

Sl.No	Name of the Training Programme	Date of the Programme	Class taken by	Duration
1	Product orientation programme	19/05/'23	Mrs.S Radha	3 hrs
2	Teachers are catalyts of change	22/05/'23	Mrs:Shibi Anand	4 hrs
3	Promoting mental well-being resilience in the classroom	24/06/'23	Rev.Fr.Jaison Kurian	4hrs
4	Cyber safety and security	24/11/'23	COE	1 hr 30min
5	Stress management for teachers	04/02/'24	Pro.Sasikala Wanjari CBSE	2hrs
6	Joyful learning	28/01/'23	Mrs.Riya Manohar	3hrs
7	Happy classroom	02/12/'23	Mr George Joseph Puthen purackal	6hrs
8	Capacity building programme	13/01/'24	Dr.B Ravindran Nair Mrs.Smitha Nediaparambath	9hrs
9	Activities SQAIFS	11/11/'23	Mrs.PriyaMurali	2hrs
10	Neuroscience in education	14/01/'23	Mr.Saju Aravind	2hrs
11	Making of holistic progress card	25/11/'23	Dr.Swaroop Dutta	2hrs
12	National credit framework	30/12/'23	Dr.Swaroop Dutta	2hrs30min

13	Mastering exam life cycle	24/02/24	Mrs.Shalini shenoy M	2hrs
14	Pivotal changes by CBSE	17/02/23	Mrs .Himani Bakshi	2hrs
15				

**STELLA
MARIS E M
SCHOOL,**

VALANJAVATTOM

TRAINING DETAILS – 2023 –'23

TEACHER'S NAME:Seema V R

TGT/PRT :PRT

SUB :Mathematics