Nrityanjali Education Services - Open Forum for Principals held the Annual OFP Meet on 18th January 2013 which was hosted by HVB Academy, Marine Lines, Mumbai.

The Chairperson of OFP, Dr. Tushar Guha in his Key Note address emphasised the need to inculcate Sensitivity in students particularly for the Boy Child at a very early age (KG to Std 4th) and then to Jr. College level, through curriculum activities of schools.

The thought of Dr. Guha received unanimous acknowledgement among the 60 principals present. It was further felt that Nrityanjali and OFP should take the issue forward and suggest various activities which can be easily implemented at school level.

In view of the above, Two Days National Conference on Education & Social Sensitivity (NCESS) was held on Friday 22nd & Saturday 23rd March 2013 at Ground floor, Centre 1, World Trade Centre, Cuffe Parade, Mumbai.

The Agenda of the Conference:

1. The Need for Social Sensitivity to be an Integral part of Education
2. To share the various and different methodologies practiced in different schools.
   - Principals of different schools were invited to share the activities practiced in the respective schools
3. Such activities were recorded by the Panelists and Open Discussion was held.
4. A Draft of such activities that can blend with the school curriculum has been prepared
5. The Draft to be forwarded to the HRD Ministry, Government of India and State Governments and the Education Boards in the country

NCESS COMMITTEE

Patrons: Mr. Mahendra Kabra, Mr. Jiten Modi, Dr. (Mrs.) Grace Pinto, Dr. K B Kushal, Mr. Naimur Rehman, Mr. Rohan Bhat, Mr. Naresh Pukale
Chairperson: Dr. Tushar Guha
Co-Chairperson: Mr. Paul Machado - Principal, Campion School
Chief Convenor: Mrs. Rekha Vijayakar - Director, Guru Harkrishan School, Santacruz
Convenors: Dr. Anonna Guha, Mr. Girish Dalvi, Principal Dr. Suresh Nair
Co-Convenors: Principals Mrs. Latha Venkat, Mrs. Reshma Hegde, Mrs. Deepa Desai
NCESS Education Cell: Dr. Tushar Guha, Mrs. Rekha Vijayakar, Mrs. Revathi Srinivasan, Mrs. Deepa Desai, Mrs. Latha Venkat, Dr. Mrs Anonna Guha
Chief Co-ordinator NES - OFP: Mr. Rohan Bhat
Co-ordinators OFP:
   - Principals Dr. (Mrs) C R Pathak, Mrs. Rekha Shahani, Mrs. Seema Sabhlok, Mrs. Vanita Mansukhani, Rev. Fr. Baptist Pinto, Mrs. Laitha Hariharan, Mrs. Jyoti Gurnani, Mr. Joseph D'Souza, Ms. Taranum Ahmed
Fri Friday 22nd March 2013

Inaugural Programme

Master of Ceremony - Dr. Anonna Guha, Mrs. Deepa Desai

09.30 Hrs. Registration & Tea

09.45 Hrs. Lighting of Lamp

09.55 Hrs. Welcome Address - Mr. Paul Machado
- Principal, Campion School (ICSE), Co-operage, Mumbai

10.05 Hrs. Key Note Address - Dr. Tushar Guha
- Founder Chairperson NES-OFP & NCESS

10.20 Hrs. Introduction of Guests - Mrs. Rekha Vijayakar
- Director, Guru Harkishan School (SSC), Santacruz, Mumbai

10.30 Hrs. Address : Mr. Naimur Rehman
- C.O.O.Affiliated Network for Social Accountability (ANSA )
  South Asian Region & Global Partnership Fund, New Delhi
- Dr. K.B. Kushal
  Regional Director ( Maharashtra & Gujarat ) DAV Group of Schools
- Mr. Rohan Bhat
  Chairman,Children’s Academy Group of Schools (SSC & ICSE), Mumbai
- Dr. (Mrs.) Grace Pinto
  MD, Ryan Group of Schools (SSC, CBSE & ICSE), India
- Mr. Naresh Pukale
  Managing Trustee, Nrityanjali
- Mrs. Shaina N C
  Chief Guest

11.20 Hrs. Vote of Thanks : Mrs. Rekha Shahani
- Principal, Kamla High School (SSC), Khar, Mumbai

11.25 Hrs Tea Break
Friday 22nd March 2013

11.45 Hrs. - Introduction of Panelist - Mrs. Deepa Desai
- Principal, Mahapragya Public School (CBSE), Kalbadevi, Mumbai

**Mrs. Rekha Vijayakar**
- Principal, Guru Harkrishan School (SSC), Santacruz, Mumbai

**Mr. Paul Machado** - Principal, Campion School (ICSE), Cooperage, Mumbai

**Mrs. Varsha Hooja** - CEO, ADAPT, Mumbai

Session I

11.55 Hrs. Introduction of Mrs. Revathi Srinivasan
by **Mrs. Seema Sabhlok** - Principal, S M Shetty School (SSC), Powai Mumbai

Paper Presentation - **Mrs. Revathi Srinivasan** - Director & Principal,
Smt.Sulochanadevi Singhania School (ICSE), Thane, Maharashtra

12.25 Hrs. Introduction of Mrs. Vrinda Malse
by **Dr. Suresh Nair** - Principal, Vivek Vidyalaya (SSC), Goregaon, Mumbai

Paper Presentation - **Mrs. Vrinda Malse**
- Principal, Sanjivani School (CBSE), Kharghar, Navi Mumbai

12.45 Hrs. Introduction of **Mrs. Geeta Sikdar**
by **Mrs. Latha Venkat** - Principal, Sarvodaya Balika Vidyalaya, Hindi Medium - (SSC), Malad, Mumbai

Summing Up By **Mrs. Geeta Sikdar**
- Head Mistress, Nav Rachna Pre - Primary Group of Schools (ICSE), Baroda

13.10 Hrs. Lunch

Session II

14.00 Hrs. Introduction of - Dr. (Mrs.) C R Pathak
by **Mr. Prakash Nair** - Principal, Shriram Vidyalaya (SSC), Airoli, Navi Mumbai

Paper Presentation - **Dr. (Mrs.) C R Pathak**
- CEO & Principal, HVB Academy (ICSE & IB), Marine Drive, Mumbai

14.25 Hrs. Introduction of Mrs. Saba Patel
by **Mrs. Uma Mahesh** - HM, Little Angel Primary School (SSC), Sion, Mumbai

Paper Presentation - **Mrs. Saba Patel**
- Principal, Anjuman Islam School (SSC), Bandra, Mumbai

14.50 Hrs. Introduction of **Mr. Jayabroto Chatterjee**
by **Mrs. Taranum Ahmed** - Principal, Elia Sarawat School (SSC), Malad, Mumbai

Summing Up By **Mr. Jayabroto Chatterjee**
- Governing Council Member, ADAPT, Kolkata

15.15 Hrs. Tea Break

15.30 Hrs. Open Panel Discussion

16.30 Hrs. Vote of Thanks - **Mrs. Rekha Shahani**
- Principal, Kamla High School (SSC), Khar, Mumbai

16.35 Hrs. National Anthem

END
Nrityanjali Education Services & the Open Forum for Principals
held National Conference on “Education & Social Sensitivity”
on Friday 22nd & Saturday 23rd March 2013
at World Trade Centre, Cuffe Parade, Mumbai

Saturday 23rd March 2013

09.00 Hrs.  Tea
09.45 Hrs.  Lamp Lighting
10.00 Hrs.  Review Day One - Mrs. Vanita Mansukhani
            - Principal, Scholar School (ICSE), Colaba, Mumbai

10.15 Hrs.  Introduction of Mr. Jiten Mody
            by Mrs. Reshma Hegde
            - Principal, Kapol International (ICSE), Kandivali, Mumbai

            Address by - Mr. Jiten Mody
            - Chairman, Kapol Education Foundation, Mumbai

10.45 Hrs.  Introduction of Panelist
            by Dr. Anonna Guha - Jt. MD, Nrityanjali Group

            Dr. Tushar Guha
            - Chairperson, NES-OFP & NCESS

            Mrs. Rekha Vijayakar
            - Director, Guru Harkrishan School (SSC), Santacruz, Mumbai

            Mrs. Revathi Srinivasan
            - Director & Principal, Smt. Sulochanadevi Singhania School (ICSE), Thane, Maharashtra
Saturday 23rd March 2013

Session III
11.00 Hrs. Introduction of Mrs. Seema Buch
by Mrs. Manisha Mallya
- Principal, K.G. Seksaria Eng. School (SSC), Malad, Mumbai
Paper Presentation - Mrs. Seema Buch
- Principal, Gundecha Academy (ICSE), Kandivali, Mumbai

11.30 Hrs. Tea Break

11.45 Hrs. Introduction of Dr. Astrid Lobo Gajiwala
by Fr. Baptist Pinto - Principal, St. Mary’s School (SSC), Mazgaon, Mumbai
Paper Presentation - Dr. Gajiwala Astrid Lobo
- Consultant, Commission for Women, Catholic Church in India

12.15 Hrs. Introduction of Dr. Mrs. Jayashree Inbaraj
by Mrs. Purnima Contractor
- Principal, Greens Pre-Primary School, Juhu, Mumbai
Summing Up Interaction Dr. Mrs. Jayashree Inbaraj
- Professor, Kapila Khandwala College of Education, Juhu, Mumbai

12.45 Hrs. Lunch

Session IV
13.45 Hrs. Introduction of Mrs. Sheela Mallya
by Mrs. Pauline Temasfieldt - Principal, Surajba Vidya Mandir (SSC), Malad, Mumbai
Paper Presentation - Mrs. Sheela Mallya
- Principal, Children’s Academy (ICSE), Ashok Nagar, Kandivali, Mumbai

14.15 Hrs. Introduction of Dr. Ashu Goyal
by Mrs. Nafisa Bhinderwala
- Principal, Children’s Academy (ICSE), Asha Nagar, Kandivali, Mumbai
Paper Presentation - Dr. Ashu Goyal - Industrialist & Educationist, Lucknow

14.45 Hrs. Introduction of Dr. (Mrs.) Madhura Phadke
by Mrs. Chandra Wilson
- Head Mistress, Model English School, Dombivali, Maharashtra
Summing Up Interaction by Dr. (Mrs.) Madhura Phadke
- Principal, Pawar Public School, Bhandup

15.15 Hrs. Tea Break

15.30 Hrs. Open Panel Discussion

16.30 Hrs. Vote of Thanks - Mrs. Rekha Shahani
- Principal, Kamla High School (SSC), Khar, Mumbai

16.35 Hrs. National Anthem

END
NCESS 2013

Nrityanjali Education Services & the Open Forum for Principals
held National Conference on “Education & Social Sensitivity”
on Friday 22nd & Saturday 23rd March 2013
at World Trade Centre, Cuffe Parade, Mumbai

Friday 22nd March 2013

Key Note Address - Dr. Tushar Guha - Founder Chairperson NES-OFP & NCESS

Good Morning distinguished guests, the patrons, the enthusiastic members of the NCESS Committee and the passionate educationists from across the country - my humble tribute to you all, for sharing a common thought, common belief and coming together to create an awakening in the society through the main stream of education.

I call this gathering a Sensitive Conference where we will be involved in deliberation of a sensitive issue “the Social Sensitivity through Education.” We are all learned, literate and educated. Learned means acquiring knowledge. Being Literate is the ability to read, write and understand. And Education means adaptability to change and Awakening of the conscience.

This conference is precisely aimed at the Awakening of the Conscience and how we can go about it through our Educational Institutions.

Exactly twenty years ago in the month of March 1993, Nrityanjali - the institution of performing arts, education, personality development & management services had organised seven days conference on fine arts, education & personality development called CONFEP93 at Ravindra Natya Mandir, Mumbai. Mr. Nana Chudasama, along with Shri Suresh Prabhu and late Mrs. Kumud Bansal had inaugurated the conference.

Nrityanjali ushered the beginning of change in thought and approach of Education. Suggested continuous behavioural training for students & teachers and workshops for parents. The outcome of CONFEP93 saw introduction of Value education as an experiment and through the world bank aided District Primary Education Project (DPEP), Life skill programmes were introduced across the country. Personality Development was introduced as a compulsory subject since 2006 in Maharashtra. Nrityanjali Education Services continued its relentless service.

In 2006 Nrityanjali Education Service organised a conclave on Multi Dimensional Approach to Education and in 2007 set up the Open Forum for Principals. Times Foundation, also began to be associated with all Nrityanjali educational activities.

The OFP which is a free forum for principals under the aegis of Nrityanjali Education Service, serves as a platform for exchange of thoughts by Principals. The Principals meet regularly and as Mr. Paul Machado mentioned, this conference NCESS is also the brain child of OFP.

We are addressing the issue of Social Sensitivity, as Education is incomplete otherwise. The issue is an integral part of education - it is not a reactive approach because of the atrocities being committed on humankind. Infact, even at CONFEP 93, the issue was referred. This issue has not been neglected but may be, had to be addressed keeping in mind the changing times.

The issue of atrocities can be addressed at two levels - Immediate and long term. The Immediate issue is being handled by the law enforcing authorities - Prevention, Protection and Action. It is being done through awareness programmes in colleges and other places,

But as I said most of these approaches are preventive. We need to address the source, the cause and address the psyche. I feel, we from the educational fraternity have a crucial role to play for the Long Term Approach.

It can be done at two levels - Students and Parents.

For students, Operant Conditioning or Instrumental Conditioning like Life Skill or Activity Programmes should start from Jr. KG to Std XII - Sensitivity can be imbibed easily at an early age. Moreover, considering the present scenario, all children go to school in their early years. School drop outs begin at a later stage. It is important to catch them young. The specific need in this area is the addressing the Boy Child Education. The Boy Child Education has to be taken further and not be limited to Adolescence or Sex Education.

Effective Parenting Workshops with emphasis on Sensitivity, Empathy and Social Responsibility should be targeted as Sensitivity begins at home.
Also at Junior College level, students should be exposed to Life Skill programmes or activities (Interactive Workshops NOT Lectures) that would have an impact in their attitude towards respect for women in particular. But a significant factor that needs to be remembered is the Art of Grooming the Trainers for such activities - Openness of attitude, Non - Inhibition and Prompt Positive Reaction Capability are the three pre-requisites for trainers of such programmes.

Our aim is to evolve Best Practices that can be practiced in schools to imbibe Social Sensitivity. We will prepare a broad based proposal of number of activities that can help imbibe social sensitivity in children. This proposal which will be documented will be based on the inputs from various speakers, moderators, members of the panels, observers and delegates. As the chairperson of this conference, I would like to provide you all with the procedures we will follow at the conference.

We have invited eminent speakers who will share their practices or their thoughts which can be converted into practice. We have four sessions. After every session, we have moderators, who will sum-up the presentations and add their inputs. At the end of the first day, we will have Open House Discussion which will be conducted by the eminent members of the panel. Any delegate can share their thoughts and also discuss on the practices suggested. The panelists will then summarise the entire day’s proceedings.

On the second day, a recap of day one will be followed by presentation and sum-up by moderators. The eminent panel members will conduct the open house discussion and will finally summarise the proceedings of the two days deliberations.

A Document of the deliberation of such various activities that can blend with the school curriculum will be prepared with a view to offer multiple options to the Heads of Schools.

The Document will be forwarded to the HRD Ministry, Government of India and State Governments and the Education Boards in the country with a request to make Education on Social Sensitivity mandatory.

I would like to share my experience, on the crucial nature of this issue which is under our discussion today and tomorrow.

In the last forty years that I am visiting schools across the country, and especially in the last few years when I began to look for activities to imbibe social sensitivity, it was very difficult to identify such concrete activity that is being practiced in schools.

Even as we were in search for speakers on the best practices on the issue, our options were limited. Most schools did not have any activity directed towards the issue or could not provide any concrete identification of the activity.

The reason I have referred to this experience is to emphasize the crucial and abstract nature of the issue. The Conference on Education & Social Sensitivity, itself is very sensitive. All of us, the organisers, speakers, moderators, panelists, observers, and delegates will have to be extra careful, extra conscious and extra sensitive on the outcome of this conference. We are covering the entire gamut of sensitivity - not only girls and women, not only boys and men, but the differently able and also communities - that is human kind.

Just to elaborate I wish to refer to a news item in the Times of India News Paper - Times Global of yesterday i.e. 21st March. The head line reads “UK priest opens church to Muslims.” Rev. Poobalan of St. John Church in Aberdeen, Scotland, who hails from Vellore, India, opened up the church facility to Muslims to pray so that they can avoid the bitter cold.

This conference is committed to address social sensitivity in its entirety and how it can be routed through the education system.

As I end my address, I would like to thank our eminent guest Mrs. Shaina NC for being with us this morning, the patrons Mr. Naimur Rehman, Dr. Mrs. Grace Pinto, Dr. K B Kushalji, Mr. Rohan Bhat and Nrityanjali’s Managing Trustee Mr. Naresh Pukale for your continued support.

And now my personal acknowledgements. I humbly acknowledge the support we have received from number of individuals who offered co-sponsorships for this conference, Mr. Mahendra Kabra, Ryan Foundation, Mr. Jiten Mody, Mr.Vikrant Sawant, Mr. Bharat Mallick and Mr. Ashit Thakkar.

For the members of the NCESS committee consisting of principals, it is difficult for me to express my feelings. Each one of you are precious to me and to society. We are all here to serve. That is why we are together. I thank God for this togetherness. To our Nrityanjali members and staff, I can only bow in gratitude. Thank you all.

Thank You
Nrityanjali Education Services & the Open Forum for Principals
held National Conference on “Education & Social Sensitivity”
on Friday 22nd & Saturday 23rd March 2013
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Minutes of Deliberations in Brief - covers Inauguration

The Conference began with Invocation Song and was inaugurated by Mrs. Shaina N C.

The lamp was lit by:
Mrs. Shaina N C - Chief Guest
Dr. Tushar Guha - Chairperson, NCESS & NES-OFP
Mr. Paul Machado - Co-Chairperson NCESS & Principal, Campion School, Mumbai
Mrs. Rekha Vijayakar - Chief Convenor NCESS & Director, Guru Harkrishan School, Santacruz, Mumbai
Mr. Naimur Rehman - C.O.O. Affiliated Network for Social Accountability (ANSA)
South Asian Region & Global Partnership Fund, New Delhi
Dr. (Mrs.) Grace Pinto - Managing Director, Ryan Group of Schools (SSC, CBSE & ICSE), India
Dr. K.B. Kushal - Regional Director (Maharashtra & Gujarat) DAV Group of Schools
Mr. Rohan Bhat - Chairman, Children’s Academy Group of Schools (SSC & ICSE), Mumbai
Mr. Naresh Pukale - Managing Trustee, Nrityanjali

All the distinguished guests addressed the delegates.

The first speaker of the first session Mrs. Revathi Srinivasan – Director & Principal, Smt. Sulochanadevi Singhania School, Thane stressed on the following:
1. Education must be Real.
2. Preparation for life is important
3. Exposure with experiential and collaborative learning is important.
4. Paradigm shift from value education classes being teacher centered, to student learning where teacher is the facilitator
5. Knowing, Doing and Being - where from teacher driven and being told by teacher, it is realising and doing by self
6. No activity can be stand alone activity

The second speaker of the first session Mrs. Vrinda Malse - Principal, Sanjivani School (CBSE), Kharghar, Navi Mumbai highlighted the following:
1) Foundation for sensitivity to begin at early stage
2) Its not only schools but also parents have to live that experience
3) Sensitivity begins at home

The second session commenced with the presentation by Dr. (Mrs.) C R Pathak - CEO & Principal, HVB Academy (ICSE & IB), Marine Drive, Mumbai. The highlight of her presentation was the Use of local media positively to create sensitivity and to be used positively.

Mrs. Saba Patel - Principal, Little Angel Primary School (SSC), Sion, Mumbai the last speaker of the first day spoke on Building self confidence by making children responsible.

The Panel Discussion of Day One concluded:
1. Mindsets need to be changed
2. Importance of Role media in the positive way
3. Root cause of all problems, low self esteem
4. Good Bonding between teachers and students
5. Provide the wisdom to decide between right and wrong
6. Use of media, print to enhance thinking skills
7. Sensitivity of parents
DAY 2

The second day commenced with lighting of the Lamp and Invocation followed by a recapitulation by Mrs. Vanita Mansukhani - Principal, Scholar High School, Colaba.

The delegated were addressed by the distinguished guest Mr. Jiten Mody - Chairman, Kapol Education Foundation, Mumbai. The relevant points of his address were:
1) Apply mind to what we are doing
2) Sum total of all our deeds will lead to wealth of nation

The third session commenced with the presentation by Mrs. Seema Buch - Principal, Gundecha Academy (ICSE), Kandivali, Mumbai. She explained in detail various BEST practices in her school to inculcate sensitivity.

The second speaker Dr. Astrid Lobo Gajiwala - Consultant, Commission for Women, Catholic Church in India stressed that women empowerment is important to raise the levels of sensitivity in society.

Moderating the two sessions Dr. Mrs. Jayshree Inbaraj - Professor, Kapila Khandwala College of Education, Juhu, Mumbai maintained that students must begin to represent Social Sensitivity in universities. In universities abroad this is one of the most important criteria, hence social sensitivity needs to be a part of education curriculum.

In the second session Mrs. Sheela Mallya - Principal, Children’s Academy (ICSE), Ashok Nagar, Kandivali, Mumbai spoke on:

1. Inculcation of social sensitivity is achieved by promoting children’s ability to take initiative to critically reflect on social issues that have a bearing on the citizens.
2. Critical reflection pre-supposes a curriculum in which learners both teachers and children participate in generating knowledge without any talent and manifest forces of coersion.
3. Civics is a part of our curriculum, but unfortunately, being responsible citizens is not a part of our ethos.
4. Habits caught young stay for lifetime.

Dr. Ashu Goyal - Industrialist & Educationist from Lucknow highlighted the following:

1. If reformation or correction has to start somewhere, it has to be right away from kids, henceforth from their homes and schools.
2. Not only to earn your living but also how to live a meaningful life. Making education holistically complete & making kids more socially aware & sensitive.

During the Panel Discussion Dr Tushar Guha noted that all the principals who participated in this conference as speakers or delegates believe that social sensitivity must be included in the curriculum of education.

1. The context of globalization needs to be understood. It begins from self and the the immediate i.e. globalization starts from the local culture and gradually expands to the universe.
2. Initiative, Innovation and Interaction are the key approaches.
3. The four stages of life are - Submissive, Interrogation, Judgmental and Judicious. Of these, the stage of Interrogation is crucial and needs to be nurtured continuously.

Mrs. Rekha Vijaykar commented that sensitivity must come from the heart and there is no good touch and bad touch. Sensitivity should be perceived from the child’s eye.

Mrs. Revathi Srinivasan said:

1. Education is of the mind, body and soul, we must focus on soul.
2. Are we schooling or educating?
3. We need to be involved Principals
4. In a country such as ours, where children are exposed to disparities in living conditions of the affluent and the less fortunate on a daily basis, schools must strive to develop a sense of empathy and social responsibility in its students.
5. One of the most potent ways of achieving this is developing a robust curriculum - one that keeps in mind the maturity of the child and provides the right inputs.
6. The Knowing - Doing - Being paradigm is an effective tool for educationists to develop optimal curricular inputs for social sensitivity.
7. If the curricular inputs have been right to this point, then ‘being’ or living those values manifest...
The suggested Best Practices on Social Sensitivity that can be included in the School Curriculum. Multiple options are documented. Heads of schools can pick and choose as per logistic feasibility.

The activities categorised are for Trainers, for Students and for Parents

**Trainers:**

1. Concept of Globalization
2. Globalization starts from the local culture and gradually expands to the universe. (know the local culture, then the neighbouring area culture. Expand gradually
3. Closed mindset - Adaptability to Change - Reading, Interaction and upgrading of self
4. The four stages of life are - Submissive, Interrogation, Judgmental and Judicious. Of these, the stage of Interrogation is crucial and needs to be nurtured continuously. Answering queries with respect and keep the desire to question alive in others. Encouraging and polite approach is needed.
5. Appreciate in general and not only on specific issues.
6. Appreciate within the hearing of the person
8. Organising Street plays on sensitive issues
9. It is always colleagues - superiority should not get reflected
10. Interactions in the form of stories or discussions to be conducted which include traditional values - children to touch the feet of parents etc. respect needs to be nurtured in school.
11. Not to belittle anyone

Conveyance allowance for teachers who stay back late for school work
Activities:
The Heads of Schools can choose any of the following options or any other innovative activities and implement.

1. Gardening - groups of children are involved in initiating gardening. Another group is to maintain the garden
2. Distribution of paper bags at local station
3. Visit to Bazaars.
4. Selling of newspapers, the money earned is given to the housekeeping staff
5. Distribution of Bookmarks on women’s day.
6. Write about your mother and what she does for you. Then following it up with chatting as to what the child does for the mother. Continue further with does the child know what the mother eats. And if she gets to eat everything that is served during the meal. If not the child must enquire and insist. Similar acts with father and other members of the family.
7. Chat with children in story form if they share in household chores. Do they polish the shoes of the father... and so on.
8. Visiting and interacting with inmates of Orphanages. - Activities could include games, dance, music etc.
9. Visiting and interacting with inmates of Old Homes. - Activities could include performing for the inmates or chatting with them.
10. Visiting and interacting with Patients in Hospitals - Activities could include performing for the inmates or chatting with them.
11. Sweets distribution to support staff.
12. Each class adopts one staff and give material needs to make sweets.
13. Best out of waste - mats, handmade paper
14. School Cinema
15. Teachers wall - for best performances. In school lobby one wall used to record and display the best performers.
16. Visit and interaction with differently able people
17. Celebration of Valentine’s Day - making cards for grandparents, parents, brothers, sister and friends.
18. Taking care of one’s pet and thus making them aware of being sensitive to all animals.
19. Celebrating / organising awareness week such as reading awareness, math awareness, tech awareness, Respect for elders.
20. Visit to vermi-culture centres.
21. Educational tours - Visits to Zoo or Botanical garden etc.
22. Initiative of children to organise events - small picnics, teacher’s day etc.
23. Chatting and discussions on issues - this is to be done as per age group of children and noting the relevance
24. News Reading
26. Inviting parents to be a part of the lecture period.
27. Donating old clothes - BUT CARE HAS TO BE TAKEN OF INTERPRETING RIGHTLY.
28. Interacting with children about their family - talking of grandparents, uncles & Aunts. This activity can be held spread over the year.
29. Interactive sessions with children - appreciation of classmates - the teacher or the moderator has to be positive and not critical.
30. Interactive sessions with children - talk and share about dream and fantasy- the teacher or the moderator has to be positive and not critical.
31. Life Skill Programmes.

**SAMPLE MODEL TIME TABLE**

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<thead>
<tr>
<th>CLASS</th>
<th>TOPIC I</th>
<th>TOPIC II</th>
<th>TOPIC III</th>
<th>TOPIC IV</th>
</tr>
</thead>
<tbody>
<tr>
<td>Std. 3</td>
<td>Story Weaving</td>
<td>Self Reliance/ Discipline</td>
<td>Physical Fitness</td>
<td>Handling Fights</td>
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<tr>
<td>Std. 4</td>
<td>Study Habits</td>
<td>Reading Skills</td>
<td>Classroom Behaviour</td>
<td>Survival Skills</td>
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<tr>
<td>Std. 5</td>
<td>Creative thinking</td>
<td>Memory Mgt.</td>
<td>Writing Techniques</td>
<td>Health Awareness</td>
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<tr>
<td>Std. 6</td>
<td>Bonding and Friendship</td>
<td>Self Confidence</td>
<td>Anger Management</td>
<td>Interaction with Adults</td>
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<tr>
<td>Std. 7</td>
<td>Study Habits</td>
<td>Communication Skills</td>
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<tr>
<td>Std. 8</td>
<td>Self Confidence</td>
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<tr>
<td>Std. 9</td>
<td>Study Habits</td>
<td>Public Speaking</td>
<td>Goal Setting</td>
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<tr>
<td>Std. 10</td>
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<td>Exam Anxiety</td>
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<tr>
<td>Std. 11</td>
<td>Personality Development</td>
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<td>Communication</td>
<td>Planning</td>
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<tr>
<td>Std. 12</td>
<td>Time Management</td>
<td>Public Speaking</td>
<td>Stress Management</td>
<td>Interview Skills</td>
</tr>
</tbody>
</table>
The above life skill programmes are progressively planned. The above topics have detailed sessions also.

32. Visit to Police Station or Post Office and hand over Thank You Cards.
33. Urban Farming
34. Rotating Editorial Board for Classwise magazine
35. Collective Story Reading or Poetry recitation sessions
36. Visit to villages, tribal areas
37. Inviting parents or grandparents to perform
38. Discussions on Cinema
39. Drama Appreciation
40. Handicraft Activities - Pot Painting, Collage, Calligraphy
41. Meditation & Yoga - in free environment
42. Involvement in creative activities
43. Laughter Sessions
44. Crying Sessions
45. Screaming Sessions
46. DO WHAT YOU WANT - Periodically session could be conducted - children do whatever they wish within the given time frame
47. Short Workshops on different issues - Dressing, Walk, Table Manners, Etiquette - such workshops should be by outsiders but full of activity and humour
48. Occasional Group activity like cooking
49. Narration of Painful incidents by students. (This is a very sensitive and crucial activity). In-depth background work needs to be done before the actual session. Needs long term preparation by the trainer that includes bonding with the trainer and among the students.
   Each student shares a brief incident he / she feels painful (it could an experience or reading a news). The trainer is to be the moderator with a positive approach
50. Group Discussions - even at the junior level (sensitive handling)
51. Each person deserves respect irrespective of what gender, caste or strata they belong to. Hence this can be done by calling the peons and maids at the schools as “Bhaiya's” and “Maushi's" by the students. Even when teachers call upon them they can address them by adding “Ji” after their name. Thus instilling in our children the respect for another human being.
52. First day of school is difficult for all students.
   A new class, a new teacher and a new set of rules.
   A way to make this easier for new entrants would be to bring about peer
   monitoring through a buddy system. Where in a child is assigned to the new student
   to serve as a guide for the first few days so that the student doesn't feel left out,
   alone or lost. Also after a few days if the Principal takes personal interest in the
   student and inquires regarding how things are going this could help make the child
   more comfortable.

53. Conducting age appropriate group discussions class wise regarding sensitive topics
   would help understand the child's perspective on each issue and help clarify any
   prejudicial or stereotypical thinking that may exist.

54. Conducting periodic street plays on relevant topics and cleanliness drives are a great
   way to not only bring about awareness in society but also in students.

55. Having cultural programs and annual days based on a social message can be
   another platform for creating awareness and spreading the desired social messages.

56. Adopting an old age home/orphanage is another innovative tool to help students.
   Each student could be assigned a charge whom they would be responsible for till
   they pass out or even after that.
Parents:

1. Report card marks - begin with a positive approach and subtly points but the weakness.
2. Children learn what they see, hence parents to be the role models e.g. if parents look after their parents, the kids will look after them as well.
3. Classroom observation to be done, whereby they become sensitive to teachers problems as well and also experience the student’s daily life.
4. Appreciate children in general, always. - not to be specific only.
5. Public appreciation is necessary.
6. Encouragement even if progress is slow.
7. Create a warm environment at home.
8. Talk at home not only of academics or progress of the child.
9. Husband and wife must respect and understand each other.
10. Definition of Love is - Mutual Respect + Mutual Understanding = Love.
11. Interpret the fight to the child if there is a fight (not physical) between parents. Interpretation indicates and conveys that the parents respect and care for each other.
12. Parents must be able to say NO.
14. Offer opportunities within the logistic limitations.
15. Parents may go wrong. Rectify. If the child notes say “sorry”.
16. Appeal to the chivalry of the child.
17. Involve the child in family matters to the extent desirable.
18. Adult talk in the presence of children must be avoided.
19. Parents must tell stories - about the family, childhood, relatives, fairy tales.
20. Must communicate with the child but not Question & Answers only
The NCESS Academic Cell

Dr. Tushar Guha
- Founder Chairperson NES-OFP & NCESS

Mrs. Rekha Vijayakar
- Chief Convener NCESS & Director,
  Guru Harishan School (SSC), Mumbai

Mrs. Revathi Srinivasan
- Director & Principal,
  Smt. Sulochanadevi Singhania School (ICSE),
  Thane, Maharashtra

Mrs. Deepa Desai
- Principal, Mahapragya Public School (CBSE),
  Kalbadevi, Mumbai

Mrs. Latha Venkat
- Principal, K.G. Savdaria Sarvodaya School,
  Hindi Medium - (SSC), Malad, Mumbai

Dr. Mrs. Anonna Guha
- Jt. Managing Director,
  Nityanjali Group, Mumbai
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