</li> <li>• Also impacts social skills and self-regulation.</li> <li>• They are often misunderstood and not treated fairly by teachers, peers and society.</li> <li>• ADS children are most engaged in learning when they are less anxious.</li> <li>• Their school life comes with social pressure and sensory assaults.</li> <li>• They have difficulty in communicating.</li> </ul>
20.05.22	21 <sup>st</sup> Century Life Skills	Mr. Shyam Lugani	Anshu Pande	WEBEX	CBSE	<ul style="list-style-type: none"> <li>• To start with, the meaning of skills was explained.</li> <li>• The 21<sup>st</sup> century skills are required for every student to be successful in life.</li> <li>• Then few of the 21<sup>st</sup> century skills which NEP has identified and even the CBSE has recognized were told.</li> <li>• And they are-</li> </ul>



						<ol style="list-style-type: none"> <li>1. Digital literacy</li> <li>2. Problem solving skills</li> <li>3. Communication skills</li> <li>4. Critical thinking</li> <li>5. Creativity</li> <li>6. Health and fitness</li> <li>7. Social responsibility</li> <li>8. Ethics</li> <li>9. Scientific temper</li> </ol> <ul style="list-style-type: none"> <li>• How they affect the children, Why these 21<sup>st</sup> century skills are important and how these skills can be used in the classroom were explained.</li> <li>• In the end a questionnaire was filled by the participants.</li> </ul>
26.05.22	Managing Change	Dr. Bindu Sharma	Mona Gupta	WEBEX	CBSE	<p><b>KEY POINTS</b></p> <ul style="list-style-type: none"> <li>• Why should we not talk about change ?</li> <li>• Change management is the discipline that guide how we :- Prepare , equip and support individuals</li> <li>• 5 steps to successful change</li> <li>• Communicate the need and involve people in developing the change</li> <li>• Develop change plans</li> <li>• Implement change plans</li> <li>• Evaluate progress and celebrate success</li> <li>• 3 types of change :- <ul style="list-style-type: none"> <li>(a) Development</li> <li>(b) Transitional</li> <li>(c) Transformational</li> </ul> </li> <li>• Principles of change</li> <li>• Building culture for change</li> </ul>
26.05.22	Gamification in learning	Ms. Mona Chopra	Mona Gupta	WEBEX	CBSE	<p><b>KEY POINTS</b></p> <ul style="list-style-type: none"> <li>• What is Gamification- Adding layer of</li> </ul>

						<p>games into learning and teaching.</p> <ul style="list-style-type: none"> <li>• Why Gamify –</li> <li>✓ Increase Student engagement and improvement</li> <li>✓ Learning become deeper and visible</li> <li>✓ Healthy competition &amp; motivation to explore</li> <li>✓ Increases concentration &amp; confidence level in students.</li> </ul>
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### **NON CBSE FACULTY TRAINING**

17.05.22	Effective teaching methodology and communication	Ms. Leena Kapoor	Renu Goyal, Sushmita Saraff, Sunita Yadav, Pre Primary teachers, Daisy, Pooja, Payal, Anshu P, Neha, Sujata, Mona, Anita, Jaya Saini, Dilpreet, Mugdha, Shikha K, Poonam, Anshu R, Jaya Singh, Shama, Rupali, Meenu, Barkha, Shikha Ag, Ritika, Reena, Malka, Anuradha, Nidhi Jain, Santosh, Sumita, Sunita, Arya, Anjana, Kamini Chugh, Madhuri,	Primary Activity Hall	Alwar Public School	<ul style="list-style-type: none"> <li>• Resource person Ms. Leena Kapoor briefed about the essential elements of a lesson design, that how a teacher should select and plan the teaching content and activities which results in an effective learning.</li> <li>• She also empowered teachers with effective communication strategies and means to make the teaching learning process more engaging and result oriented.</li> <li>• In the end, a feedback form was filled by the teachers who attended the workshop.</li> <li>• Overall it was a very fruitful session.</li> </ul>
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			Anjali , Dolly, Vijay Yadav, Kunal, Archana, Ravi Vashist,Vedanja li, Kalpana, Megha			
18.05.22	Hindi Workshop On Varn And Matra Gyan; Bridge Course From UKG To Class 1	Ms. Kusum and Mr. Manoj	Pre-Primary teachers,Anita Mathur, Barkha, Pooja, Rupali, Malka, Payal, Jaya Saini, Neha, Ravi Vashist, Santosh Sharma, Mamta Sharma, Amita Bhargava	Primary Activity Hall	Alwar Public School	<p>Ms. Kusum and Mr. Manoj from Bodh School, Kukas ,were the resource persons for the workshop. Workshop started with a CHETNA GEET- ' pankhon ' and a BAAL GEET – ‘ naav ' followed by the introduction of the teachers. After that they asked about the general problems faced by the teachers in teaching Hindi . A handout was distributed to all the groups and teachers were asked to work together on 4 questions like</p> <ul style="list-style-type: none"> <li>• Out of the given handout what you don't teach to your children?</li> <li>• What are the areas you take less?</li> <li>• What are the areas that you use in your classroom teachings?</li> <li>• Problems</li> </ul> <p>At last all of them were discussed. They also focussed on-</p> <ul style="list-style-type: none"> <li>• The opportunities provided to the students</li> <li>• Mental ability and efficiency</li> <li>• Aims and objectives of language teaching</li> </ul> <p>Teachers enjoyed playing two games too; one was Rumaal Jhapatta and other was Wear the mask and act. Kusum ma'am also explained how we can help students identify the difference between श्र, श्र &amp; श्र . The workshop ended with songs- 'hara samundar...' and on sounds- 'murga bola kukdoo ku.....' It was an</p>

						interesting and interactive session.
1.06.22	Strengthening Reading Competency	Ms. Bhavana Chibber	Jaya Singh	WEBEX	CBSE	<b>KEY POINTS</b> <ul style="list-style-type: none"> <li>• Set reading goals.</li> <li>• Set aside time to read each day.</li> <li>• Preview the texts read.</li> <li>• Summarize and narrate what you read.</li> <li>• Focus on the funny. Children live humour in their books.</li> <li>• Play with words.</li> <li>• Help them to choose their own books.</li> <li>• Read in portions.</li> <li>• Read aloud. Try coral reading.</li> <li>• Vocabulary games.</li> <li>• Frequent visit to the library. Class library corners.</li> </ul>
2.06.22	Digital Library	Ms. Mamta Maggu	Jaya Singh	WEBEX	CBSE	<b>KEY POINTS</b> <ul style="list-style-type: none"> <li>• To develop E-library.</li> <li>• A need of a teacher librarian.</li> <li>• Ethical use of E-library.</li> <li>• Recognising digital resources.</li> <li>• Multi-lingual collection. (Mother tongue)</li> <li>• Rich collection which is relevant.</li> <li>• To support alternative form of paths- PBL, experiential learning.....</li> <li>• An empowering approach-literacy, inquiry and curriculum.</li> <li>• Librarian must learn- to identify resources, learn about copyright and fair use of links.</li> <li>• Develop a culture of reading and</li> </ul>

						writing using technology tools.
6.06.22	Deliberating On Ethics And Integrity	Ms. Gurmeet Kaur	Neel Kamal	WEBEX	CBSE	<p>The session was very informative and important to understand the concept of integrity. Resource person had a very good command over the topic and gave plenty of examples to help understand the topic.</p> <p><b>KEY POINTS</b></p> <ul style="list-style-type: none"> <li>To help the children develop a strong sense of integrity.</li> <li>To help students work upon differences between them and build a strong sense of integrity.</li> <li>To teach about conduct, morals and ethics in day to day life.</li> </ul>
10.06.22	Art Integration Across Curriculum	Ms. Hema Kalakoti	Mona Gupta	WEBEX	CBSE	<p><b>KEY POINTS</b></p> <ul style="list-style-type: none"> <li>What is Curriculum?</li> <li>What is Art Integration?</li> <li>Why should art be integrated ?</li> <li>What in Art ?</li> <li>Art Integration in different subject - English , Hindi , Mathematics, music , Science ,S.S</li> </ul>
14.06.22	Importance Of Personal Hygiene And Nutrition	Ms. Anita Data	Neel Kamal	WEBEX	CBSE	<p>Aim of this webinar was to impart education about the Mental and Physical health issues of children during the COVID 19 era.</p> <p><b>KEY POINTS</b></p> <ul style="list-style-type: none"> <li>The resource person taught about the need for understanding the issues and problems of Adolescents.</li> <li>The concept of emotional changes was also briefly explained.</li> <li>The emergence of physical changes as signs of maturity were also highlighted during session.</li> </ul>
14.06.22	Teaching	Ms. Suchitra	Jaya Singh	WEBEX	CBSE	<b>KEY POINTS</b>

	Learning Styles	Shyjinth				<ul style="list-style-type: none"> <li>• Learning conditions- understanding ability, readiness and interest.</li> <li>• Types of learners VARK- Visual, Aural, Read/Write, Kinesthetic.</li> <li>• Learner's style- verbal, visual, logical, social, solitary, combination, physical and musical.</li> <li>• Multiple intelligence.</li> <li>• Varying styles- left brain/ right brain dominance.</li> <li>• To hand hold learners-flexible-pace learning, collaborative learning, progressive tasks, digital resources, verbal support and ongoing assessment.</li> <li>• Planning to teach- what do I need to do? when do I start and finish? What resources do I follow?</li> <li>• The various teaching styles- closed style (formal), framed style (hybrid), negotiated style (mentors role)</li> <li>• How to implement- art integration, value oriented, life skills integrated, a blend of reading and writing.</li> </ul>
20.06.22	Protection of Child Right	Ms Gurjeet Kaur	Sujata Bose	WEBEX	CBSE	<p>This session intended to explain the rights of a child and why protection of child right is important for every child as they are the future of a nation.</p> <p><b>KEY POINTS</b></p> <ul style="list-style-type: none"> <li>• Basic rights of a child</li> <li>• Situation of children in India</li> <li>• The need of child rights</li> <li>• How poverty and illiteracy effects child</li> </ul>

						<ul style="list-style-type: none"> <li>rights</li> <li>How we help underprivileged children</li> <li>Raise and encourage the rights of children</li> </ul>
23.06.22	Stress Management Techniques	Ms. Pratibha Kohli	Jaya Singh	WEBEX	CBSE	<p><b>KEY POINTS</b></p> <ul style="list-style-type: none"> <li>Stress can be negative or positive.</li> <li>Burnout- a state of emotional, physical and mental exhaustion.</li> <li>Short long term stress relief strategies.</li> <li>Stress management in your life- exercise, eat well, meditation and many more activities.</li> <li>Simple exercises at your work place- shrug your shoulder, neckrolls, wrist circles, leg extension</li> <li>Lunch to be taken together everyday at your work place.</li> <li>Everyone should be taught to cope up with the stress.</li> <li>Positive stress can help to reach goals.</li> </ul>

### **NON CBSE FACULTY TRAINING**

15.06.22	Vipassana	Ms. Asha ji	Whole staff of APS	MPH	Alwar Public School	<ul style="list-style-type: none"> <li>APS organized a Vipassana session which was conducted by Asha ji.</li> <li>Vipassana is a simple and practical method of mental purification which makes it possible to face the tension and tribulations of daily life in a calm and balanced way.</li> <li>She also explained how we can master our minds, increase our sense of balance and clarity.</li> <li>The Ana Pana Sati kriya was well conducted by her along with the real</li> </ul>
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						<p>life stories which she narrated to make the teachers understand better.</p> <ul style="list-style-type: none"> <li>• The soothing and calming session uplifted the spirits of the staff members helping them to understand its importance in everyday life</li> </ul>
17.6.22	National Education Policy session	Simpy Khandelwal, Swati Giriraj, Mugdha Modi, Shikha Goyal, Megha Sachdeva, Sunita Agarwal, Indu Mittal	All the teachers	MPH	Alwar Public School	<p>The objective was to create awareness about National Education Policy 2020 amongst teachers and to familiarize them with the skills to help them understand its nuances, curriculum changes, shift in the pedagogical skills etc.</p> <p>All the teachers were updated with some important reforms in National Education Policy 2020. They briefed about new pedagogical and curricular structure and the innovative ideas and best practices being followed in teaching - learning and teacher education at different levels. It was an interesting and very helpful session.</p> <p><b>KEY POINTS</b></p> <ul style="list-style-type: none"> <li>• Universalization of education from pre-school to secondary level with 100% Gross Enrolment Ratio (GER) in school education by 2030.</li> <li>• Concepts of reading, writing and arithmetic in early childhood care and education.</li> <li>• Multifaceted learning, activity-based learning</li> <li>• Foundational Literacy and Numeracy (FLN)</li> <li>• Assessment in Learning, Bagless days in schools, the three language Formula, extensive use of technology in teaching and learning process</li> </ul>