CBSE – COE TRAINING PROGRAMME

<u>Introduction:</u> CBSE – Centre of Excellence (COE) requires teachers to undergo a minimum of 50 hrs of training programs every year aiming to enhance their understanding of the curriculum, delivery mechanisms and professional qualities.

CAPACITY BUILDING PROGRAMME - 1 - STRESS MANAGEMENT

One day training programme conducted in our school on 6/4/2024

Resource persons: Sri Shivamurthy S, Principal, Holy Crescent English School, Magadi, Ramnagara & Smt. Revathy Gurumoorthy, Principal, Air Force School, Jalahalli East, Bengaluru.

This program is conducted to help our staff to learn to identify and manage stress so that we can achieve better health, happiness and productivity.

CAPACITY BUILDING PROGRAMME – 2 – LIFE SKILLS (BASIC)

One day training programme conducted in our school on 11/5/2024

Resource persons: Smt. Annie Helen Joseph, Principal, Capitol Public School, Mysore & Smt. Bhuvaneshwari Jayaram, Principal, Presidency School, Bengaluru South.

Aimed to empower individuals with essential skills and navigate life challenges effectively.

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