

## WORKSHOPS/WEBINARS

DATE OF EVENT	EVENT	RESOURCE PERSON	TEACHERS INVOLVED	LOCATION	ORGANISED BY	SUMMARY
18.07.22- 21.07.22	Career Counselling Session	Mr. Sourabh Gupta and Mr. Sandeep Chaudhary	Pooja Bhargava and teachers teaching Classes IX-XII	Language lab and classrooms	Wonderskool	With the beginning of the session, the students from classes X to XII got the opportunity to be guided by the professional career counsellor Mr. Saurabh Gupta and Mr. Sandeep Chaudhary. In this 4 days program, which was conducted from 18 <sup>th</sup> July to 21 <sup>st</sup> July 2022, students of class X appeared for the aptitude test while the students of classes XI and XII got an idea about various career opportunities available in their stream. They also learnt how to study in a systematic way so that they can reach their dream career as soon as possible. Special sessions for teachers on CUET and admission procedure and profile building for foreign universities for the interested students also took place. Free access to a career counselling app “Careerprabhu” was given to the students so that they can enhance their knowledge and get guidance anytime anywhere. More sessions will be conducted from time to time to help the students in achieving their goals.
26.07.22 – 27.07.22	Nature Conservation Week - 25 <sup>th</sup> July-30 <sup>th</sup> July – Day -2 and 3	Mr. Punyasloka, Founder of the Youth For Sustainability (YSF) foundation	Dolly Sudan, Pankaj Rar, Shweta Bhatia	MPH	SDG Club	The workshop conducted by our resource person <b>Mr. Punyasloka Founder of the Youth For Sustainability (YSF) foundation</b> was indeed an eye-opener. It commiserates the students as well as the teachers with the need for sustainability and proper utilisation of the scarce resources. For this, he used interactive examples such as using a cake as a metaphor and asking students a paradoxical problem on how to distribute the cake fairly amongst

						them. Later, the students were assisted in calculating their individual carbon footprint and simple ways to mitigate it. In all the idea of sustainability was elucidated in a highly interactive way.
30.07.22	Lakshya 6.0	Major Mohit Kathuria	Pooja Bhargava, ESP, ESF, APS principals, teachers and students from classes X to XII	Zoom	Alwar Public School	An online workshop was conducted to motivate and guide the students who see their future in the Indian Army. Major Mohit Kathuria, an alumnus of Alwar Public School interacted with the students of all the three schools on Zoom. He shared his journey from school to the Indian Army. He satisfied the students' curiosity by answering their questions in a lively manner. He motivated the students to serve the nation by joining Army.

### **CBSE FACULTY TRAINING**

5.07.22	Anger Free School	Mr. Sushil Kumar Sinha	Neelkamal	WEBEX	CBSE	<b>KEY POINTS</b> <ul style="list-style-type: none"> <li>● To help develop the understanding that anger is a normal feeling and we all experience it.</li> <li>● To understand the concept, causes and different stages of anger and rage.</li> <li>● To teach about dealing with anger.</li> <li>● To help everyone work upon anger management .</li> </ul>
7.07.22	Experiential learning	Ms. Manisha Patil	Neelkamal	WEBEX	CBSE	The aim of the session was to teach about different types of experiences in one's life and their interpretations. The session focused primarily on the differences between concrete and active experiences. The resource person also told about the ways in which these experiences are embedded in our conscience and memory on a daily basis. Another important feature of the session was talked about in detail was reflective

						observation.
19.07.22	Stress Management	Pandit Sudhakar Pandit	Neelkamal	WEBEX	CBSE	<b>KEY POINTS</b> <ul style="list-style-type: none"> <li>• The objective of the session was to correlate and teach the attendees about yoga and other such practices and their effect on mental health.</li> <li>• The aim of the session was to create awareness about stress and talk of ways to tackle it.</li> <li>• The focus of the session was to teach about Vedic Indian culture and the ways prescribed in the ancient texts that could help one deal with stress faced during line of work.</li> <li>• The session also acted as an insight into the roots of mental health awareness and stress management in Indian culture.</li> </ul>
21.07.22 - 22.07.22	Capacity Building Programme	Ms. Cherry Goyal and Mr. Rajan Sharma	Pooja Bhargava, Dolly Sudan	St. Edmund's School, Jaipur	CBSE	A workshop was conducted by CBSE on the subject Prospective Resource Person Programme to train the teachers to be the prospective resource person. The session was full of activities and innovative ideas for teaching English as a language. The method of conducting ASL was discussed at length. Bloom's taxonomy, question paper design, and writing skills were also discussed through various activities.
<b><u>NON CBSE FACULTY TRAINING</u></b>						
23.07.22	Commerce Teachers Fraternity Workshop	In house team of CTF	Pradeep Naruka & Anjali Malhotra	Cambridge School, Srinivas puri, Ring Road, Delhi	CTF	The workshop was regarding new and innovative methods which can be implemented in a Business Studies classroom. Lots of activities and rounds of rapid fire were there. The best part of the workshop was sharing topic wise activities that can be done in the class.
23.07.22	XSEED Conference	-	Pradeep Naruka	Leela Ambience	XSEED	School Principal physically attended the

				Hotel, Gurgaon	Education	conference on- How to leverage the core tenets of NEP - skills, experiential pedagogy, strengthening of core concepts, teacher development and much more. Ultimately aimed at helping students become more skilled and motivated thinkers.
4.08.22	Mental Wellness, Social emotional learnings (SEL)	Manju ma'am and Aslam sir	Archana Mukherji, Sunita Yadav, Sumita Dhar, Vedanjali, Kunal Harsana and Nidhi Jain	Zoom	Manju ma'am and Aslam sir	<p>Session started with the process of sharing individual feelings, accompanied by a discussion about the new module- Self Compassion (35 to 40 mins) for grade 5th, made with the same mindset but somewhat different content.</p> <p>Session ended with a closure- Energy Globe.</p>
18.08.22	Mental Wellness, Social emotional learnings (SEL)	Manju ma'am and Aslam sir	Archana Mukherji, Sunita Yadav, Sumita Dhar Vedanjali, Kunal Harsana and Nidhi Jain	Zoom	Manju ma'am and Aslam sir	<ol style="list-style-type: none"> <li>1. SESSION-1 -SELF COMPASSION MYTHS <ol style="list-style-type: none"> <li>a) The required instructions were given to participants.</li> <li>b) An ice-breaker ; holding any object giving comfort- Manifesting the feelings of compassion in a comfortable object.</li> <li>c) Reading about self-Compassion.</li> <li>d) Discussion about the reasons we believe in, as being kind to oneself in stressful situations is not a good idea, it only arouses self pity.</li> <li>e) Meditation to notice one's feelings (around 7 minutes)</li> <li>f) Closure- asking the participants about their feelings after knowing that they can practice self- compassion in difficult situations.</li> </ol> </li> </ol>

						<p>2. A design was forwarded to the participants.</p> <p>3. Queries and suggestions about the design were discussed.</p>
20.08.22	Music Basti	Ms. Parmita Mukherjee	All pre-primary teachers	Kids Republic, Faridabad	Kids Republic, Faridabad	Eicher Schools believe in learning and working together. One of our sister schools, Kids Republic, Faridabad organized a workshop by 'Music Basti' a renowned NGO that has been promoting music, football and Lego blocks to deliver leadership skills through creative medium in the students. Teachers from Eicher School, Faridabad and Alwar Public School joined the interactive crew to enhance their creative skills.
22.08.22 and 25.08.22	IC3 Conference	-	Pradeep Naruka	International Convention Centre, Hyderabad	IC3	<p>School Principal physically attended the conference and IC3 Presidential Forum was a special event for senior educators and industry/organization leaders.</p> <p>Global ambassadors of the IC3 Movement came together for a transformative conversation on sustainable counseling practices focused on students' success.</p>
24.08.22	CBSE Workshop On Stress Management	Ms. Raj Laxmi, Ms. Sarita V. Singh	Dr. Rupali Poddar, Pushpender Chaudhary, Ravi Vashist, Neel Kamal	Utopia Col Satsangin Kiron Memorial School, Bhiwadi	UCSKM School, Bhiwadi	<p><b>KEY POINTS</b></p> <ul style="list-style-type: none"> <li>● To understand the basic principles of stress management.</li> <li>● To recognize our stress triggers and how to manage them.</li> <li>● Develop proactive responses in stressful situations.</li> </ul>

						<ul style="list-style-type: none"> <li>● Use coping tips to manage stress both on and off the teaching job.</li> <li>● Physical workshops are more beneficial as compared to webinars.</li> </ul>
25.08.22	Mental Wellness, Social emotional learnings (SEL)	Manju ma'am and Aslam sir	Archana Mukherji, Sunita Yadav, Vedanjali, Kunal Harsana and Nidhi Jain	Zoom	Manju ma'am and Aslam sir	<p>Following points were discussed</p> <ul style="list-style-type: none"> <li>● Session 2- MINDFULNESS</li> <li>● Instructions</li> <li>● Ice breaker; to take a position and start thinking at a stretch that feels good or comforting</li> <li>● Concept of mindfulness- meaning</li> <li>● Meditation- Focusing on five senses</li> <li>● Closure included some gestures (Invitation to hold the most comforting gesture in times of difficult situations)</li> </ul> <p>Some suggestions were given (to be followed with the participants)</p> <ul style="list-style-type: none"> <li>● To use colour slips for strong feelings</li> <li>● Note the questions/queries on a paper and submit so that they can be taken up in the last sessions, could also be shared with the trusted person/relative/facilitator.</li> </ul>
1.09.22	Mental Wellness, Social Emotional Learning (SEL)	Manju ma'am and Aslam sir	Archana Mukherji, Sunita Yadav, Vedanjali, Kunal Harsana	Zoom	Alwar Public School	<p>Session 3-DMN – Default Mode Network</p> <ul style="list-style-type: none"> <li>● Guidelines</li> <li>● Ice breaker; holding up stone/ marble (magic stone)</li> <li>● About brain and how it makes</li> </ul>

			and Nidhi Jain			<p>mindfulness hard to practice</p> <ul style="list-style-type: none"> <li>● Grounding exercises</li> <li>● Closure- Breath of Joy</li> <li>● Sharing- one word to express feelings about the idea of DMN.</li> </ul>
8.09.22	Mental Wellness, Social Emotional Learning(SEL)	Manju ma'am and Aslam sir	Archana Mukherji, Sunita Yadav, Vedanjali, Kunal Harsana and Nidhi Jain	Zoom	Alwar Public School	<p>Session 4-RESISTANCE</p> <ul style="list-style-type: none"> <li>● Ice breaker; expressing feelings using hands.</li> <li>● Concept- stance towards a negative feeling.</li> <li>● Exploring the attitude towards the discomfort that comes up when things are hard.</li> <li>● New idea of resistance to negative emotions</li> <li>● Art-befriending negative emotions- symbol to show what you want,</li> <li>● Stair- step breathing</li> <li>● Closure.</li> </ul>
15.09.22	Mental Wellness, Social Emotional Learning(SEL)	Manju ma'am and Aslam sir	Sunita Yadav, Sumita Dhar, Vedanjali, and Nidhi Jain	Zoom	Alwar Public School	<p>Session 3- INTERCONNECTEDNESS</p> <ul style="list-style-type: none"> <li>● Ice breaker; sharing images to symbolize a sense of connection</li> <li>● Concept- Interconnectedness and Common Humanity</li> <li>● Body tapping to sense ourselves</li> <li>● Art- draw a symbol of what interconnectedness looks or feels like</li> <li>● Journaling- phrases to remind about</li> </ul>

						<p>that participants are interconnected</p> <ul style="list-style-type: none"> <li>● Closure</li> </ul>
29.09.22	Mental Wellness, Social Emotional Learning(SEL)	Manju ma'am and Aslam sir	Archana Mukerji and Kunal Harsana	Zoom	Alwar Public School	<p>Session 6- Self Kindness (3rd step in self compassion practice)</p> <ul style="list-style-type: none"> <li>● Prep: to bring a picture or symbol of a person who would say something kind to soothe you and would not judge you when you make a mistake or when things are hard for you.</li> <li>● Ice breaker: Sharing the images or symbol together</li> <li>● Recap: About brain and how it makes mindfulness hard to practice. Second step of self compassion.</li> <li>● Concept of self kindness</li> <li>● Loving kindness meditation</li> <li>● Journaling.</li> <li>● Closure – Demonstration of opening and closing of jaw. Demonstration of rubbing of both ears one by one.</li> </ul> <p>Sharing the experience of the session.</p>
9.11.22	CBSE WORKSHOP	Mr. R R Soni	Whole Staff of APS	MPH	CBSE	<p>The resource person focussed on the following points: 1. Life storage planning</p> <p>Financial and Retirement Planning</p> <p>2. Why we need financial planning 3. Basics of a financial plan 4. Banking accounts- savings and recurring accounts 5. Digital payments- do's And don'ts 6. Life insurance 7. Health insurance 8. Securing retirement</p>



						challenges 9. Skyrocketing 10.Inflation 11.Few plans for savings
12.11.22	Reimagining the English Classroom	Mr. C.P. Viswanath (Co-founder & CEO) of Karadi Path Education Company	Pradeep Naruka and Tarushi Gulati	The Radisson Blu Hotel, Paschim Vihar, New Delhi	The Karadi Path Education Company	This workshop was especially designed for the schools. It consisted of: •How English proficiency impacts all learning. •How we can reinvent our English classrooms as innovation labs. •What is the role of school heads in the transformation
1.12.22	Mental Wellness, Social emotional learnings (SEL)	Manju ma'am and Aslam sir;  Facilitation by- Archana Mukherji and Nidhi Jain	Sunita Yadav, Kunal Harsana, Vedanjali	ZOOM	Manju ma'am and Aslam sir	<p>Session 1- Introduction to SEL-'Social Emotional Learning' Theme (Self Compassion)</p> <ul style="list-style-type: none"> <li>● Icebreaker- Holding up soothing object</li> <li>● Guidelines</li> <li>● Introduction to Self-Compassion</li> <li>● Why should I practice Self-Compassion?</li> <li>● Collection of examples/ situations through chat</li> <li>● Homework</li> <li>● Closure</li> </ul> <p>After the session, a few suggestions were given and questions were asked which got satisfactory answers.</p>

8.12.22	Mental Wellness, Social emotional learnings (SEL)	Manju ma'am and Aslam sir  Facilitation by- Vedanjali mam and Kunal Harsana	Sunita Yadav, Archana Mukherji, and Nidhi Jain	ZOOM	Manju ma'am and Aslam sir	<p>Session 2- Mindfulness</p> <ul style="list-style-type: none"> <li>● Icebreaker- Holding up soothing picture</li> <li>● Guidelines (with hand signals)</li> <li>● Review of homework</li> <li>● Sharing difficult situation and response through chat</li> <li>● Concept- Mindfulness- Feelings and embodied awareness</li> <li>● Bringing to mind any mild stressful situation and noticing our feelings.</li> <li>● Noticing where in our body we are feeling the emotion.</li> <li>● Expressing the feeling in journal using colors, symbols. Expressing in art where in our body we could feel the emotion</li> <li>● Breathing in through nose, holding for a count of 5 and exhaling through nose slowly.</li> <li>● Questions/comments</li> <li>● Homework</li> <li>● Closure- Telling ourselves something soothing and holding up soothing picture or scenery for 15 seconds.</li> </ul> <p>After the session, a few constructive suggestions were given and questions were asked which were answered with relevancy.</p>
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10.12.22	Capacity Building Program	Mr. G.K Mishra & Mr V.K Mishra	Jatin Parashar, Meenu Ganda and Swati Jain	Vardhman Srikalyan International School, Jaipur	CBSE	The session aimed at making the teachers aware about how to integrate art with the curriculum for effective learning. It was indeed a very good session. Both the resource person were highly experienced and helped the teachers to be aware about how to make academic sessions more interactive and effective by using art like song, poem, story, video, etc. with curriculum. Each and every participant was highly involved in the activity designed by them.
10.12.22	NEP 2020 Workshop	Dr. Rita Bhargava Principal MPS (Jaipur),  Mrs Sarita Singhal Principal NPS (Behror)	Indu Mittal, Kavita Vashishtha, Sunita Agarwal, Mugdha Modi	MPS, Kalwar Road, Near Sushant City, Jaipur	CBSE	<p>The main objective of this Workshop was to create awareness about the newly launched 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 and its implementation for the 360 degree holistic development of its stakeholders, the students.</p> <p>Every student will start achieving age-appropriate foundational literacy and numeracy (FLN) by 2025. A slew of programmes and measures are articulated for this purpose.</p> <p>FLN programme will help in Oral language development, decoding sounds and symbols, reading fluency, reading comprehension and writing.</p> <p>Bloom's taxonomy was explained in details</p>

						which helped to understand and use it to analyse, understand and evaluate the child's performance.
12.12.22	Workshop on Happy Classrooms	Mrs.Sarika Gaur and Mr.Deepak Agarwal	Rahul Bharthwal, Swati Prajapat, Archana Mukerji, Poonam Sharma, Simpy Khandelwal	Adhinath Public School Auditorium	Adhinath Public School	The Resource person focussed on-'self happiness of teachers to create happy classrooms' .Before starting 'Handouts' were given to all attendees and audio visual aids were also shown to make the content even clear They focussed on understanding Emotional intelligence and the ways of regulating emotions . (1)S.T.O.P,(2)C.A.R.E,(3)P.L.E.A.S.E were the teacher's toolkit for Emotional self regulation.They also described behaviour and misbehaviour of a child and its reasons as well.It was indeed an interesting and very helpful session.
15.12.22	Mental Wellness, Social emotional learnings (SEL)	Manju ma'am and Aslam sir;  Facilitation by- Divya mam (ESP) and Kavita Kapalia (ESP)	Sunita Yadav,Kunal Harsana, Vedanjali and Nidhi Jain	Zoom	Manju ma'am and Aslam sir	Session 3- Mindfulness- Breathing with your emotion <ul style="list-style-type: none"> <li>● Icebreaker- Doing soothing stretches that make us feel calm and soothed</li> <li>● Guidelines (with hand signals)</li> <li>● Review of homework</li> <li>● Sharing difficult situation and response through chat</li> <li>● Concept- Staying with the Emotion</li> <li>● Four steps of mindfulness-</li> </ul> -Noticing feelings  -Noticing where in my body I'm feeling that

						<p>emotion</p> <p>-Keeping hand on heart, if any thought comes up noticing it.</p> <p>-Getting back to breath.</p> <ul style="list-style-type: none"><li>● Bringing to mind any mild stressful situation and noticing our feelings.</li><li>● Noticing where in our body we are feeling the emotion.</li><li>● Writing the situation in journal and also three steps of mindfulness in that situation.</li><li>● Breathing in through nose, holding for a count of 5 and exhaling through nose slowly.</li><li>● Writing any thoughts or questions in journal</li><li>● Homework</li><li>● Closure- Doing soothing stretches and saying something soothing to yourself silently.</li></ul> <p>After the session, some suggestions were given and questions were asked which were answered satisfactorily.</p>
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17.12.22	Workshop on CUET	Utsav Sharma	Mukta Bhardwaj, Anjali Malhotra, Shipra Jain, Preeti Jain, Rakhi Batra, Shweta Bhatia, Tarun Saini, Neelkamal Singh, Shabana Khan, Pooja Bhargava, Indu Mittal, Ravi Shekhar, Khushi Ram Yadav, Pushpendar Choudhary, Sanjeet Sandhu, Jatin Parashar, Nidhi Jain, Pankaj Kumar, Rahul Bharatwal, Tarushi Gulati	Conference Room	Alwar Public School	<ul style="list-style-type: none"> <li>● Comparative case study of Kerela Board students was shown which made it explicit that CUET has completely changed the scenario of admission in Delhi University Colleges. Now, the students from the different regions after qualifying CUET are able to claim the admissions in DU as well on the basis of their merit in CUET.</li> <li>● This exam will surely benefit students and the pressure of board exam will be reduced.</li> <li>● Teachers have a major role in CUET as they can within their class prepare the students in their respective domain subjects.</li> <li>● However, for general studies paper they need extra support and assistance.</li> </ul>
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21.12.22	Interactive Session with His Holiness The 14th Dalai Lama	-	Shweta Bhatia, Daizy Sehgal, Anjali Gupta (9A), Navya Patel (9D), Sarthak Mittal (9B), Kashika Sharma (11A) & Swara Mishra (11A)	Salwan Public School, Sector 15(II), Gurugram	Salwan Education Trust	<p>The objective of this session was -</p> <ul style="list-style-type: none"> <li>● Educating Heart and Minds of Students.</li> <li>● Briefing Young Minds to live with Compassion and Secular Ethics.</li> <li>● Living with peace and harmony with the people of different religion, gender, caste, colour, etc.</li> </ul> <p>The program started with a small story telling of Ashoka- The aggressive king, who later realized his mistakes and turned to Buddhism. The story was shown with dance and hand gestures performed by the students of Salwan Public School.</p> <p>The Chairman and Principal addressed the audience and welcomed His Holiness the 14th Dalai Lama. He taught the young minds a very peaceful and calming chapter of living life without any wars and weapons. Also, he explained with certain examples and solved the queries of the curious minds. It was a soothing and harmonious experience. It was an honour for all of the people who attended this workshop.</p>
12.01.23	Mental Wellness, Social emotional learnings (SEL)	Manju ma'am and Aslam sir	Sunita Yadav, Archana Mukherjee and Nidhi Jain	Zoom	Manju ma'am and Aslam sir	<p>Session 4- Step 1-Mindfulness- Review</p> <ul style="list-style-type: none"> <li>● Icebreaker- Holding up the picture of something having soothing/comforting sound</li> <li>● Guidelines (with hand signals)</li> </ul>

						<ul style="list-style-type: none"><li>● Review of homework</li><li>● Sharing difficult situation and what did participants tell themselves about themselves through chat</li><li>● Bringing awareness to breath</li><li>● Three steps of mindfulness (Noticing feelings, noticing where in my body I'm feeling that emotion and keeping hand on heart and if any thought comes up noticing that and getting back to breath)</li><li>● Writing the situation in journal and also three steps of mindfulness in that situation.</li><li>● Soothing movement to relax</li><li>● Noticing feelings and sensation in the body</li><li>● Writing of any thought or question in the journal</li><li>● Homework</li><li>● Closure- Holding up the picture of something having soothing/comforting sound and saying something soothing to yourself silently.</li></ul> <p>After the session, some suggestions were given and questions were taken.</p>
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19.01.23	Mental Wellness, Social emotional learnings (SEL)	Manju ma'am and Aslam sir	Archana Mukherjee, Kunal Harsana and Nidhi Jain	Zoom	Manju ma'am and Aslam sir	<p>Session 5- Step 2 in Self-Compassion Practice- Interconnectedness-</p> <ul style="list-style-type: none"> <li>● Icebreaker- Holding up the picture of something that reminds you of connection or interconnectedness.</li> <li>● Guidelines (with hand signals)</li> <li>● Review of homework</li> <li>● Concept of Interconnectedness</li> <li>● Some ways of reminding yourself about interconnectedness</li> <li>● Sharing difficult situation and responses that will make the person feel interconnected, through chat</li> <li>● Drawing what interconnectedness looks like in journals</li> <li>● Noticing feelings and sensation in the body</li> <li>● Writing any thought or question in journal</li> <li>● Homework</li> <li>● Closure- Holding up the picture of something that reminds you of connection or interconnectedness and saying something soothing to yourself silently.</li> </ul> <p>After the session, some suggestions were given and questions were taken.</p>
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21.01.23	Session on Public Relation	Ms Vamika Naruka	Students of class XI and teachers teaching classes XI and XII	MPH	Alwar Public School	Ms Vamika Naruka was the resource person for the session who is also an alumni of the school. She has 5 years experience in journalism. She shared her experience in public relations and also solved the queries of the students.
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