

# Manav Sthali School

R-Block, New Rajendra Nagar, New Delhi - 110060

## Workshops & Trainings for Staff Members

Date	Time	Theme	Platform	Attended by	Highlights
7-April-2020		Top Tips for Online Teaching by Oxford University Press		Ms. Renuka Ms. Tapasya Ms. Suniti Ms. Neha Khanna Ms. Pooja Jain Ms. Anita Ratan	<ul style="list-style-type: none"> <li>• Monitor Wellbeing and Connect with Students</li> <li>• Rethink Assessment opportunities</li> <li>• Give students a thinking partner</li> <li>• Be patient and kind to yourself if technology gremlins visit</li> <li>• Use a hyper doc or landing page</li> <li>• Video camera's on during lecture</li> <li>• Plan one third to half of your normal content</li> <li>• Talk in 8-12 minutes blocks</li> <li>• Use the chat function for student collaboration</li> <li>• Plan for modified timetable</li> </ul>
12-May- 2020	4 pm	Happiness by Gaurav Bhatara	Zoom	Ms. Ravi Kanta Ms. Anita Ratan	<ul style="list-style-type: none"> <li>• Identify happiness, To be happy create positive causes</li> <li>• Don't get carried away, stick to your own belief system</li> <li>• Change your perception- Have positive values, try to change negatives into positives.</li> <li>• Always find reasons to be happy</li> <li>• Try to be happy &amp; keep others happy create a circle of happiness</li> <li>• Tools for happiness:               <ol style="list-style-type: none"> <li>1. Alom/Vilom</li> <li>2. Mudras (Mrit Sanjeevani Mudra &amp; Hridya Mudra, breathing techniques)</li> <li>3. Be happy and remain healthy</li> </ol> </li> </ul>
20-April-2020	2:30 pm	Happiness Curriculum – for school principals	Zoom	Mrs. Suri Ms. Rashmi Ms. Suniti	<ul style="list-style-type: none"> <li>• Online teaching is not a replacement it is a standby solution</li> </ul>

		by Mr. Manish Sisodia		Ms. Sonia Ms. Renuka	<ul style="list-style-type: none"> <li>• Through happiness curriculum create a link share with kids</li> <li>• Do meditation with family to increase positive vibrations and wellbeing</li> <li>• To discuss emotions and behaviour, story telling sessions for young learners</li> <li>• Connect with Parents for reducing anxiety and increasing positivity by organizing webinar with parents.</li> </ul>
20-April-2020	5 pm	Evolving a classroom with Experiential Learning – Reinventing schools	Zoom	Ms. Suniti	<ul style="list-style-type: none"> <li>• Experiential Learning is the future of learning, for better quality and score card</li> <li>• Parents are now active collaborators, amalgamate experiences of a life and utilize student time</li> <li>• Research based work - learning by doing, hands on to be implemented</li> <li>• Increase emotional quotient and sensitize children</li> <li>• Emotional engagement with physical world</li> <li>• Dialogue or feedback and effective counselling cells are required.</li> </ul>
23-May-2020	5 pm	Cyber Bullying	Zoom	No. of Participants - 97	<ul style="list-style-type: none"> <li>• This webinar was on parenting and How to approach kids about Sexuality?</li> <li>• The parents don't address these issues in a healthy way. The parents should talk to their kids about consent, empathy and respect offline and online.</li> <li>• Understanding of Bullying – Not a causal approach. It's a power struggle, means to exert power on whom they can manipulate.</li> <li>• What should parents do if they suspect their child is involved in bullying and how to handle a child?</li> <li>• Firewalls / filtering softwares should be used as a parent and</li> </ul>

					<p>schools can also do the same at the domain level.</p> <ul style="list-style-type: none"> <li>• Various softwares were told to record complete activity from log in personal mobile/PC, how much time spent on which particular website.</li> <li>• Kidslogger, Kaspersky safe kids, Spyrix, Open DNS family shield, Qustodio</li> <li>• Attendees were told about POP-UP handling – how to filter unwanted pop-ups and to apply filters in youtube also for the safety of kids.</li> <li>• Children must be told about – Grandma Rule – The things which cannot be shared with grandma, should not be shared in social media.</li> <li>• All parents should share this video with their kids to stop cyber bullying – <a href="https://youtube/YCwcS0fSEbU">https://youtube/YCwcS0fSEbU</a></li> </ul>
25-May-2020	5 PM	Emotional well-being and stress management during Covid-19 especially for school heads teachers by Dr Sanjeev P Sahni from Jindal Institute of Behavioral Sciences	Zoom	Ms. Ravi Kanta Ms. Suniti Ms. Renuka Ms. Anita Ratan	<ul style="list-style-type: none"> <li>• Five principles for educators - Change the learning goals, Design learning activities - In between the online class, include pen test, scribble test, show educational videos, share screen, etc. because span of attention of children of age 12-14 years is 12-15 minutes.</li> <li>• Empathize with the students. A child require maximum support from the teachers.</li> <li>• Introducing Institutional guidelines and protocols for online classes.</li> <li>• Restrictions on availability of technological infrastructure, Address students about emotional facts.</li> <li>• Strategies to be adopted -Should make students active, Answer to their questions should be logical and rational to handle their</li> </ul>

					<p>pressure, Creating an emotional about self-control self-introspections with them,</p> <ul style="list-style-type: none"> <li>• Don't allow children to study through smart phones. Study through laptops or pc because of its screen size.</li> <li>• Children should drain out extra energy by doing some physical work.</li> <li>• Teachers should tell children about precautions during COVID-19 again and again.</li> <li>• Holistic and inclusive education should be there for children with special needs.</li> <li>• There should be a balance between screen and non-screen time for kids.</li> <li>• Strengthen the involvement of parents. At this time, parents can become the role model for their child.</li> <li>• Involve children in decision making.</li> <li>• Children's food and mood should be taken care of. All are suggested to avoid white flour consumption.</li> <li>• Avoid more than 8 hours sleep.</li> <li>• Hydration has the direct relation with behavior and higher retention power in academics.</li> <li>• Teach them how to distract themselves. As children are more innovative and creative.</li> <li>• Teachers should take time out to relax.</li> </ul>
27-May-2020	4 pm	Teaching for the new normal – Building Parental Involvement and Student well being By FICCI ARISE	Zoom	Ms. Mansi Khosla Ms. Neha Khanna	<ul style="list-style-type: none"> <li>• Teachers are the Corona Angels</li> <li>• PTM and calls to the parents for asking about the well being of the child.</li> <li>• Virtual Assemblies taken in the first morning class.</li> </ul>
27-May 2020	5 pm	Action Committee –	Zoom	Ms. Renuka Ms. Ravi Kanta	<ul style="list-style-type: none"> <li>• Action to be taken for traction and not distraction, Technology</li> </ul>

		Online Education for Unknown and Uncertain future		<p>Ms. Suniti  Ms. Sonia Wahi  Ms. Anjali Gulati  Ms. Tapasya  Ms. Sheetal  Ms. Mamta Sharma  Ms. Anjali Segan  Mr. Ashu Khurana  Mr. Dharmendra  Ms. Anita Ratan</p>	<p>is overtaking learning, Teachers have to be cautious with Learning outcomes, Platform is not the main issue, What, How and Why are we learning should be considered. This is the Decade of the Educators. Teacher is the first learner. This is the time for Fourth Educational Revolution.</p> <ul style="list-style-type: none"> <li>• Questions asked by the various principals: How to make online classes fruitful during the lockdown period? What would be the effect of online classes on students of different age groups? What should be screen time for Nursery/prenursery students? How to cover syllabus? How to prepare a teacher to get aware of online teaching platform? What can be the plan regarding studies in the post covid-19 period?</li> <li>• Answers given by Prof Pant- Be ready for the change and accept. Teachers are knowledge warriors keep upgrading. Don't cover everything give questions for self-practice. Change of platform. Eg; Zoom to twitter to handle the queries to cut down the screen time. Students must concentrate more on learning of the concepts rather than mugging up of chapters. Students must also change from passive learners to active learners during online session. This can be inculcated through the help of the teachers.</li> </ul>
30-May-2020	4 PM	'The way forward in Education by Mrs. Teresa Rodriguez'	Facebook	<p>Ms. Ravi Kanta Jain  Ms. Anita Ratan</p>	<ul style="list-style-type: none"> <li>• Blend of online &amp; offline study.</li> <li>• City students have easy access to gadgets &amp; internet whereas rural students are far behind.</li> <li>• Changes in working of school - Alternate days, Odd &amp; even to be</li> </ul>

					<p>followed, Social activities not possible, Maintaining social distance</p> <ul style="list-style-type: none"> <li>• Teachers &amp; students are at home. Sudden shift has been stressful for both; No proper communication with each child, facial expressions cannot be seen on online teaching. X &amp; XII are exam oriented but in other classes we can aim at understanding.</li> <li>• Role of Parents - Encourage kids to follow a proper routine and time table. Make them realize that lock down period is not vacation time. There should be limited distraction at home, proper &amp; comfortable study place where gadgets can be properly placed.</li> <li>• Role of Teachers is to plan and prepare interactive lessons, PPTs and collect adequate information. Be affectionate, no sarcastic remarks. Lessons should be interesting and interactive.</li> </ul>
30-May-2020	5 pm	Cyberspace navigating opportunities taming threats by Rajesh Pullabhatia & Dheeraj Bhatia	Webinar platform	Ms. Ravi Kanta Jain	<ul style="list-style-type: none"> <li>• Technology disruptions in both professional &amp; personal life like hacking/loss of credit cards.</li> <li>• Younger children are more aware of technology so more prone to cyber threats as smart technology has led to smart threats.</li> <li>• Parents are not aware of various acronyms used during the chats by the children. Eg NIFOC, WTPP, DEXING Everyone must be aware of the terms :  '<u>Cyberchondria</u>'- A mental disorder when you search for medicines on internet.  '<u>Sextortion</u>'- To get more likes on Instagram under peer pressure, a common crime of shooting unlawful videos.</li> </ul>

					<p><b><u>'Sugar daddy or Sugar baby' concept-</u></b> Hiring of young que for an old person for which monthly income will be given usually school children are targeted.</p> <p><b><u>'Selfie Disorder'</u></b>- If a person takes more than 3 months selfie a day there is something or wrong or suffering from mental disorder. Different types of games played by youngsters leading to deaths, suicide like GTA, online challenges like blue whale and skill breaker.</p> <p><b><u>Solutions</u></b> Awareness &amp; educations. Never ever share your pictures. Never ever search google for solving your health issues, consult a doctor and discuss with your parents. Don't follow games. Play games safely. Regular parent child interaction is must. Continuous counselling sessions are essential. Courses on cyber security by NSD for youngsters are recommended</p>
2 June 2020	4 pm	Admissions in DU by Pratham Coaching Institute	Zoom	Teachers and Students of Class XI & XII	<ul style="list-style-type: none"> <li>• Changes in 2019</li> <li>• 65 colleges in DU take admission on the basis of 12th marks</li> <li>• 18 -19 colleges offer admission through entrance exams</li> <li>• 22 colleges are only girls college</li> <li>• 2.5 % deducted from the best of 4 subject if we opt for subject which is not included in the percentage</li> <li>• Yoga is not a part of sports quota under ECA</li> <li>• 12 sports are excluded from the list of games under sports quota Archery, ball badminton, base ball, relay race, Cross Country running, cycling, power lifting, korf balls soft ball, fencing</li> <li>• Entrance exam conducted by NDA for undergraduate courses</li> </ul>

					<ul style="list-style-type: none"> <li>• 1% concession given to women in cutoff in many colleges</li> <li>• 10% seat for EWS category and separate cutoff for EWS</li> <li>• Total seats for undergraduate course in DU are 62000</li> <li>• Some aptitude based career options for undergraduate SAT, CLAT, DU JAT, IPM AT BJMC, NCHMCT post grad CAT, GMAT, UPSC, GRE, BANK PO, RBI, AIIMS</li> </ul>
13 June 2020	12pm	Action Committee - Academic Restructuring #2020 with Dr.Hrushikesh Senapaty - Director NCERT	Zoom	Ms. Sonia Ms. Shobhhna Ms. Suniti Ms. Renuka Ms. Anita Ratan	<ul style="list-style-type: none"> <li>• Dr. Senapaty focused how we can adopt new technology for the benefits of the students.</li> <li>• Today our students need to compete with other foreign countries.</li> <li>• The need of the hour is to change our pedagogy, teach critical thinking, rational problem solving techniques, creative and more innovative education, with latest rubrics through technology.</li> <li>• Assessment of learning should be framed in such a way that it is fearful for students and autonomy should be given to both of them.</li> <li>• We also have to give importance to physical education, games, sports, yoga, music, dance all kinds of extra co-curricular activities.</li> </ul>
13 June 2020	5 PM	Artificial Intelligence Unplugged	Zoom	Ms. Anita Ratan	<ul style="list-style-type: none"> <li>• Talked about Human Machine collaboration</li> <li>• Need better humans not less technology</li> <li>• Use of big data in Artificial Intelligence</li> <li>• AI is a tool to help the Robot to work in a better way</li> <li>• In the world of computers Experience = Data</li> <li>• Introduction about building interactive chatbots</li> </ul>
19 June 2020	5:30	Values and the	Zoom	Ms. Sonia	<ul style="list-style-type: none"> <li>• Today people are surrounded by</li> </ul>



	PM	<p>Emotional Compass. Conversation with Mr Shiv Khera - author, educator and business consultant.</p> <p>Moderator - Principal Springdales School Pusa Road, Dr Ameeta Mulla Wattal</p>		<p>Ms. Shobhna Ms. Anu Duggal Ms. Sumita Ms. Priyanka Ms. Vandana Ms. Suniti Ms. Renuka</p>	<p>an atmosphere of negativity and uncertainty due to the Corona pandemic. However, this opportunity has revived in us old values such as taking care of personal hygiene and building strong family bonds.</p> <ul style="list-style-type: none"> <li>• In life we need to fight to win and for that we need to be physically, mentally, emotionally financially and spiritually strong.</li> <li>• In order to turn setback into opportunity, the skill of empathy, mindfulness and self-esteem are extremely important.</li> <li>• When a proactive person does positive deeds without anyone watching him, he enhances his own self esteem.</li> <li>• Positive attitude and values result in emotionally strong people who become strong pillars in the family and society.</li> </ul>
22 June 2020 23 June 2020	4 pm 3 pm	Quest for questions	Zoom	<p>Ms.Vandana Ms.Anu Duggal</p>	<ul style="list-style-type: none"> <li>• The program was focused on designing quality questions for assessments.</li> <li>• Discussions were held on importance of assessment, types of assessment.</li> <li>• The format, structure of framing multiple choice questions was discussed in detail. Various illustrations were given to teach designing of good MCQ's.</li> <li>• After the discussions in 2 days webinar teachers were given the task of framing and submitting 2 indigenously made Multiple choice questions.</li> </ul>
23 June 2020	12pm	Iterating workplace practices post Covid-19 crisis – CBSE Australian Masterclass Series	Webex	<p>Ms. Suniti Ms. Sonia Ms. Shobhna Ms. Renuka</p>	<ul style="list-style-type: none"> <li>• A teacher must reiterate post Covid-19 so as to make the learning more meaningful and effective.</li> <li>• One should reflect and then decide where to iterate your teaching strategies.</li> </ul>

		Conducted by Dr Sharna Wiblen lecturer in University of Wollongong			<ul style="list-style-type: none"> <li>• How to be a leader so that your teachers can learn from and see.</li> <li>• Various skills and capabilities are necessary to become a good leader - vision, empathy, decision-making, conviction.</li> <li>• Think about the “how and where” of learning before the students finally start returning.</li> <li>• Regardless of what we see, Feel and act we should all serve with a great deal of humanity in us.</li> <li>• Covid-19 presents all of us with the time to pause and rethink.</li> <li>• Now is the time to look in the mirror and reflect what we are doing and whether it needs our applaud or critique.</li> </ul>
28 June 2020	4 pm	"Rebooting the Learning Landscape & Assessment Methodology"	Google Meet	Ms Sonia Ms. Shobhhna Ms. Sarita Ms. Vandana Ms. Anu Duggal Ms. Sumita Ms. Priyanka	<ul style="list-style-type: none"> <li>• 4 domains ie. Principals, Teachers, children and parents must work together and should use pedagogical approaches such as constructivism, inquiry-based, reflective, collaborative, and integrative to develop skills in children to make them more sensitive humans, inquisitive and ignite their passion for learning to make teaching-learning Competency-Based and joyful.</li> <li>• The underlying focus should be on the attainment of subject appropriate learning outcomes and demonstration and application of learning in a real-life situation by the students.</li> <li>• The assessment should be through innovative and joyful experiential pedagogies such as Art-Integrated and Sport-Integrated, theatre integrated learning, Storytelling, etc. which promote reflection, critical thinking, creativity, initiation, self-direction and other 21st Century Skills. Thus making students 21st-century ready</li> </ul>

					<p>citizens, by empowering them with the competencies to understand, analyze, evaluate, interpret and innovate various real-life situations that they require to face in the world outside the classrooms or an environment beyond their schools and homes.</p> <ul style="list-style-type: none"> <li>• Digital technology should be adopted as early as possible in school labs. The testing of the children should now be on their understanding with the help of projects and activities which are application-based.</li> <li>• The Pandemic has led to digital classrooms and given an opportunity to the teachers to upgrade themselves, work upon their strengths and weaknesses, gain mastery over their subject, improve parent-teacher interaction and bring about parenting awareness. It has improved social and emotional skills of students as well as teachers.</li> <li>• Digital technology should be adopted in schools to help the children learn by digital laboratories.</li> <li>• We should to guide the students towards self-oriented learning and discover their talents and strengths and develop their learning, literacy and life skills.</li> </ul>
27 June 2020	5 pm	Mind the Heart with Heartfulness		<p>Ms. Sonia Ms. Shobhhna Ms. Sarita Ms. Vandana Ms. Anu Duggal Ms. Sumita Ms. Priyanka Ms. Suniti</p>	<ul style="list-style-type: none"> <li>• It was about creating loving and compassionate learning environment in the school through creating awareness about inner peace.</li> <li>• They focused on various attributes like sharing, creativity, heartfulness, meditation, holistic health, healthy relationship etc. It is important</li> </ul>

					<p>to create awareness of your inner self to keep yourself motivated and focused.</p> <ul style="list-style-type: none"> <li>• Meditation was taught to focus the mind, to train attention and achieve a clear, calm mind. Showing of Live Yoga gave more impact where everybody could understand it by practically observing and doing it simultaneously.</li> </ul>
25 July 2020	11.30 am	ENRICHING EDUCATION (CBSE in conversation with GURUDEV)	Youtube live	Ms Deepali Ms Sumita Ms Vandana Ms Monika	<ul style="list-style-type: none"> <li>• The webinar was addressed by world renowned humanitarian and spiritual leader gurudev Sri Sri Ravi Shankar.</li> <li>• He touched upon the importance of reducing stress, anxiety, depression among school students for their mental wellbeing.</li> <li>• He discussed about the good practices and will power of the ART Of LIVING organisation that is helping society to develop women empowerment and gender equality.</li> <li>• He discussed about future of education after the pandemic is over is online teaching and classroom teaching both.</li> <li>• He also emphasize on the fact that the present curriculum needs to be updated so that it is an employable curriculum.</li> </ul>
25-July 2020	2:30 pm	Neuro-linguistic programming By Full Marks Speaker: Preeti Joshi educationist,NLP Advanced practitioner	Zoom	Ms Sonia Ms Shobhna MsAnuD Ms Vandana Ms Sumita Ms Priyanka Ms TanyaSareen Ms Monika Ms Deepali	<ul style="list-style-type: none"> <li>• The webinar focused on our ability to structure our neurological systems (brain, sense organs) and linguistic systems (verbal and nonverbal communication) to achieve the desired results. The speaker talked about : -Attempt to bring a change not just at the conscious level but also at the unconscious level. - Conscious parenting,</li> </ul>

					<p>acknowledging the feelings of the child</p> <ul style="list-style-type: none"> <li>- Not to use negative affirmations</li> <li>- PURE goals: Positive, Under your control, Relatable and realistic, Ecological</li> <li>- Few case studies were also discussed where tremendous improvement were seen by counselling and therapies.</li> </ul>
27-July 2020	5:30 pm	<p>Road to innovation and inspiration by Ed Talks</p> <p>Speaker Rewati Shrinivasan, Madhu Gupta, Leela Govind, Akanksha Tandon, Oshima Mathur</p>	You Tube live	<p>Ms Sonia Ms Shobhna Ms AnuD Ms Vandana Ms Sumita Ms Priyanka Ms Tanya Sareen Ms Monika Ms Deepali</p>	<ul style="list-style-type: none"> <li>• The focus of the webinar was that in this era it is important to cultivate innovative and creative thinking in children from a very young age help every child to be in quest of something.</li> <li>• We need to channelize and give creative space and environment to the children.</li> <li>• Innovation is not necessarily finding something new, it is creative use of something that is already known.</li> <li>• We should help children self-realize and identify their motivation, goals and inspirations.</li> <li>• The Most important key for 21st century is to teach children - Life skills, problem solving skill, team building skills, leadership skill by integrating them in the curriculum in the form of activities.</li> <li>• We should help them adapt to any new situation, develop flexible nature and ability to self-learn, and they will be future ready. Creativity and innovation will automatically follow.</li> </ul>