

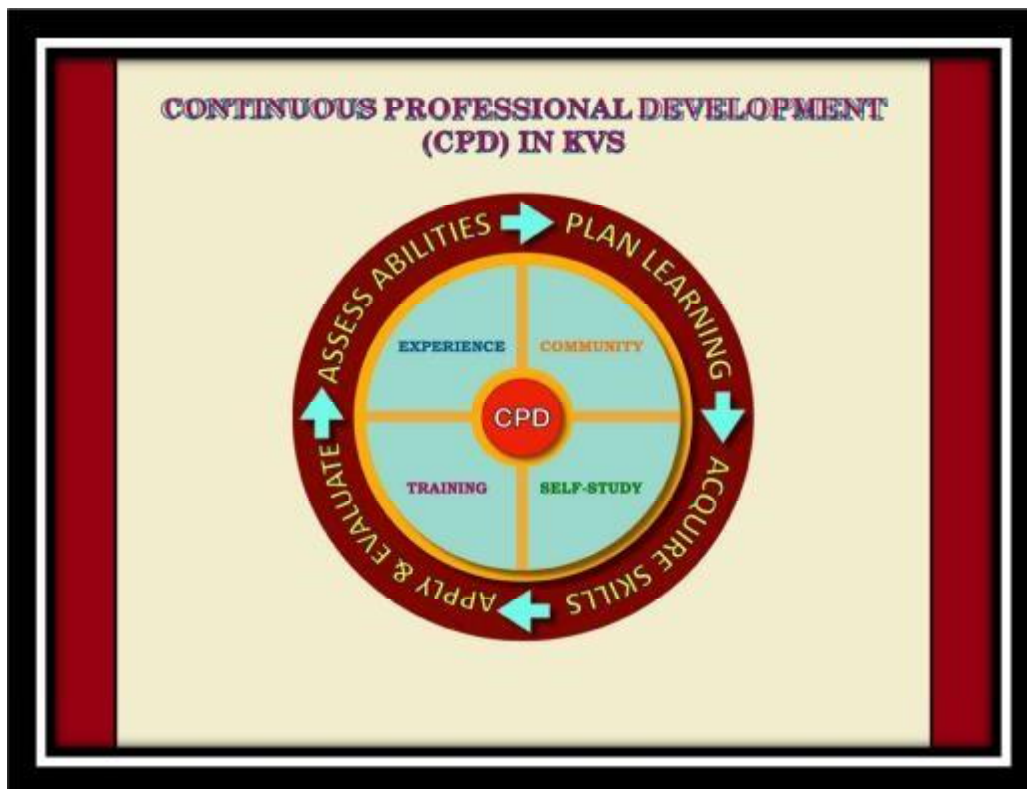
Workshops and Trainings

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.

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	• 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	• Paper Setting • Assessment • One Day Workshop	3 Hours 5 Hours 6 Hours