20 - 21 FEBRUARY, 2024

INDIA INTERNATIONAL CENTRE, NEW DELHI



TIME: 09.00 a.m. to 02.00 p.m.

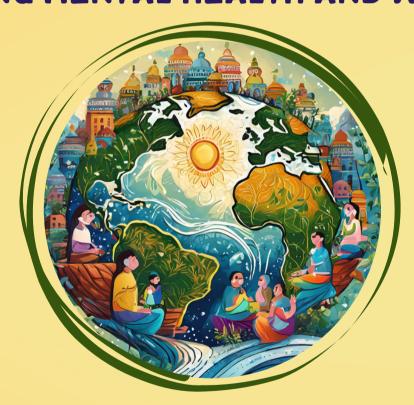


NATIONAL PROGRESSIVE SCHOOLS' CONFERENCE

Quality, Commitment and Excellence in Education

51st Annual Conference

NURTURING MINDS: FOSTERING MENTAL HEALTH AND WELLBEING



लोकाः समस्ताः सुखिनो भवंतु

सारा संसार सुखी रहे

Let the entire world be happy



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· 09.00 - 09.30 a.m.

• 09.30 a.m. onwards

• 09.55-09.58 a.m.

• 09.58-10.05 .am.

10.05 - 10.20 a.m.

• 10.20-10.30 a.m.

• 10.30 - 10. 40 a.m.

10.40 - 10.50 a.m.

DAY-1 20.02.2024 (TUESDAY) INAUGURAL SESSION

- Registration with Tea / Snacks.
- Lighting of the Lamp

 School Choir Presentation by Sanskriti School, Chanakyapuri
- Welcome Address by :Ms Asha Prabhakar, Chairperson, NPSC & Principal, Bal Bharati Public School, Noida
- Annual Report by: Ms Mallika Preman, Secretary, NPSC & Principal, Tagore International School, East of Kailash
- Address by Chief Guest: Mr Sanjay Kumar, IAS, Secretary,
 Dept of School Education and Literacy, Govt. of India
- Inaugural Address by: Mr Pramath Sinha, Founder and Trustee, Ashoka University
- Key Note Address by : Mr Darrin Farrant, Director, UNIC
- Release of NPSC Publication
- Mr S L Jain, Former Chairperson, NPSC
- Mr L V Sehgal, Principal, Bal Bharati Public School, GR Unit & Former Chairperson, NPSC
- Dr Ameeta Mulla Wattal, Former Chairperson, NPSC
- Dr Ashok Pandey, Former Chairperson, NPSC
- Ms Usha Ram, Former Chairperson, NPSC
- Ms Meera Balachandran, Former Chairperson, NPSC
- Ms.Sadhana Bhalla, Former Chairperson, NPSC
- Vote of Thanks by : Ms Richa Sharma Agnihotri, Vice Chairperson, NPSC & Principal, Sanskriti School, Chanakyapuri

10,55 - 11.00 a.m.

DAY-1 20.02.2024 (TUESDAY)

SESSION-1 (11:00 a.m. - 11: 50 a.m.)

Creating Mindful Schools: Spaces and Curricula for focus and Emotional Wellbeing.

Panelists

- Mr Kabir Vajpeyi, CEO (Projects),
 Vinyas Society
- Mr Rajiv Mehrotra, Honorary Secretary / Trustee, His Holiness Dalai Lama
- Swami Shantatmananda Jee, Secretary,
 Ramakrishna Mission, Delhi
- Mr Ganesh Kohli, Founder IC3 Movement

Moderator

Mr Aditya Dutta Choudhury
 Dean Academics and Innovation,
 Sunbeam Group of Educational Institutions

Rapporteur

 Ms Swarnima Luthra, Principal, ASN Sr Secondary School, Mayur Vihar, Phase-I, Delhi & Executive Member, NPSC



SESSION-2 (11.55 a.m. - 12.50 p.m.)

Empowering Educators : Harnessing AI for Emotional Enhancement

Panelists

- Mr Ajay Kumar, IAS (Retd) Former Defence Secretary, Govt of India
- Mr Piyush Gupta, Policy Specialist,
 World Economic Forum
- Mr Sanjeeva Shivesh, Founder and CEO -Think Start up.
- Mr.Vedant Ahluwalia,
 CEO, Dataviv Technologies

Moderator

Mr Ashok Pandey, Director,
 Alhcon Group of Schools, Delhi

Rapporteur

 Ms Rashmi Malik, Jt Secretary, NPSC & Principal, Salwan Public School, Gurugram



SESSION-3 (12.50 p.m.- 01.50 p.m.)

Harmony Through Expression : Integrating Performing Arts for Mental Expression

Panelists

- Ms Abha Adams, Director,
 Ahvaan Education Foundation
- Ms Swarup Sampat, Actor, Author & International Life Skill Educator
- Mr Anirudh Nair (Rudy),
 Visiting Faculty at Drama School, Mumbai

Moderator

Ms Aditi Misra,
 Principal, Delhi Public School, Gurugram

Rapporteur

- Dr Santosh Vyas, Principal, Sadhu Vaswani International School for Girls, Delhi & Executive Member, NPSC
- 2.00 p.m. onwards...

The Goal of Life is Rapture – A Transforming Experience

Artist

 Ms Aditi Mangaldas, Kathak Dancer and Choreographer

Moderator

 Ms Sharmila Raheja, Principal, Uttam School for Girls, Ghaziabad

Rapporteur

Ms Rashmi Raj Biswal,
 Principal, DAV Public School, Pitampura, Delhi &
 Executive Member, NPSC

DAY-2 21.02.2024 (WEDNESDAY)

- 09.00 09.30 a.m.
 Registration with Tea / Snacks.
- 09.30 09.45 a.m.
 - Induction of new members
 - Presentation by School Choir, Ahlcon International School, Mayur Vihar, Delhi

SESSION-4 (09.45 a.m.- 10.30 a.m.)

Armchair Dialogue: Exploring the influence of Lifestyle on the development of Mental wellness

In Conversation

 Dr Ameeta Mulla Wattal, Chairperson and Executive Director, Education, Innovation and Training, DLF Foundation Schools and Scholarship Programme and Former Chairperson, NPSC

Esteemed Guests

- Mr Amitabh Kant, IAS (Retd), G-20 Sherpa
- Ms Mamta Saikia, CEO, Bharti Foundation

Rapporteur

 Dr Vijay Datta, Principal Modern School, Barakhamba Road, New Delhi SESSION-5 (10.45 a.m.-11.45 a.m.)

Education for Resilience and Wellbeing: Inclusion and Integration in Schools

Panelists

- Ms Stuti Narain Kacker, IAS (Retd), Former Chairperson, NCPCR
- Mr Manvendra Gohil, Prince & LGBT
 Activist
- Dr Rajesh Sagar, Prof, Dept of Psychiatry, AIIMS
- Dr Jitendra Nagpal, Programme Director, Expressions India

Moderator

 Dr Ruchi Seth, Principal, Lotus Valley International School, Noida

Rapporteur

 Ms Geeta Gangwani, Principal, Bal Bharati Public School, Rohini, Delhi



SESSION-6 (11.45 a.m. - 12.55 p.m.)

Unified Strength :Sports, Teamwork and Mental Resilience in Education

Panelists

- Mr G Raja Raman, Sports Communication Professional, Author, Sports News Portal
- Mr Chetan Sharma, Former Indian Cricket Player
- Mr V V S Laxman, Former Cricketer & Head of Cricket, <u>National Cricket Academy</u> (NCA)
- Mr Ronjan Sodhi, Arjuna & Khel Ratna Awardee

Moderator

 Ms Radhika Kawlra Singh, Author, Therapist and Mind Coach

Rapporteur

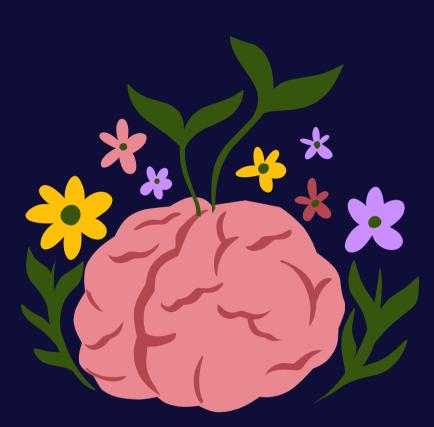
 Ms Charu Maini, Principal, DAV Public School, Gurgaon & Executive Member, NPSC



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DAY-2 21.02.2024 (WEDNESDAY) VALEDICTORY SESSION

- 01.00 p.m. 02.00 p.m.
- 01.00 01.05 p.m.
- 01.05 01.25 p.m.
- 01.25 01.40 p.m.
- 01.40 01.50 p.m.
- 01.50 01.55 p.m.

- FAMILY BONDING AND COMMUNICATION: EMERGING PARADIGM
 - Moderator: Ms Jyoti Gupta,
 Principal, K R Mangalam World School, GK-II & Executive Member, NPSC
- Adaptation of Poem, Seven Ages of Man- A Presentation by Tagore International School, East of Kailash, Delhi
- Address by the Chief Guest: Mr Vipin Kumar, IAS,
 Additional Secretary, Department of School Education & Literacy,
 Ministry of Education, Govt. of India
- Keynote Address by: Mr Deepak Vohra, Indian Diplomat
- Overview of the Conference by: Mr Sanjay Yadav, Treasurer, NPSC & Principal, Ahlcon International School, Mayur Vihar, Delhi
- Vote of Thanks by: Dr Vijay Datta
 Principal, Modern School, Barakhamba Road, New Delhi



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"Your mind is like a Garden, unless you cultivate flowers, weeds will flourish. Substitute Negative thoughts with Positive thoughts"

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