

Loknete Ramsheth Thakur Public School, Kamothe Navi Mumbai

Programme: National Teachers' Conference on GUIDANCE & COUNSELLING

Duration: 10th -11th October, 2023 (Tuesday and Wednesday)

Mode: Face to face/Physical mode

Venue Address: Srimanta Shankaradeva International Auditorium, Panjabari, Guwahati, Assam

Organiser: CBSE

The CBSE Teachers' **National Conference on Guidance and Counselling** is a prestigious national event for the principals/teachers/counsellors/educators of CBSE schools. It attracted scholars, researchers, and professionals from around the world to present their research findings, engage in discussions, and exchange knowledge in various aspects of Guidance and Counselling.

Principal Mr. Avinash Kulkarni had the privilege of presenting his paper titled "**The Impact of Mental Health and Well-being Programs on School Children: A bird's-eye view Study** " in a dedicated session on 10/10/2023. The presentation aimed to Study **the Impact of Mental Health and Well-being Programs on School Children**. PowerPoint slides being used to support his presentation and facilitate a better understanding of the findings.

Some of the notable highlights of the conference

1. Chief Guest: SMT. NIDHI CHHIBBER, IAS CHAIRPERSON CBSE
2. Distinguished Guests: SHRI VISHAWRANJAN SAMMAN IAS (Additional chief secretary Govt. of Assam)
DR. RAM SHANKAR Director (Training) CBSE
DR. OMPRAKASH Mission Director Surva Shiksha Abhiyan
RAMA SHARMA Director (Media & Public Relations) CBSE
Dr. SANDEEP KUMAR JAIN Joint Secretary Training CBSE
SHRI SANJEEV SRIVASTAVA Under Secretary (Training) CBSE
SMT. SARITA JADAV National Programme Officer at UNESCO
3. Total 32 papers were shortlisted for oral presentation out of all the total submitted papers by CBSE Committee of experts
4. Total eight themes selected for the conference and best four papers per theme were shortlisted for presentation.
5. Paper presenter has allocated 10 min to present his/her paper
6. Out of 32 presenters best five paper presenters have honoured with best paper presenter certificate and for remaining as a paper presenter.

The audience were highly engaged, received insightful feedback and questions following the presentation. The discussion that followed was enriching, allowing to gain valuable insights and suggestions for future research.

 केंद्रीय माध्यमिक शिक्षा बोर्ड
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राष्ट्रीय शिक्षक कॉन्फ्रेंस – 2023
NATIONAL TEACHERS' CONFERENCE - 2023

On 10th – 11th October 2023.
Organized by CBSE Centre of Excellence - Guwahati, Assam

शीर्षक : मार्गदर्शन और परामर्श **Theme: *Guidance and Counselling***

You Tube Live: <https://youtube.com/live/5fa5terYtm0J> **You Tube** Live: <https://youtube.com/live/cnBNW5HYCA8>





Dr. SANDEEP KUMAR JAIN Joint Secretary Training CBSE



SHRI SANJEEV SRIVASTAVA Under Secretary (Training) CBSE)



MINDFULNESS

- ❖ Mindfulness has been defined by Jon Kabat-Zinn as **“the awareness that emerges through paying attention on purpose, in the present moment, non-judgmentally”**
- ❖ Mindfulness has become a popular meditation technique aimed at focusing the mind on **the present moment**, and involves learning how to pay attention and manage feelings and behaviour, to improve resilience in the face of external stressors.
- ❖ Growing numbers of teachers, parents, and children are reaping the benefits that learning mindfulness can bring, including **reduced levels of stress and anxiety**, increased **focus and self-regulation**, and improved **academic performance** and sleep, among others.