

Inspire Foundation's  
**APEX INTERNATIONAL SCHOOL**

**Address: Gat No 1, 501/3, Charholi Bk, Tal: Haveli,  
Dist: Pune**

**Email Id – apexschoolcharholi@gmail.com**

**Website : www.apexschool.in**

**Mobile : 9763200020**

**UDISE No. : 27252003222**

**Training no. 1  
NEP**

**Date: 03/03/2025**

**Day: Monday**

**Time: 1:00 pm to 4:00 pm**

**Speaker: Mrs. Monika Arora**

**Attended by: Principal Ma'am and all teachers**

**Key points:**

**1) Introduction -**

“NEP” in your context almost certainly refers to **National Education Policy 2020** — the Government of India’s comprehensive framework for transforming the education system from early childhood through higher education.

The NEP 2020 lays out reforms in curriculum, pedagogy, teacher training, assessment, and governance, aiming to make education more **holistic, flexible, multidisciplinary, and skill-oriented**. It’s the first major overhaul of India’s education policy in over three decades, and it’s being implemented

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nationwide through initiatives like the **National Curriculum Framework (NCF)** and **State Curriculum Frameworks (SCFs)**.

If you mean **National Emergency Preparedness (NEP)** or responder wellness training, "training points" are the **core learning objectives** covered in courses:

- **Sleep health** – Science of sleep deprivation and its impact on responder safety.
- **Suicide awareness** – How to talk about suicide, reduce stigma, and implement proactive policies.
- **Stress & coping** – "Admit, Talk, Heal" approach for managing trauma and stress.
- **PTSD & trauma** – Understanding origins, symptoms, and evidence-based treatments.
- **Retirement transition** – Coping with loss of role, adrenaline, and camaraderie.
- **Peer support** – How to help colleagues who are struggling.
- **Cancer support** – Immediate steps after a diagnosis to support affected members.

## 2) Why NEP 2020 Matters

- **Holistic, learner-centric approach** – Moves away from rote memorization toward conceptual understanding, creativity, and critical thinking<sup>2</sup>.
- **New 5+3+3+4 structure** – Aligns school stages with child development:
  - *Foundational* (ages 3–8) – play/activity-based learning
  - *Preparatory* (8–11) – literacy, numeracy, discovery
  - *Middle* (11–14) – deeper subject learning, critical thinking
  - *Secondary* (14–18) – multidisciplinary choices, vocational exposure<sup>4</sup>
- **Multilingualism & cultural roots** – Promotes mother tongue/local language as medium of instruction till at least Class 5, while encouraging learning of three languages<sup>2</sup>.




- **Technology integration** – Encourages digital tools, online platforms, and AI-enabled learning to improve access and quality<sup>2</sup>.
- **Teacher empowerment** – Mandates 50+ hours of annual training, skill upgrades, and modern pedagogy support.
- **Flexible assessments** – Board exams twice a year, focus on core competencies, mix of objective and descriptive questions.
- **Higher education reforms** – Flexible degree options, multiple entry/exit points, emphasis on research and multidisciplinary studies.
- **Equity & inclusion** – Targets universal access to quality education, bridging rural-urban and socio-economic gaps<sup>5</sup>.
- **Alignment with SDG 4** – Supports India's commitment to "inclusive and equitable quality education" by 2030

**Vote of Thanks by: Mrs. Leena Tugade**

**Date :** 04/03/25

**Place :** pune



  
**Dr. Manasi Gill**  
 Principal  
 Apex International School  
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**Training no.2**

**Robotics**

**Date: 12/04/2025**

**Day: Saturday**

**Time: 1:00 pm to 4:00 pm**

**Speaker: Mr. John Victor**

**Attended by: 1) Principal Ma'am**

**3) Hemalata Ingale**

**5) Gauri Bhalekar**

**7) Nilam Marathe**

**9) Ashwini Patil**

**11) Amit Rode**

**13) Nikita Gadekar**

**2) Leena Ma'am**

**4) Pooja Darekar**

**6) Anuja Patil**

**8) Sana Mulani**

**10) Sudha Mule**

**12) Sana Mulla**

**Key points:**

- **Introduction on Robotics** - Robotics is a dynamic and interdisciplinary field that blends engineering, computer science, and

artificial intelligence to design and build machines—called **robots**—that can perform tasks traditionally done by humans. These tasks range from simple repetitive actions to complex decision-making processes.

● **Abot for 3<sup>rd</sup> to 5<sup>th</sup>- See and feel:** These are called **sensors**, like eyes and ears.

**Move:** Robots use **motors** to walk, roll, or grab things.

**Think:** A robot has a tiny computer inside called a **controller** that tells it what to do.

**Power up:** Robots need **electricity or batteries** to work.

● **Maker board for 6<sup>th</sup> to 8<sup>th</sup>-** When choosing a maker board for middle schoolers:

1. **Block-based coding** (like Scratch or Blockly) for easy learning
2. **Modular parts** for creativity and flexibility
3. **Project guides** to help students build and experiment
4. **Safe and durable materials** for repeated use



- **Bot movements using motor control -**

To move a robot, you need to:

1. **Send signals** from a microcontroller (like Arduino or Raspberry Pi).
2. Use a **motor driver/controller** to handle power and direction.
3. Apply **PWM (Pulse Width Modulation)** to control speed.
4. Use **feedback sensors** (like encoders) for precise movement.

**Vote of Thanks by: Mrs. Hemalata Ingale**

**Date :** 13/04/2025  
**Place :** pune



  
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**Training no.3**

**Stress Management**

**Date: 28/06/2025**

**Day: Saturday**

**Time: 1:00 pm to 4:00 pm**

**Speaker: Mrs. Sheetal Pakhare**

**Attended by: Principal Ma'am and all teachers**

**Key points:**

**1) Understand Stress :**

**Stress is the body's natural response to perceived challenges or threats. It can be:**

- **Physical:** headaches, fatigue, muscle tension
- **Emotional:** anxiety, irritability, mood swings
- **Cognitive:** difficulty concentrating, racing thoughts
- **Behavioral:** changes in sleep, eating habits, or social withdrawal

## 2) Stress Coping Strategies:

### Cognitive & Emotional Strategies

**Mindfulness & Meditation:** Practicing mindfulness or guided meditation helps you stay present and reduce anxiety. Even 5 minutes a day can reset your mental state<sup>2</sup>.

**Cognitive Restructuring:** Reframe negative thoughts into more balanced ones. Instead of "I can't handle this," try "I'm doing the best I can right now".

**Acceptance:** Acknowledge stress without judgment. Accepting that stress is part of life can reduce resistance and help you respond more calmly

### Physical & Lifestyle Strategies

**Exercise:** Physical activity releases endorphins and improves mood. A brisk walk or yoga session can work wonders.

**Progressive Muscle Relaxation:** Tense and release muscle groups to calm your body and mind

## 3) Miscommunication Cause:-

### Top Causes of Miscommunication

**Lack of Clarity** Vague or ambiguous language can leave people guessing. If your message isn't crystal clear, it's easy for others to misinterpret your intent.

**Assumptions & Bias** Assuming someone understands your context or shares your perspective can lead to misunderstandings. Stereotypes and personal biases also distort how messages are received

## 4) Improving communication:-

Here are some proven ways to reduce miscommunication and foster better understanding:

1. Be Clear and Concise, Use simple, direct language. Avoid jargon unless everyone understands it. Structure your message logically.
2. Check for Understanding



Ask questions like "Does that make sense?" or "What's your take on this?"

Encourage feedback to confirm mutual understanding.

## **5) Activity:- Balancing Stress**

### **The Stress Scale Game (15 mins)**

Divide participants into small groups.

Each group gets a "Stress Scale" chart with two sides: Eustress and Distress.

Using sticky notes, they write down stressors they've experienced recently and place them on the appropriate side. Encourage discussion: What makes a stressor positive or negative?

## **6) Time Management:-**

### **What Is Time Management?**

Time management is the process of organizing, prioritizing, and allocating your time effectively to accomplish tasks and goals. It's not just about being busy—it's about being intentional

## **7) Set realistic goals:-**

### **Step-by-Step Guide to Setting a Realistic Goal**

#### **1. Be Specific**

Vague: "I want to get fit."

Specific: "I want to jog for 30 minutes, 3 times a week."

#### **2. Make It Measurable**

Include numbers, timeframes, or milestones.

Example: "Save ₹5,000 in the next 3 months."

### 3. Ensure It's Achievable

Consider your current resources, time, and energy.

If you're working full-time, aiming to study 6 hours daily might be unrealistic—start

**Vote of Thanks by: Mrs. Namrata Marathe**

**Date :** 29/06/2025

**Place :** Pune

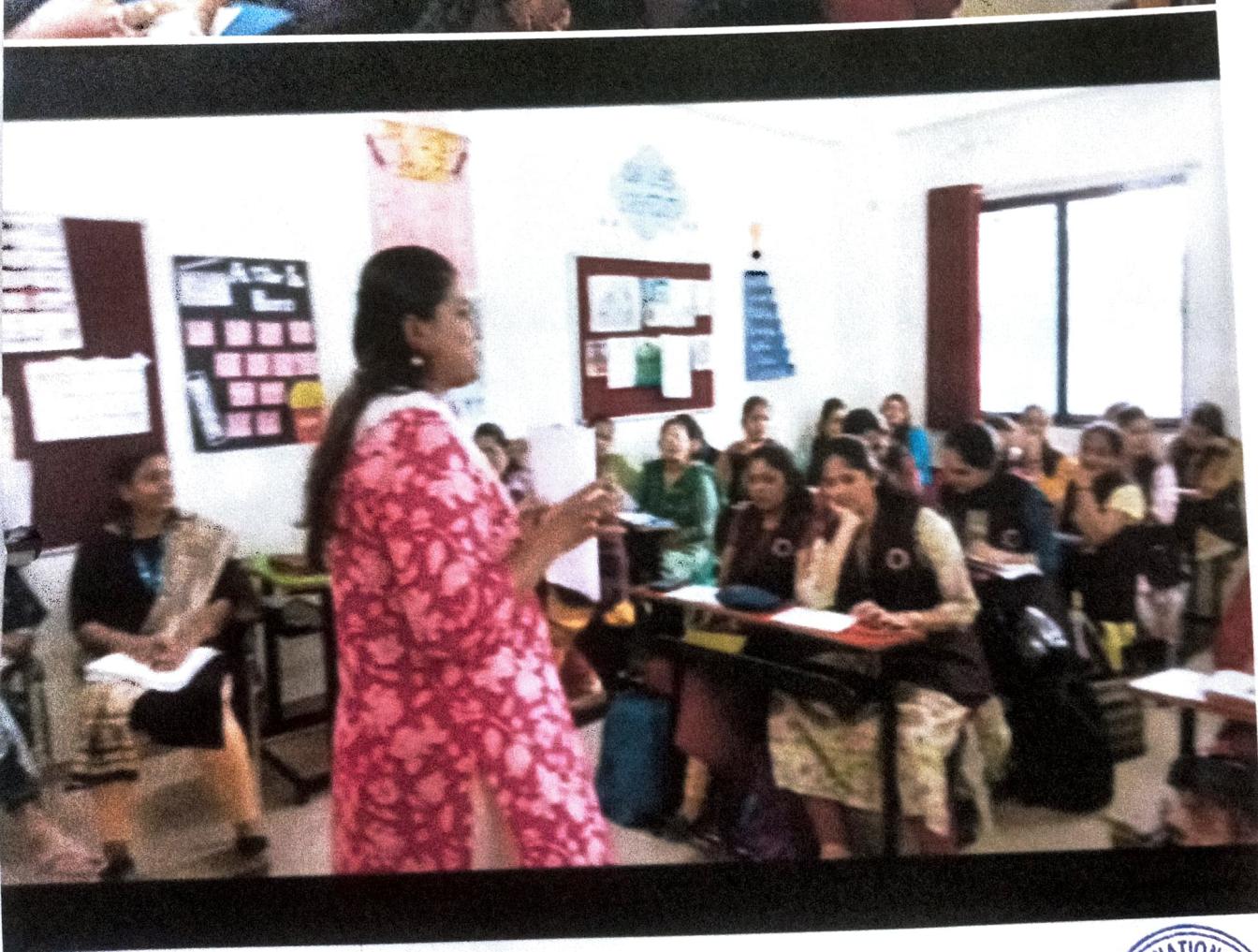
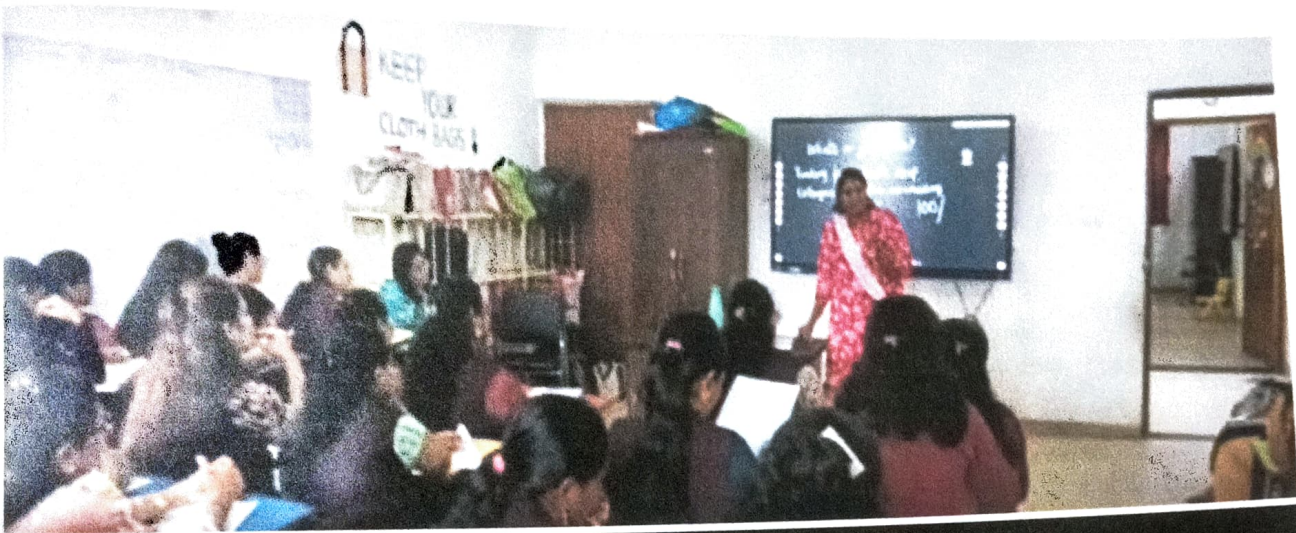


  
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**Training no.4**  
**Workshop on Artificial Intelligence**

**Date: 30/06/2025**

**Day: Monday**

**Time: 1:00 pm to 3:00 pm**

**Speaker: Mrs. Abha Arora**

**Attended by: Principal Ma'am and All Staff**

**Points:**

- **Introduction of Teaching Aids in Technology**

**Teaching aids in technology** are tools and resources that use digital or electronic means to enhance learning. They help teachers explain concepts more clearly and make lessons more interactive, visual, and memorable.

These aids go beyond traditional chalkboards and textbooks, incorporating **multimedia, simulations, and interactive platforms** to support diverse learning styles.

- **Co- Pilot – AI lesson Plan**

- ✎ **Generate full lesson plans:** Include objectives, materials, activities, and assessments

- 📊 **Create presentations:** Use Copilot in PowerPoint to build slides with visuals and speaking notes

- ✳️ **Design student handouts:** Summarize AI concepts, vocabulary, and examples

- 🎮 **Build interactive activities:** Quizzes, debates, coding challenges, or role-play scenarios

- 📋 **Align with standards:** Ask Copilot to match your lesson with curriculum frameworks

- **Khan Academy – Question set, Worksheet**

**Personalized learning:** Students can learn at their own pace with adaptive practice.

**Teacher tools:** Educators can assign content, track progress, and support mastery.

**Multilingual support:** Available in multiple languages, including Hindi, Marathi, and Gujarati for Indian learners.

**AI-powered tutoring:** Their new tool, *Khanmigo*, uses AI to guide students through problems like a personal tutor.

- **Quizzes – MCQ, Puzzles, Crosswords**

Quizzes lets educators:

Create or customize quizzes and lessons

Assign them live or as homework

Track student progress with real-time analytics

Use AI to generate content from documents, websites, or even YouTube videos



It's now part of **Way ground**, but the core features remain focused on making learning accessible and exciting.

- **21<sup>st</sup> Century Skills- Creativity, team work, Communication skills, Collaboration**

These are the foundation of creative problem-solving:

- **Critical Thinking:** Analyzing and solving complex problems
- **Creativity:** Thinking outside the box and generating new ideas
- **Collaboration:** Working effectively in teams
- **Communication:** Expressing ideas clearly and listening actively

- **Guide teachers in connecting various subjects for holistic learning.**

Generate lesson plans that combine multiple subjects

Create quizzes or simulations that require knowledge from different areas

Build thematic units (e.g., "Innovation Week") with AI-generated resources

This makes learning **engaging and relevant**, especially for project-based or experiential education.

Vote of Thanks by: Mrs. Leena Tugade

Date: 01/07/2025

Place: Pune



  
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