

STUDENTS' EMPOWERMENT WEBINARS AND WORKSHOPS

SESSION 2021-2022

Topic: World Youth Conference
on Kindness

Date: 2 October 2021

Classes: IX - X

Organiser : UNESCO MGIEP

Learning Outcomes:

Kindness, humanity and peace are the key features required in today's world. The acts of kindness depicted really helped to boost our morale and inspired us to become leaders and follow their path.



The Conference created a greater sense of belonging and improved Self Esteem . I learnt that even small acts of kindness create feelings of self-worth and belonging. By watching the stories and acts of kindness it increased energy and help to learn to appreciate what they have when helping those less fortunate.

Jasnoor Singh
10 A

12:07 PM ✓

STUDENTS' EMPOWERMENT WEBINARS AND WORKSHOPS

SESSION 2021-2022

Topic: COURAGE IN CLASSROOM

Date: 12 October 2021

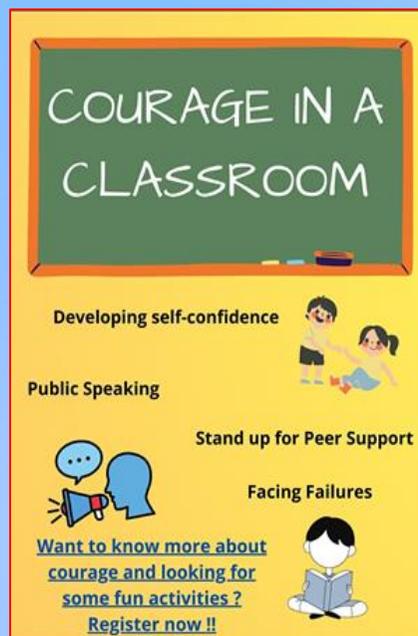
Classes: VI- VII

Organiser & Presenter:

Ms. Aakriti Srivastava

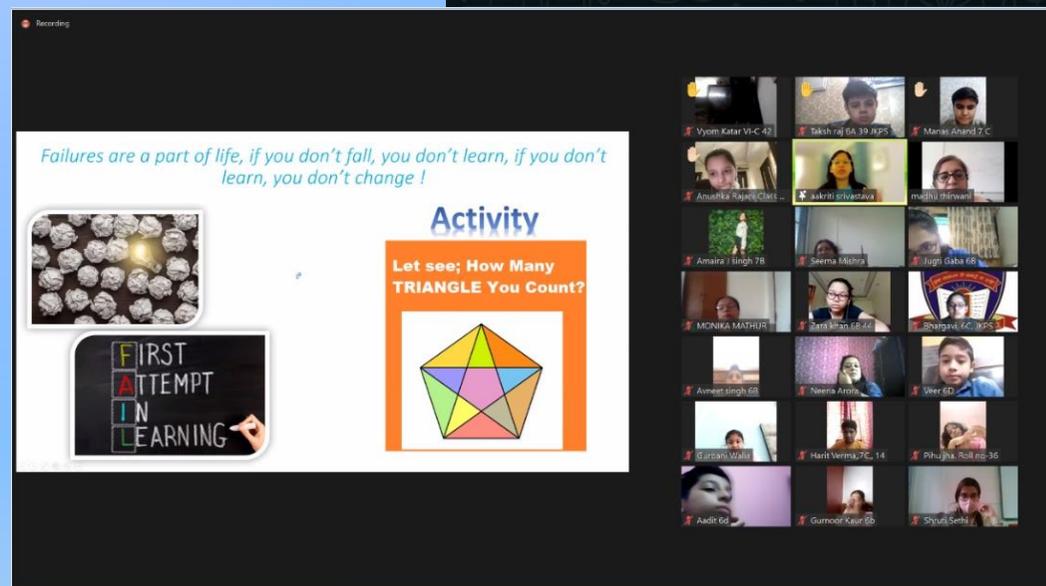
Learning Outcomes:

Students learnt how to accept failures and show courage to try again and be brave in every situation which they face as a student. Various activities which were planned in this workshop-like Touch the Roof, Role Play, Crossword puzzles, Count the Number of Triangles, Trash it- Put all your Fears in the Bin, were very interesting and children participated in these activities with great enthusiasm.



It was a very enjoyable session I got to learn how to deal with different circumstances and this session also helped me to be courageous Aru dixit , Class 6D , Roll no. 4

9:50



STUDENTS' EMPOWERMENT WEBINARS AND WORKSHOPS

SESSION 2021-2022

Topic: COURAGE IN CLASSROOM

Date: 13 October 2021

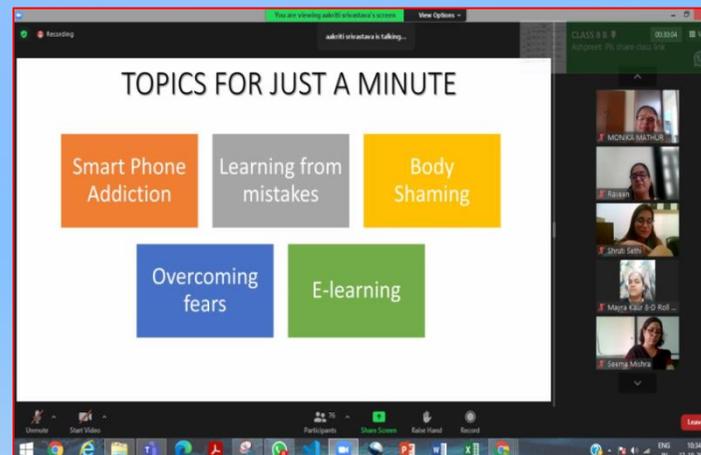
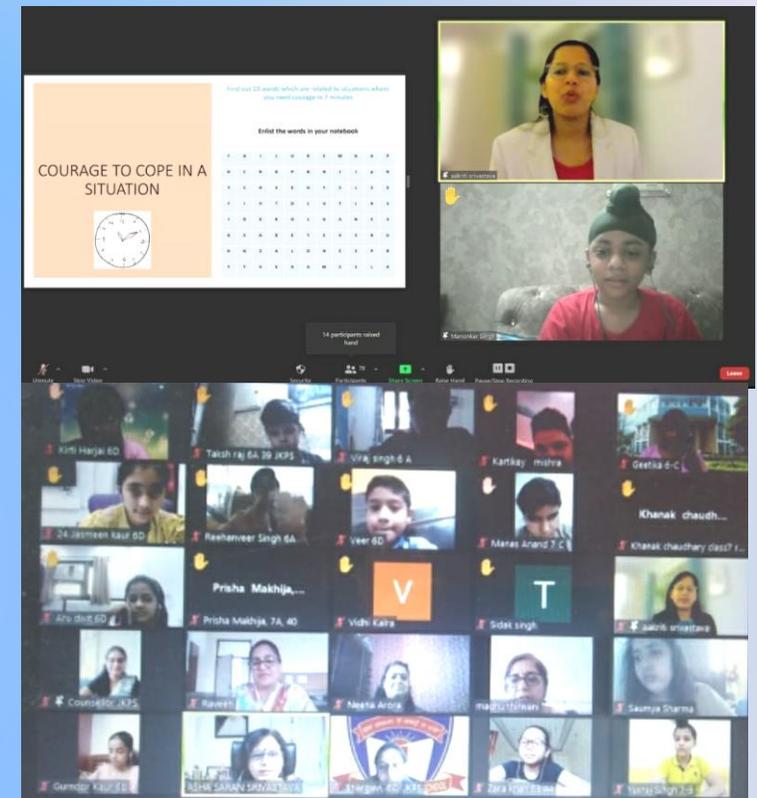
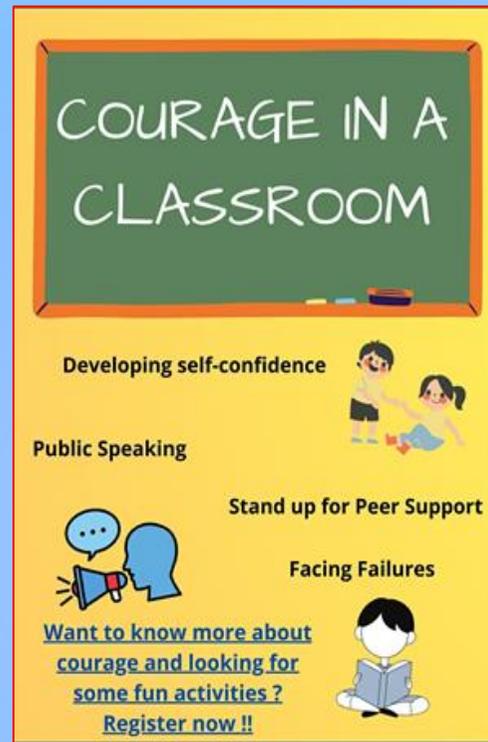
Classes: VIII

Organiser & Presenter:

Ms. Aakriti Srivastava

Learning Outcomes :

Children felt motivated and inspired. They also felt courageous and more confident to talk about various issues. They learnt to face the real-life situations and handle them courageously.



This session made me feel very much motivated & I learned to carry confidence everywhere and feel courageous. The fun games made us understand everything better & I want to attend further sessions with Aakriti mam. This session was very helpful in building confidence and courage. I really liked it.
Regards
Ashmin Kaur Saluja
8-A

12:33 pm

STUDENTS' EMPOWERMENT WEBINARS AND WORKSHOPS

SESSION 2021-2022

Topic: Road Safety Awareness

Date: 6 September 2021

Classes: VI to VIII

Organiser : Delhi Traffic Police

Learning Outcomes:

It was an informative program that created awareness amongst students and teachers about the traffic rules.

Many important key points were discussed, and attendees got aware of the consequences of not following law and order.

Road Safety Awareness Session for
#Jaspal Kaur Public School

Monday, 6 Sep • 12:30 – 1:30 pm

Google Meet joining info

Video call link:

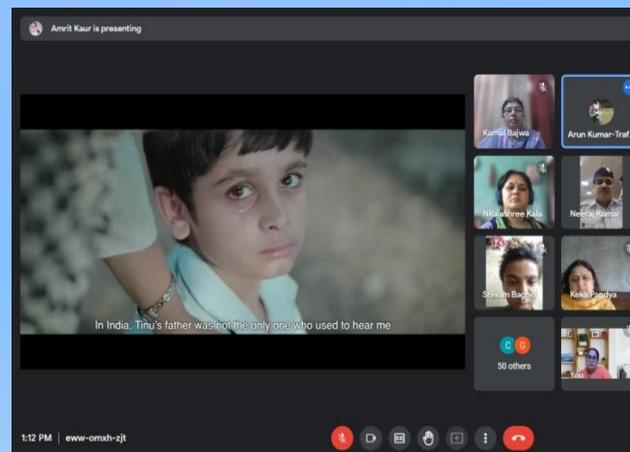
<https://meet.google.com/eww-omxh-zjt>

Or dial: +1 513-816-1211 PIN: 421
072 170#

More phone numbers:

<https://tel.meet/eww-omxh-zjt?pin=7937354720048>

11:09



It is important for students to understand the importance of road safety. A webinar was organized on it and I gained a lot of knowledge. Now I know how to get a driving licence after I turn 18 and where to practice driving.

Avani Kaur
VII B

18:14

STUDENTS' EMPOWERMENT WEBINARS AND WORKSHOPS

SESSION 2021-2022

Topic: Being Cyber Safe

Date: 15 September 2021

Classes: VIII – XII

Organiser & Presenter: Anti- Bullying Committee for Protection of Children From Bullying And Ragging, Mr. Manish Rana , SI Delhi police.

Learning Outcomes :

Our eminent guest speaker addressed the students on how to be vigilant and be highly cautious on social media. A lot of important and insightful tips and tricks were shared with the students. The speaker, Mr. Manish also discussed the various cybercrimes which are prevalent in the present scenario followed by some preventive measures for the same.

Prevention is always better than cure

Team JKPS has organised a Session on **Being CYBER Safe**

For the students of classes VIII to XII

Time: 11:45 AM

Date : Sep 15, 2021

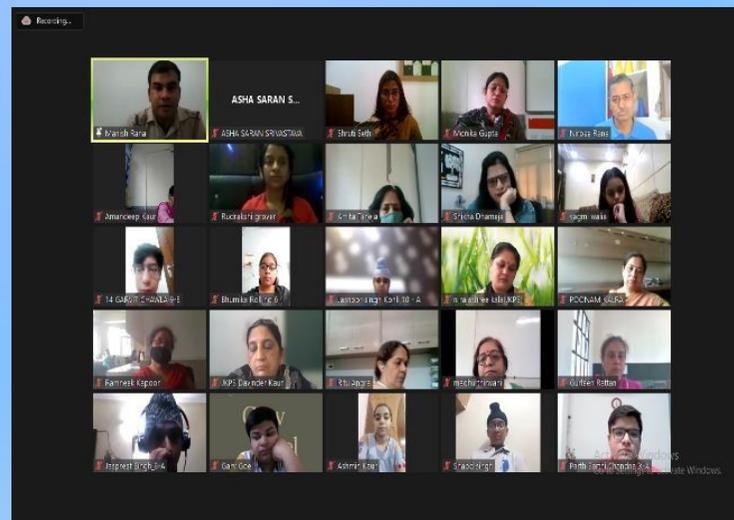
Zoom Meeting Link

[https://us06web.zoom.us/j/81860885251?](https://us06web.zoom.us/j/81860885251?pwd=VGtqRHppMnROY1dKcmR6UVMwQzZlUT09)

[pwd=VGtqRHppMnROY1dKcmR6UVMwQzZlUT09](https://us06web.zoom.us/j/81860885251?pwd=VGtqRHppMnROY1dKcmR6UVMwQzZlUT09)

Meeting ID: 818 6088 5251

Passcode: JKPS



The session was very informative. I got to know very important key points and also discussed those in my family. The session discussion leads to some very important aspects which we tend to forget in our daily lives. It was informative session which not only talked about the prevalent cyber crimes, but also discussed ways to get out of it. Thank you for arranging such session

09:57

STUDENTS' EMPOWERMENT WEBINARS AND WORKSHOPS

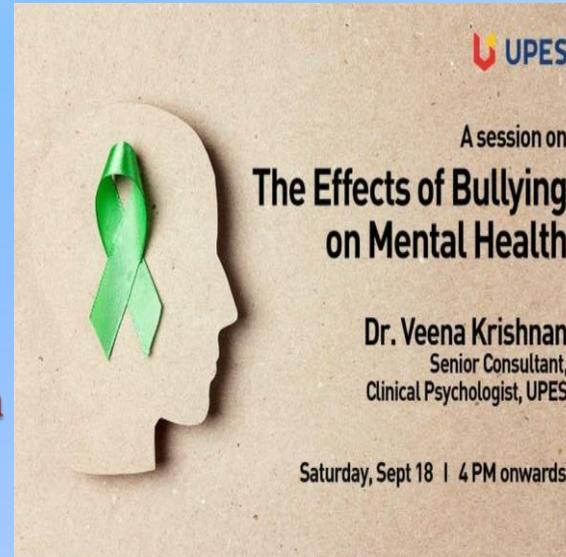
SESSION 2021-2022

Topic: Effects of Bullying on Mental Health

Date: 18 September 2021

Classes: IX to XII

Organiser & Presenter: UPES, Dr Veena Krishnan



Zoom
REC
Leave

Bullying can make you feel:

- Depression
- Anxiety
- Isolation
- Withdrawn
- Suicidal
- Humiliated
- Low
- Upset
- Angry
- Frustrated
- Blame themselves
- Hate themselves

The impact of bullying:

- Self-harm and depression
- Suicidal thoughts/attempts of suicide
- Withdraw socially and isolation
- Avoid going online/social media
- Feel anxious about going to school or work
- Feel angry and aggressive
- May feel a need to bully others
- Develop an eating disorder
- Turn to drinking or taking drugs
- No self-esteem, self-worth or confidence

Learning Outcomes :

The workshop focused on the effects of bullying on the mental health of an individual. The speaker talked about the consequences, impacts and symptoms of bullying. The organizers also informed about possible interventions and solutions we should provide as care-givers. In addition to this we also discussed 'who' are at the risk of getting bullied and how we can provide aid.



The session was very informative. I got to know very important key points and also discussed those in my family.

The session discussion leads to some very important aspects which we tend to forget in our daily lives. It was informative session which not only talked about the prevalent cyber crimes, but also discussed ways to get out of it

Thank you for arranging such session

09:57

STUDENTS' EMPOWERMENT WEBINAR AND WORKSHOP

SESSION 2021-2022

Topic: Memory Power

Date: 25 July 2021

Classes: V-XII

Organiser & Presenter: Times NIE in collaboration with Sudhir and Smriti Foundation

Learning Outcomes: The webinar helped the young Jaspalians learn **the top five secrets of enhancing Memory Power**. It also focused on providing effective solutions to concentration and focus problems, lack of interest in studies, exam phobia, negative thinking, anger issues, anxiety, and depression. Students also learnt various hands-on and practical techniques that can boost their short-term and long-term memory and thus, help in their studies and daily life.



STUDENTS' EMPOWERMENT WEBINARS AND WORKSHOPS

SESSION 2021-2022

Topic: Stay Strong Saturdays- Looking on the Brighter Side

Date: 22 May 2021

Classes: IV- XII

Organiser & Presenter:

Macmillan Education and Fortis Health care

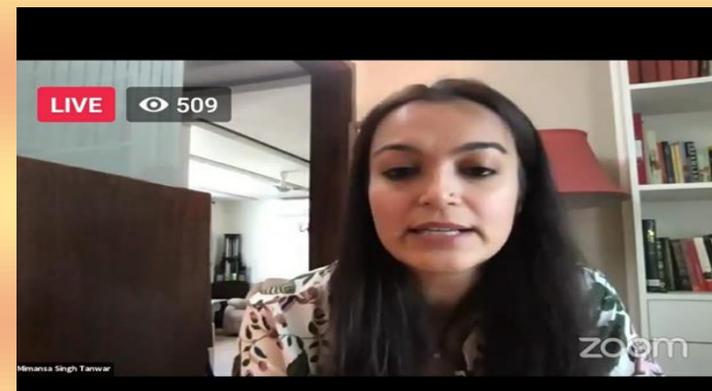
Ms. Mimansa Singh Tanwar

Learning Outcomes:

The webinar was power packed with insightful tricks and tips on how to stay positive during these unprecedented times. Students learnt the importance of resilience and learning to manage challenges during difficult times. The webinar focused on motivating children to practice mindfulness activities and helping each other to cope up during these difficult times.



The poster is for a webinar titled "STAY STRONG SATURDAYS" and "Inviting Students for a session on 'Looking on the Brighter Side'". It is organized by Macmillan Education and Fortis. The session is on Saturday, May 22, 2021, from 3:00 pm to 4:00 pm (IST). The presenter is Mimansa Singh Tanwar, a Clinical Psychologist and Head of Fortis School Mental Health Program. The poster includes a Facebook icon and buttons for "MOBILE" and "COMPUTER" to join the session. Social media handles @macmillaneducationindia and @FortisSchoolMentalHealthProgram are also listed.



STUDENTS' EMPOWERMENT WEBINARS AND WORKSHOPS

SESSION 2021-2022

Topic: How to Up skill you self during this pandemic?

Date: 11 June 2021

Classes: XI - XII

Organiser & Presenter:

Times group

Mr. Parikshit Dhanda & Mr. Sudhir

Learning Outcomes:

The webinar enlightened students with the roadmap for the future ahead. It acquainted our learners with the importance of soft skills, communication building and with an in depth knowledge on, 'How to choose the right career path'. It also shed light on the plethora of new career fields available.



STUDENTS' EMPOWERMENT WEBINARS AND WORKSHOPS

SESSION 2021-2022

Topic: Vedic Maths Tricks and Tips

Date: 20 April 2021

Classes: VI- IX

Organiser & Presenter:

Ms. Vidhi Mangla from PRATHAM

Learning Outcomes:

The workshop sought to apprise students of tricks that they could employ to make their calculations faster and accurate—whether it be finding the cube roots of big numbers, multiplication of a number with several Nines, or two-digit multiplication.

PRATHAM
TEST PREP invites you

VEDIC MATHS TIPS AND TRICKS
for
6th, 7th, 8th and 9th Class Students and Parents

Key Points for the Session

- ✔ This will enable students to do faster calculation as compared to the usual method.
- ✔ It will help in promoting mental calculation.
- ✔ It gives students a better understanding of mathematics.
- ✔ Vedic math improves the spiritual side of the child's personality.
- ✔ Increase creativity and confidence.

Live on ZOOM

Hosted by
VIDHI MANGLA
MENTOR AT PRATHAM TEST PREP

20 APRIL 2021 (TUESDAY) 6.00pm - 7.00pm

99999 75392 WWW.PRATHAMONLINE.COM



STUDENTS' EMPOWERMENT WEBINARS AND WORKSHOPS

SESSION 2021-2022

Topic: Excel in Exams with Super memory- NIE

Date: 1 May 2021

Classes: IV- IX

Organiser & Presenter:

Mr. Amrut Jhadav, India's leading memory expert

Learning Outcomes:

Students gained a lot of tips and tricks on how to manage exam stress, and how to develop super memory to strive in the right direction.

Hello Parents,
Free Webinar!!!!
✔ Does your child get easily distracted by TV/Mobile ?
✔ Does your child lack focus in studies ?
✔ Does your child forget during the exam ?

You are invited to join **Free Webinar On Excel in Exams With Super Memory With India's leading Memory Expert, Mr. Amrut Jadhav** where he would share the secrets of developing Super Memory.

Date: 1st May 2021 (Saturday)
Time: 5pm to 7pm.
CLICK ON BELOW LINK TO JOIN MEETING

Registration not required
<https://bit.ly/3ajWOdy>

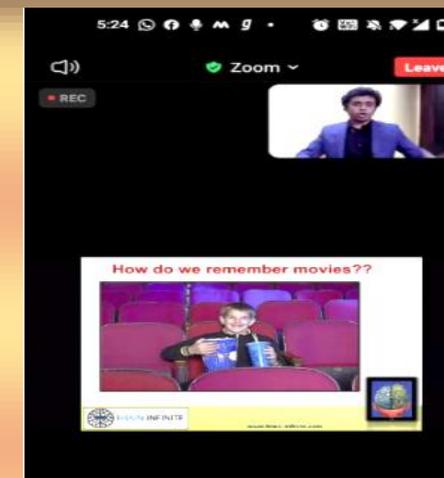
Meeting ID: 886 0029 5673
Passcode: 12345

Kindly join 15 mins before the webinar starts

Note: Parents Attendance along with the student is compulsory

Contact Details :
Brain-infinite
8369921373
8369842382

Regards,
Times NIE.



STUDENTS' EMPOWERMENT WEBINARS AND WORKSHOPS

SESSION 2021-2022

Topic: Healing Through Breath

Date: 1-10 May 2021

Classes: IV- XII

Organiser & Presenter:

Gurudev Sri Sri Ravi Shankar and an eminent speaker and faculty at **The Art of Living, Guru Dinesh Ghodke**.

Learning Outcomes:

Students learnt the art of breathing right and the importance of breathing exercises that optimize the body's oxygen capacity, which thereby helps in relaxing the body and mind in these overwhelming times.



STUDENTS' EMPOWERMENT WEBINARS AND WORKSHOPS

SESSION 2021-2022

Topic: Health and Wellness Series:

Care, compassion & Communication, CBSE

Date: 12 May 2021

Classes: IV- XII

Organiser & Presenter:

Mr. Manoj Ahuja, Chairman, CBSE,

Ms. Rama Sharma, Head Media & Public Relations,

Dr. Jitenra Pal, Dr. Vandana Mishra. Dr, Sudha Acharya and Dr. Gagandeep Gulati

Learning Outcomes:

Students learnt insightful strategies on ways to cope up with the unprecedented challenges in the existing times and the importance of cultivating virtues like hope, optimism, and a positive attitude, thereby being the first aider to the psycho-social needs of everyone at large.

The poster is for the 'CBSE Health & Wellness Series' and is titled 'FIRST LIVE WEBINAR' on Facebook. The main topic is 'CARE, COMPASSION & COMMUNICATION' with the tagline '...way forward to stress free living'. The event is scheduled for Wednesday, 12 May 2021, from 4:00 pm to 5:30 pm. The poster features six speakers in circular frames with their names and titles below them:

- Ms. RAMA SHARMA: HEAD MEDIA & PUBLIC RELATIONS, CBSE MEMBER WORKING COMMITTEE, MANDARPAN (FACILITATOR)
- SHRI MANOJ AHUJA, IAS: CHAIRMAN, CBSE (KEYNOTE ADDRESS)
- Dr. JITENDRA NAGPAL: SENIOR CONSULTANT PSYCHIATRIST, MEMBER WORKING COMMITTEE, MANDARPAN (MODERATOR)
- Dr. VANDANA MISHRA: SCHOOL COUNSELLOR
- Dr. SUDHA ACHARYA: PRESIDENT, SANKALP SARODAYA, MEMBER WORKING COMMITTEE, MANDARPAN
- Dr. GAGANDEEP KAUR GULATI: PARENT REPRESENTATIVE

