

Faculty Development Programme

From 10th-14th July, a number of FDPs were organised for the staff in the auditorium at VDJS to reinforce the best teaching-learning approaches at VDJS.

The Cognitive Triad

A workshop on 'The Cognitive Triad' was steered by Ms Parul Vij, Senior Life Skills Counsellor to facilitate the teachers to take on the journey of 'self-awareness'. The interactive session comprised Johari -window activity, self-help techniques to combat emotional triggers, and an enriching discussion on various cognitive distortions.



Effective Mentoring

The Dean of Student Welfare & Activities, Ms Shakila Banu, organised a workshop on 'Effective Mentoring' to emphasise the importance of mentoring as the key to the high happiness quotient of girls. During the session, the best practices on various aspects of mentoring, attributes of a good mentor, and goals of mentor meetings were brainstormed and shared with the help of hands-on activity.



Canva, a Cloud Platform

A session on the usage of 'Canva', a cloud infographic platform, was conducted by Ms Seema Dhillon to apprise the staff about the commendable features like, 'present & record', readymade templates, collaborative communication, user-friendly resource library for making creative printables like flyers and invitations and video presentations for effective teaching-learning process.



‘Enneagram’ Personality

A workshop on ' Enneagram: Way to understand, nurture and develop personality ' was piloted by Ms Nisha Kumari, Middle School Life Skills Counsellor, to bring forth to the staff the significance of cherishing, nourishing and facilitating the students in acquiring healthy (positive) potential of their personality in their formative years at school. Assisted with a self-explanatory ppt, discussion, and experience sharing on the 'Enneagram' Personality paradigm, she highlighted the role of a teacher as a catalyst in helping students build up as better resource persons for their future professions.



Workshop on POCSO

An intensive session on safety concerns of children and the laws to address the same was orchestrated by Col. Alankar Bhardwaj to enlighten the staff about the misconceptions of safety at school. He also briefed the attendees about the intricacies of the POCSO Act and the judicious ways to handle critical circumstances with the help of a case study via digital presentation.



Workshop on PoSH

Advocate Apoorva Thakur, litigator, Assistant Professor and certified PoSH Trainer, organised a session on POSH, Prevention of Sexual Harassment of Women at Workplace (Prevention, Prohibition, Safety, 2013). She briefed the staff about the various features and peculiarities of the Act. She also detailed how to identify sexual harassment acts, remedies for aggrieved women, precautions to be taken to avoid any false complaints, and the obligations of the Employer and HR to ensure a healthy work environment.



‘Feeling Mind’

A comprehensive and sagacious session on Social Emotional Learning was conducted by Dr. Chinu Agarwal, an eminent psychologist, founder and director of Feeling Minds, and Mrs Ambika Warrior, a certified Marma Chikitsa practitioner. The insightful workshop deliberated the classification of primary positive and negative emotions and the seven Cs of communication to develop healthy human relationships in personal and professional arenas.

