

New Digamber Public School

Training and Workshop

Grade 3 to Grade 5 (2024-25)

In-house Workshop

Workshop 1

Date : June 06, 2024

Day : Wednesday

Venue : 3rd C

Resource Person : Ms. Apeksha Shukla

Topic : Fractions

Duration : 08:00 AM - 8:30 AM

Participation : All Teachers (Grade 3rd - 5th)



The teacher started the lesson with introductory activity. She explained the topic with some teaching aids using number cards, chart paper. She has asked the team member to perform guided activities as per the demand of *NEP.* She has explained the topic through animated videos to make it more colorful and interesting. The lesson was planned as per the NEP guidelines.

New Digamber Public School

Training and Workshop

Grade 3 to Grade 5 (2024-25)

In-house Workshop

Workshop 2

Date	: July 04, 2024
Day	: Thursday
Venue	: 3rd C
Resource Person	: Ms. Geetanjali Bhojwani
Topic	: Reflective Teaching
Duration	: 08:00 AM - 8:30 AM
Participation	: All Teachers (Grade 3rd - 5th)

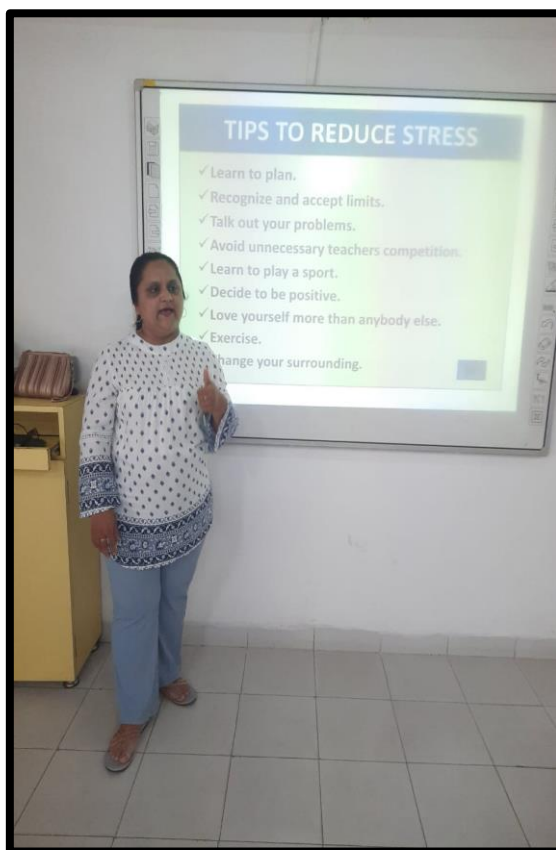


- Reflective teaching is a process whereby teachers reflect on their teaching practices in order to examine the overall effectiveness of their instructive approaches.
- The topic was introduced with the help of the word MOM that changes to WOW when we see its reflection along a line of symmetry.
- Importance and need of reflective teaching was explained with the help of a PPT.
- Some sample questions to ask ourselves after a lesson gets over were discussed.
- The presentation concluded with the help of an activity where the teachers had to write an adjective for themselves and others had to guess.
- The final discussion regarding implementation was very fruitful.

New Digamber Public School

Training and Workshop
Grade 3 to Grade 5 (2024-25)
In-house Workshop
Workshop 3

Date : July 11, 2024
Day : Thursday
Venue : 3rd C
Resource Person : Ms. Sheetal Bhatia
Topic : Stress Management for Teachers
Duration : 08:00 AM - 8:30 AM
Participation : All Teachers (Grade 3rd - 5th)



We all are exposed to various stressful situations throughout our life. As an educator in action, we play many roles at the same time. We are counselors, coaches, nurses, pencil pushers etc. Wearing so many hats can be funny but stressful too. The workshop helped teachers to understand the ways to avoid unnecessary stress and try to alter the situation. It was followed by a stress relieving activity which was thoroughly enjoyed by the teachers.

Grade 3 to Grade 5 (2024-25)

In-house Workshop

Workshop 4

Date : July 18, 2024
Day : Thursday
Venue : 3rd C
Resource Person : Ms. Shweta Tilwani
Topic : Physical Wellbeing for Teachers
Duration : 08:00 AM - 8:30 AM
Participation : All Teachers (Grade 3rd - 5th)



Physical wellness is very important for teachers which includes **physical, mental and emotional health**. **Good health, adequate sleep, and a balanced diet** are main pillars.

Importance and Meaning of Physical Wellbeing was discussed first, followed by a few tips of staying fit.

The workshop was summarized by a small session of **Zumba**.

New Digamber Public School

Training and Workshop

Grade 3 to Grade 5 (2024-25)

In-house Workshop

Workshop 5

Date : August 24, 2024

Day : Thursday

Venue : 3rd C

Resource Person : Ms. Yashaswi Jakar

Topic : SDG 13 - Climate Change

Duration : 08:00 AM - 8:30 AM

Participation : All Teachers (Grade 3rd - 5th)



As greenhouse gas emissions blanket the Earth, they trap the sun's heat. This leads to global warming and climate change. The world is now warming faster than at any point in recorded history. Warmer temperatures over time are changing weather patterns and disrupting the usual balance of nature.

We must reduce pollution, use clean energy, and protect our environment for a better future.

A short activity was done by the Teacher's on how they are taking action towards the environment which starts from their homes.

There was an interactive discussion where teachers spoke on how they are not using polythenes and carrying steel for purchasing dairy products.

New Digamber Public School

Training and Workshop

Grade 3 to Grade 5 (2024-25)

In-house Workshop

Workshop 6

Date	: Aug 01, 2024
Day	: Thursday
Venue	: 3rd C
Resource Person	: Ms. Anita Binoy
Topic	: Parental Involvement
Duration	: 08:00 AM - 8:30 AM
Participation	: All Teachers (Grade 3rd - 5th)



Parental involvement is considered a positive aspect that is directly related to life achievement both, inside and outside the children's classroom. In addition, according to this theory parental effort, being into the academic process of children, causes mental and physical positive attitudes and behaviors.

Types of Parental Involvement-

Parents can get involved by attending PTM, supporting learning at home, by joining the parent-teacher association.

Benefits of Parental involvement- Research has shown the following benefits-

Improved academic performance

Better behavior

Better attendance

Enhance social skill

Increased motivation

Barriers of Parental Involvement-

Common obstacles that prevents parents from involving such as lack of time due to work schedule, language barriers or lack of understanding how to support their child's learning.

Effective Communication strategies-

Teachers can effectively communicate with parents by including clear and respectful languages, offering multiple communication channels (e.g-email, phone calls, what'sapp) and being open to parent feedback.

The teachers enthusiastically participated in it. As this topic is very much of importance for a primary teacher, all were seen connected to it. Each teacher shared their experience. It was a lively workshop.

Teachers benefited a lot from this workshop.

New Digamber Public School
Training and Workshop
Middle School (2024-2025)
In-House Workshop

Date: July 04, 2024
Day: Thursday
Venue: Class 7A
Resource Person: Ms. Geetanjali Tare
Topic: NEP and Science game
Duration: 30 Minutes
Participation: All teachers (VI-VIII)



Multidisciplinary and integrated approach: The NEP 2020 emphasizes a multidisciplinary and integrated approach to science education. This means that science subjects will be taught in the context of real-world problems and applications, rather than as isolated subjects. Focus on practical and experimental learning: The NEP 2020 places a strong emphasis on practical and experimental learning, which can help students to develop hands-on skills and a deeper understanding of scientific concepts. This approach will be supported by the development of state-of-the-art laboratory facilities and equipment. The workshop was very productive and informative.

New Digamber Public School
Training and Workshop
Middle School (2024-2025)
In-House Workshop

Date: July 11, 2024
Day: Thursday
Venue: Class 8A
Resource Person: Ms. Reena Dubey
Topic: Team Building Learning
Duration: 30 Minutes
Participation: All teachers (VI-VIII)



Team building and learning is essential for any organization's growth and success. In the workshop various activities were conducted in groups to show the importance of team spirit which demonstrated the benefits such improved communication, increased collaboration ,better problem solving skills and boosted the morale. The workshop was an influx of knowledge and was very informative.

New Digamber Public School
Training and Workshop
Middle School (2024-2025)
In-House Workshop

Date: July 25, 2024
Day: Thursday
Venue: Class 7A
Resource Person: Ms. Pooja Gupta
Topic: Left Brain / Right Brain
Duration: 30 Minutes
Participation: All teachers (VI-VIII)



The brain contains two hemispheres that each perform a number of roles. The two sides of the brain communicate with one another via the corpus callosum.

The left hemisphere controls the muscles on the right side of the body, while the right hemisphere controls those on the left. Each side of the brain controls different types of thinking.

According to the left-brain, right-brain dominance theory, the right-brain thinkers are best at expressive and creative tasks whereas the left-brain thinkers have strong math and logic skills. In the workshop, teachers understood how they prefer one type of thinking over the other. They also recognised the dominant side of their brain via various optical illusion activities and questionnaire worksheet. They also performed activities to activate the creative side of their brain.

New Digamber Public School
Training and Workshop
Middle School (2024-2025)
In-House Workshop

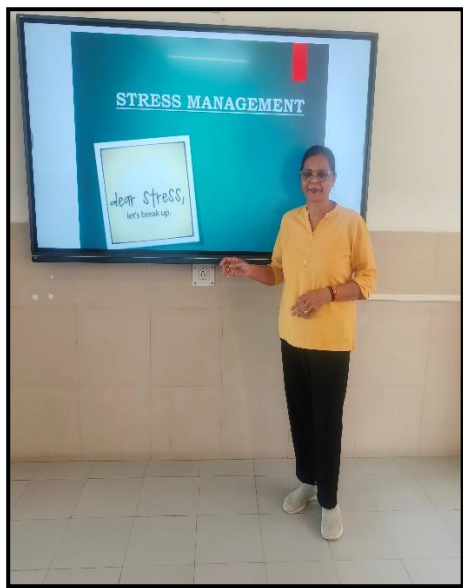
Date: August 21, 2024
Day: Wednesday
Venue: Class 8A
Resource Person: Ms. Shweta Trivedi & Ms. Khushboo Jetwani
Topic: Classroom Management
Duration: 30 Minutes
Participation: All teachers (VI-VIII)



Just concluded an enriching workshop on classroom management, on Wednesday focusing on effective strategies for managing class instructions. Our engaging activities included interactive skits and lively discussions, offering practical solutions for educators. It was inspiring to see the enthusiasm and creativity of the participants, all working towards creating a positive and structured learning environment. Grateful for the opportunity to share and learn together!

New Digamber Public School
Training and Workshop
Middle School (2024-2025)
In-House Workshop

Date: August 8, 2024
Day: Thursday
Venue: Class 8A
Resource Person: Lata Naidu
Topic: Stress Management
Duration: 30 Minutes
Participation : All teachers(VI-VIII)



In this presentation, we will explore what stress is and how it manifests in our bodies and minds. We'll discuss the common sources of stress, the warning signs to look out for, and most importantly, practical strategies to manage and reduce its impact. By understanding stress from a holistic perspective, we can learn not only to cope with it but to transform it into a catalyst for growth and resilience.

Our goal today is to empower you with insights and tools that can help you lead a more balanced and fulfilling life. Whether you're looking for ways to handle daily pressures or seeking long-term strategies to enhance your well-being, this session is designed to provide valuable information and actionable techniques for managing stress effectively.

Let's begin our journey towards a healthier, more mindful way of living.

New Digamber Public School
Training and Workshop
Middle School (2024-2025)
In-House Workshop #9

Date: August 22, 2024
Day: Thursday
Resource Person: Ms. Vandana Suryavanshi
Topic: Bond (Relationship)
Duration: 30 Minutes
Participation: All teachers(VI-VIII)



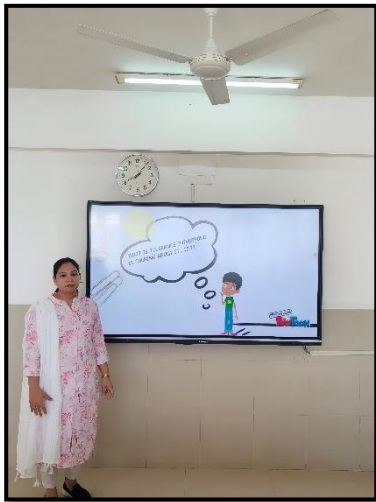
Building strong relationships in schools is not just about communication—it's about trust, respect, and empathy. By fostering meaningful connections with students, colleagues, and parents, teachers can create a positive, supportive, and thriving learning environment. This workshop served as a stepping stone toward a more connected and collaborative educational community with the following objectives:

- To enhance teachers' ability to build strong, positive relationships with students, colleagues, and parents.
- To improve classroom management and student engagement through better relationships.
- To foster a supportive and collaborative school environment.

It started with some activities like 'storytelling circle' which aimed at building empathy and understanding within the group and 'connection bingo' to encourage interaction and discover commonalities. This session highlighted the impact of strong relationships in education. discussion on how positive interactions improves student performance, classroom behavior, and overall job satisfaction was discussed.

**Training and Workshop
Middle School (2024-2025)
In-House Workshop**

Date: August 29, 2024
Day: Thursday
Venue: Class 8A
Resource Person: Ms. Laxmi Giri
Topic: Power of Tolerance
Duration: 30 Minutes
Participation : All teachers(VI-VIII)



The power of tolerance is a vital component of building harmonious relationships, fostering social cohesion, and promoting peace. The workshop explained the importance of the power of tolerance. Due to various games it exhibit the power of tolerance. Here are some key aspects of the power of tolerance that is Open mindedness, Emotional intelligence, Conflict resolution and personal growth. The workshop was very thought provoking.

New Digamber Public School
Training and Workshop
Middle School (2024-2025)
In-House Workshop

Date: September 12, 2024
Day: Thursday
Venue: Class 7A
Resource Person: Ms. Meenakshi Thakur
Topic: The power of Focus
Duration: 30 Minutes
Participation : All teachers(VI-VIII)



Workshop was conducted by Ms.Minakshi Thakur on the topic 'The power of focus'. The presentation focused on the need to remain focused and the strategies for developing focus. The benefits of the power of focus were also covered in the presentation. The workshop was attended by all the teachers and it helped in developing the listening ability as well as provided insights into the need to be focused in life.

New Digamber Public School
Training and Workshop
Middle School (2024-2025)
In-House Workshop

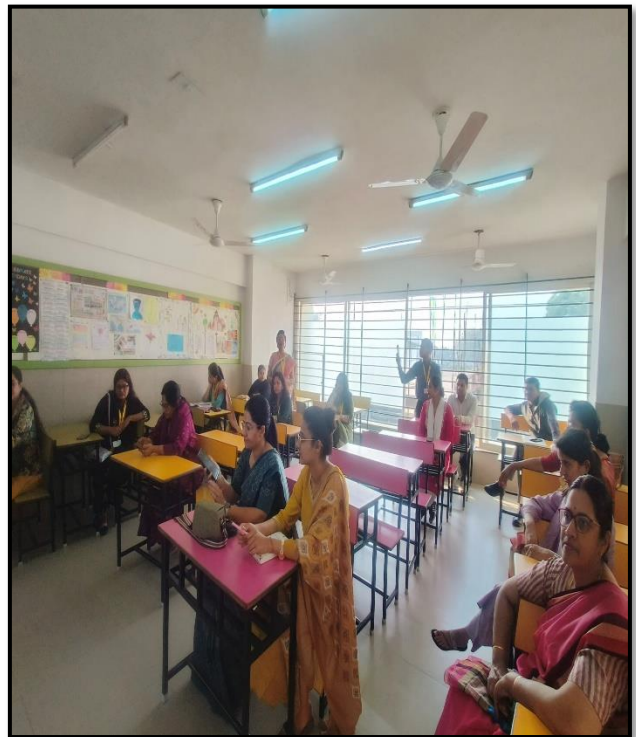
Date: October 24, 2024
Day: Thursday
Venue: Class VIII A
Resource Person: Ms. Christine Anthony
Topic: How to Become Brilliant Teacher?
Duration: 30 Minutes
Participation : All teachers(VI-VIII)



Teaching is an art; with the right techniques, guidance, skills and practice, teachers can masterfully face any situation the classroom could throw at them. The workshop highlighted the points that a teacher should keep in mind to make the class more productive. The workshop was very informative.

New Digamber Public School
Training and Workshop
Middle School (2024-2025)
In-House Workshop

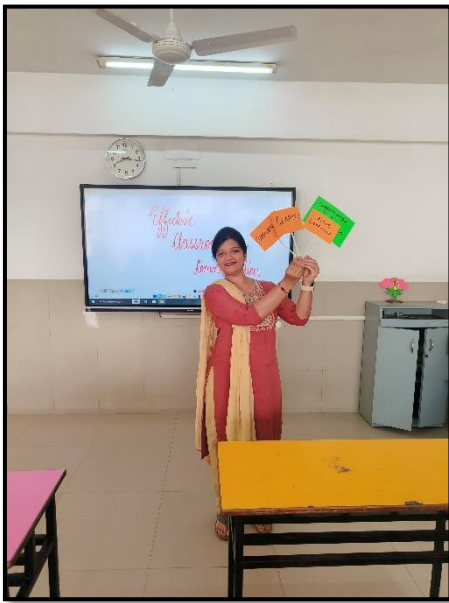
Date: November 14, 2024
Day: Thursday
Venue: Class 8A
Resource Person: Mr. Tushar Panwar
Topic: Time Management
Duration: 30 Minutes
Participation: All teachers (VI-VIII)



Time management is the process of planning and controlling how much time to spend on specific activities. Through PPT the benefits of Time management were shown. The benefits were of many types as Personal Benefits such as Reduced stress, Increased Productivity. Improve work-Life Balance. Along with Professional benefits are Increased Efficiency, Enhanced Reputation, Better Decision Making, Increased Earning Potential. The workshop was very Productive and Informative.

New Digamber Public School
Training and Workshop
Middle School (2024-2025)
In-House Workshop

Date: November 21, 2024
Day: Thursday
Venue: Class 7A
Resource Person: Ms. Pooja Gupte
Topic: Effective Classroom Communication
Duration: 30 Minutes
Participation: All teachers(VI-VIII)



The workshop was on the topic Effective Classroom Communication

Effective classroom communication refers to the process of exchanging information, Ideas and thoughts between teachers, students and peers in a classroom setting. It involves verbal and non-verbal interactions that promote learning, Understanding and positive relationships. The workshop became interesting with mindful activities and informative presentation.

New Digamber Public School
Training and Workshop
Middle School (2024-2025)
In-House Workshop

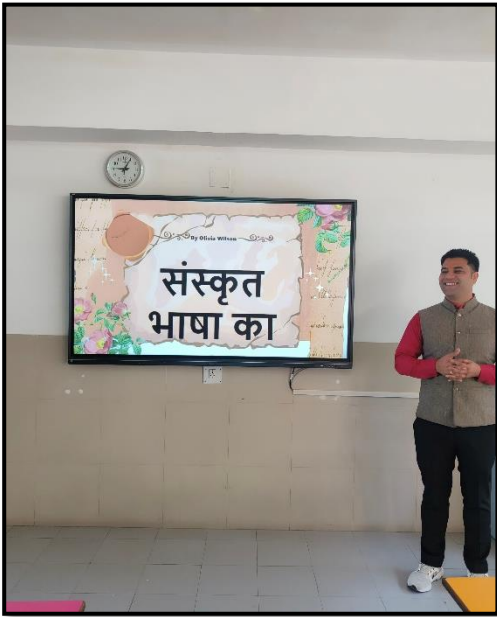
Date: November 28, 2024
Day: Thursday
Venue: T A Ground
Resource Person: Ms. Lata Jani
Topic: Presentation Skills
Duration: 30 Minutes
Participation: All teachers (VI-VIII)



The workshop was about enhancing the Presentation Skills. The presentation skills means ability to effectively convey ideas, or messages to the audience in a clear manner. Then the 4P's of Presentation skill was also explained along with it threw the light on various aspects of Presentation Skills. The workshop was full of activities and games.

New Digamber Public School
Training and Workshop
Middle School (2024-2025)
In-House Workshop

Date: December 19, 2024
Day: Thursday
Venue: 8A
Resource Person: Mr. Yogendra Rawal
Topic: Sanskrit bhasha ka Mahatva
Duration: 30 Minutes
Participation: All teachers (III-VIII)



The workshop was based on the topic Sanskrit bhasha ka Mahatva. Language plays a very important role in conveying the messages, the idea. It builds up a communication and the bond of understanding. The workshop emphasizes the importance of Sanskrit language as it holds a very important role in Indian culture. The workshop was very informative.

New Digamber Public School
Training and Workshop
Middle School (2024-2025)
In-House Workshop

Date: January 09, 2025
Day: Thursday
Venue: 8A
Resource Person: Ms. Urmila Saroj
Topic: “Changing Habits ,Changing Lives”
Duration: 30 Minutes
Participation: All teachers (VI-VIII)



The workshop on the topic Chaging habits changing lives focussed on chaging the habits that will definitely changes ones life. The workshop was full of activities and with the real life examples. The workshop continued with a motivation video.The worshop was very thought provoking.

New Digamber Public School
Training and Workshop
Middle School (2024-2025)
In-House Workshop

Date: January 16, 2025
Day: Thursday
Venue: 8A
Resource Person: Ms. Palak Mehta
Topic: The Imperfection Paradox
Duration: 30 Minutes
Participation: All teachers (VI-VIII)



Workshop Report: The Imperfection Paradox - A Creative Approach Towards Learning and Teaching.

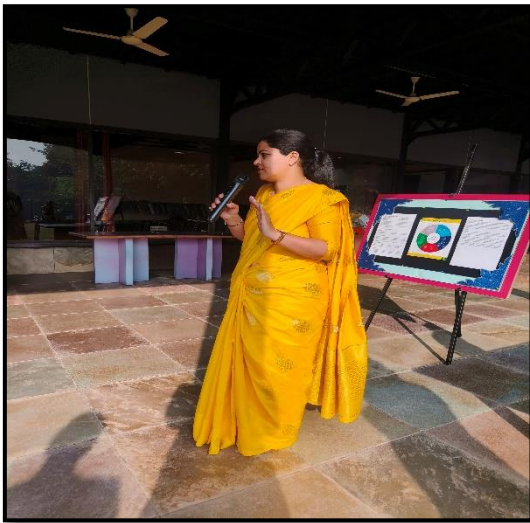
On 16 January 2025 a workshop was conducted for middle school teachers (grades 6-8) on the topic "The Imperfection Paradox - A Creative Approach Towards Learning and Teaching". The workshop aimed to explore the concept of imperfection and its significance in the learning and teaching process.

It aimed to introduce the benefits of embracing imperfection in learning and teaching to make classrooms more innovative, inclusive and inculcating acceptance among young minds. Practical Strategies to be adopted in the classroom for the same were actively shared by the teachers.

The workshop was highly interactive, with participants engaging in discussions and reflective exercises.

New Digamber Public School
Training and Workshop
Middle School (2024-2025)
In-House Workshop

Date: January 23, 2025
Day: Thursday
Venue: TA Ground
Resource Person: Ms. Deepmala Khandelwal
Topic: Wellness at Work
Duration: 30 Minutes
Participation: All teachers (VI-VIII)



Wellness at work refers to the overall well-being of employees in the workplace. It encompasses various aspects of health, including physical, mental, emotional, and financial well-being. **Benefits of Wellness at Work**

Improved Productivity, Reduced Absenteeism, Increased Job Satisfaction employee morale, job satisfaction, and overall well-being, Reduced Healthcare Costs and Improved overall health.

By prioritizing wellness at work, organizations can create a healthy, supportive, and productive work environment that benefits both employees and Organization.

The workshop was very fruitful and interesting. Various games were played during the workshop which was very good and engaging.

New Digamber Public School
Training and Workshop
Middle School (2024-2025)
In-House Workshop

Date: January 30, 2025
Day: Thursday
Venue: 8A
Resource Person: Ms. Bindu Maheshwari
Topic: Brain Fitness
Duration: 30 Minutes
Participation: All teachers (VI-VIII)



Brain fitness refers to the ability of the brain to function at its best, with optimal cognitive abilities such as memory, attention, concentration, processing speed, and problem-solving. Just like physical fitness, brain fitness can be improved and maintained through regular exercise, mental stimulation, and lifestyle changes.

Benefits of Brain Fitness:

- 1.Improved cognitive function*: Enhanced memory, attention, and processing speed.
- 2.Reduced cognitive decline*: Lower risk of age-related cognitive decline and dementia.
- 3.Enhanced creativity*: Improved problem-solving and innovative thinking.
- 4.Better mental health*: Reduced stress, anxiety, and depression.
- 5.Improved overall well-being*: Enhanced quality of life and increased productivity.

Ways to Improve Brain Fitness:

- 1.Engage in mentally stimulating activities such as puzzles, brain teasers, and learning new skills.
2. Regular physical activity improves blood flow to the brain and boosts cognitive function.
3. Maintain social connections and build new relationships to challenge the brain and reduce stress.
4. Prioritize adequate sleep and practice stress-reducing techniques like meditation and yoga.
5. Fuel the brain with a balanced diet rich in omega-3 fatty acids, antioxidants, and other essential nutrients.

Through the power point presentation and the number of activities it was well explained that by incorporating these strategies into daily life, individuals can improve their brain fitness, reduce the risk of cognitive decline, and maintain a healthy, active brain throughout their lives.

New Digamber Public School
Training and Workshop
Middle School (2024-2025)
In-House Workshop

Date: February 13, 2025
Day: Thursday
Venue: 8A
Resource Person: Ms. Kopal Shukla
Topic: Effective Strategies To Combat Negative Thinking
Duration: 30 Minutes
Participation: All teachers (VI-VIII)



On 13th February, Ms. Kopal Shukla conducted an insightful workshop focused on maintaining positivity in a teacher's life and radiating it to students. The session emphasized the crucial role of positivity in fostering a conducive learning environment and creating a healthy classroom atmosphere.

Ms. Shukla highlighted several key principles that can help teachers maintain their positive energy. She stressed the importance of being patient and calm, especially when dealing with challenges in the classroom. Through personal anecdotes and real-life examples, she illustrated how maintaining composure not only helps teachers manage stress but also sets an example for students to emulate.

The workshop also encouraged teachers to stay grounded and introspective. Ms. Shukla explained that knowing what you are doing and staying in the moment are essential for sustaining focus and ensuring that interactions with students remain meaningful. She shared mythological stories to further elaborate on these ideas, drawing parallels between ancient wisdom and modern-day teaching practices.

Overall, the workshop was a profound reminder that a teacher's attitude can significantly influence the learning experience, and by practicing patience, introspection, and mindfulness, teachers can cultivate an environment that radiates positivity to their students.