

Workshops and Trainings

The National Education Policy (NEP) 2020 strongly emphasizes the integration of cyber safety education into school curriculums, recognizing its critical role in equipping students with the digital literacy skills needed for safe and responsible internet use. In the age of digital connectivity, social media has become an integral part of everyday life, offering platforms for communication, collaboration, and self-expression. However, with the growing presence of online interactions, there is an increasing risk to the safety and well-being of users, particularly children and young adults. Social media platforms can expose individuals to privacy breaches, cyberbullying, identity theft, and harmful content. It is crucial to be aware of the risks and take preventive measures, such as managing privacy settings, limiting the sharing of personal information, and ensuring that online interactions are respectful and secure. Parents, educators, and guardians must play an active role in guiding children to safely navigate the digital world, promoting responsible use of these platforms.

In addition to safety, maintaining mental and emotional well-being while using social media is equally important. Constant exposure to curated content can lead to unhealthy comparisons, social anxiety, and even depression, particularly among young users. It's essential to foster a balanced approach to social media usage, encouraging regular breaks, promoting positive and uplifting content, and being mindful of one's mental health. Educating users on how to recognize and report cyberbullying, misinformation, and harmful online behavior can further enhance social media safety. By creating a supportive digital environment, individuals can experience the benefits of social media while safeguarding their mental health and privacy.

To support this, CIET-NCERT in collaboration with Cyber Peace Foundation (CPF) has organized a series of training sessions on 'Cyber Safety and Security' at the beginning of each month to raise awareness among various stakeholders about cyber safety and security. For the month of **October, 2024** it is proposed to conduct a 5 hours online training on “**Social Media Safety and Well-being**” from **30 September - 4 October, 2024 in English version** and **7 - 11 October, 2024 in Hindi version** from 4.00 pm - 5.00 pm. The online training will be live on NCERT YouTube Channel- <https://www.youtube.com/c/NCERTOFFICIAL> and also be simulcast through PMeVidya DTH TV Channels numbered #6-12 and Jio TV mobile app.

Objectives:

After completion of the training series, the learner will be able to:

- Understand the role, benefits, and risks of social media across different age groups.
- Recognize how social media impacts youth and the risks of popular platforms.
- Identify and respond to common and emerging social media threats.
- Develop media literacy skills for responsible and ethical digital use.
- Manage social media's effects on mental health and screen time.
- Set up support systems for victims of social media-related issues.

Programme Schedule:

Day & Date	Title of the Session	Resource Person
Day 1: 30 September, 2024 Monday	Introduction to Social Media- Role, Benefits, Threats	Ms. Anindita Mishra, CPF
Day 2: 1 October, 2024 Tuesday	Youth And Social Media	Ms. Bindu , CPF
Day 3: 2 October, 2024 Wednesday	Identifying And Handling Social Media Threats	Ms. Swati, CPF
Day 4: 3 October, 2024 Thursday	Developing Media Literacy Skills	Ms. Anindita Mishra, CPF
Day 5: 4 October , 2024 Friday	Mental Health and Social Media	Dr. Manoj, NIMHANS

Who can participate?

Students, Teachers, Teacher Educators, Parents, Administrators and all those who are interested.

Where to get the details ?

All Information regarding this event is accessible at the event page,

Webpage Link:

Or scan the QR Code -

How to participate?

Step 1: Registration:

Participants can register themselves using the following link-

https://docs.google.com/forms/d/e/1FAIpQLSfMqLodGEnsaNLprPH9_MyN8VJzvSR1cvFsIqAyrQVPJ0O2A/viewform?usp=sf_link

Or by scanning the QR code -



Step 2: Watch live training sessions and learn about the topic:

Participants have to attend training sessions, which will be live-streamed on NCERT Official YouTube channel - <http://youtube.com/ncertofficial> from **September 30 - October 4, 2024** at **4:00- 5:00 pm** (Monday to Friday). The session will also be telecasted live on the following:

- PM eVIDYA Channels #6-12
- DD Free Dish Channel
- DISH TV Channel #2027-2033
- Jio TV mobile app

If anyone has missed the live sessions, they can watch the recording using the playlist link that will be added in the event page at the end of the first day of the training.

Step: 3 Take up the online course, participate in post assessment and get certified:

Those who are interested in getting a certificate, they need to do the following:

- Join the online course that will be launched on DIKSHA portal. Course link will be updated on the event page on the last day of the training by 7 pm. This course will be open till 30 March, 2025.

- Participants need to join the course, go through all the five videos.
- Participants need to take up the final assessment. Participants can attempt thrice the assessment.
- Participants who score 70% and above in the final assessment will get a certificate and they can access their certificate in their DIKSHA profile page itself. It may take 15-20 days to receive the certificate.

For any queries, mail to: training.helpdesk@ciet.nic.in or call: 8800440559.

Step 4: Submit Your Feedback:

Participants are expected to submit feedback using the link -

[https://docs.google.com/forms/d/e/1FAIpQLScrfJAktU2tYXrUEmWCt-X8Vlygg4LcCS2DjrWb1_oyOr1wvg/viewform?usp=sf link](https://docs.google.com/forms/d/e/1FAIpQLScrfJAktU2tYXrUEmWCt-X8Vlygg4LcCS2DjrWb1_oyOr1wvg/viewform?usp=sf_link)

or by scanning the QR code -



This feedback form is intended to know participants' experiences, learning, and suggestions regarding the online training. This will help us in further improvement of the virtual training process.

Organising Team:

Programme Advisory:

Prof. Amarendra P Behra, Joint Director, Central Institute of Educational Technology (CIET), NCERT, New Delhi.

Prof. Indu Kumar, Head- DICT, Central Institute of Educational Technology (CIET),
NCERT, New Delhi.

Programme Coordinator and Course Coordinator :

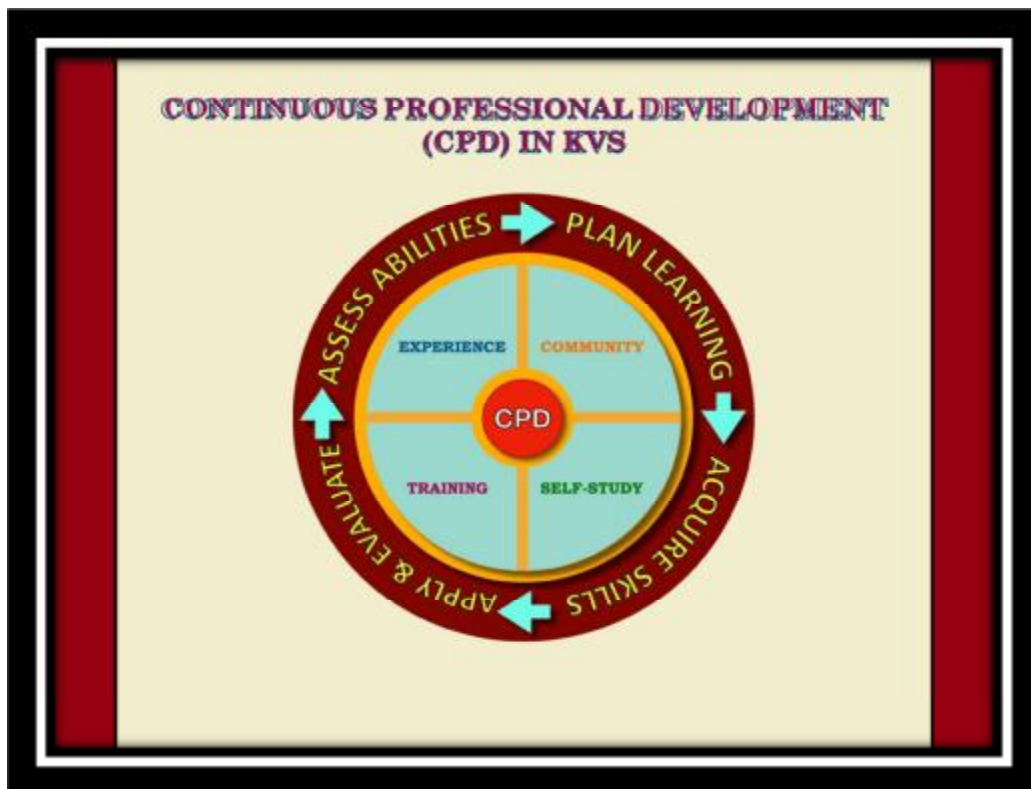
Dr. Angel Rathnabai, Assistant Professor, Central Institute of Educational Technology (CIET),
NCERT, New Delhi.

Technical Coordinator:

Ms. Sejal Beniwal, Junior Project Fellow, Central Institute of Educational Technology (CIET),
NCERT, New Delhi.

50 HOURS OF CONTINUOUS PROFESSIONAL DEVELOPMENT FOR TEACHERS AS PER NEP 2020

NEP 2020 recommends 50 hours of Continuous Professional Development (CPD) for teachers, Principals and teacher-educators which aims at making optimum use of the latest pedagogy and provides autonomy to choose offline or online activities/trainings as per their needs on 'cafeteria approach'.



ANNUAL CALENDAR OF ACTIVITIES FOR CPD AT VIDYALAYA LEVEL

QTR	MONTHS	QUARTERLY HOURS	WORK TO BE UNDERTAKEN	NO. OF HOURS
1	April To June	18 Hours	Innovative Case Studies	18 Hours
2	July to September	12 Hours	<ul style="list-style-type: none">• Field Visit• Paper Setting• Assessment	06 Hours 03 Hours 03 Hours
3	October to December	6 Hours	Workshop	06 Hours (Each 1/2 Day -03 Hours)
4	January to March	14 Hours	<ul style="list-style-type: none">• Paper Setting• Assessment• One Day Workshop	3 Hours 5 Hours 6 Hours