

# STELLA MARIS ENGLISH MEDIUM SCHOOL

VALANJAVATTOM

TRAINING DETAILS -2023-24

TEACHER'S NAME: SUMITHRA DEVI T

TGT/PRT : PRT

SUB : MALAYALAM

SL No	Name of the Training Programme	Date of the Programme	Class taken by	Duration
1	Product orientation programme (offline)	19/05/23	Ms. S. Radha	3hrs
2	Orientation for teachers (offline)	22-05-23	Ms. Shibi Anand	5hrs
3	Promoting Mental Well-being and Resilience in the classroom	24-06-23	Rev. Fr. Jaison Kurian	3hrs
4	Teacher's Self Evaluation SQAAF-3	26-08-23	Ms. Priya Murali	2hrs
5	Teacher's Challenges vs Mental Wellness	09-09-23	Dr. Benny Padavan Varghese	2hrs
6	Mindful Teaching for Generation z	27-09-23	Ms. Anu Suraj	2hrs
7	Success Mantras for Primary teacher's	28-10-23	Ms. Anjali Nair	2hrs
8	Decoding National Curriculum Frame Work	04-11-23	Dr. Swarup Dutta	2hrs
9	Co- Scholastic Activities- SQAAF-5	11-11-23	Ms. Priya Murali	2hrs

10	Holistic Progress Card	25-11-23	Dr. Swarup Dutta	2hrs
11	Happy Classroom (Ratna Sagar Team)	02-12-23	Mr. George Joseph	6hrs
12	Counselling – Techniques	05-12-23	Mr. Athul Anupam Abraham	1.30hrs
13	Cyber Safety and Security	07-12-23	Mr. Abhishek	1.30hrs
14	Crafting Creative Activities for Early Years	0-12-23	Ms. Rajani Harigopal	2hrs
15	Capacity Building Programme on NEP 2020	13-01-24	Dr. B Ravindran Nair & Mrs. Smitha Nadiya Parambath	9hrs
16	Webinar on stress management for teacher's	04-02-24	Prof. Sasikala Wanjari Prof. Abha Sharma Dr. Taruna Yadhav	1.30hrs
17	Pivotal changes by CBSE for 2024-25	17-02-24	Ms. Himani Bakshi	2hrs
18	Mastering Exam Life Cycle	24-02-24	Dr. Swarup Datta	2hrs