

Workshop Report on NEP 2020

Conducted by Dr. Aniket Srivastava, Educationist from S. Chand Group

Date: 4th December 2024

Internal Workshop as Part of CBSE 25hrs CPD



On **4th December 2024**, **Dr. Aniket Srivastava** conducted an engaging and comprehensive workshop on **National Education Policy (NEP) 2020** as part of the **internal CBSE 25hrs CPD** program. The workshop addressed key aspects of modern educational practices and how they can be integrated with ancient teaching methods, particularly with reference to the objectives outlined in **NEP 2020**.

Key Insights and Activities During the Workshop:

1. Digital Natives vs. Digital Immigrants

Dr. Srivastava highlighted the difference between **Digital Natives** (students who have grown up with technology) and **Digital Immigrants** (teachers who have adapted to technology later). He emphasized the need to adapt teaching methods to engage both groups effectively, ensuring that modern tools and traditional practices work in harmony.

2. The 3M Approach for Teachers

He discussed the **3M Approach** for teachers:

- **Mentor:** Guide students through their learning journey.
- **Monitor:** Keep track of students' development and intervene when necessary.
- **Motivator:** Inspire students to engage and strive for excellence.

3. Ancient Teaching Practices: Storytelling

Storytelling, an ancient method of teaching, was emphasized as a powerful tool for imparting knowledge. Dr. Srivastava discussed how **NEP 2020** encourages integrating India's rich history and values through storytelling to help students form an emotional connection with the subject matter.

4. NEP 2020: Learning and Performance Objectives

Dr. Srivastava elaborated on **NEP 2020's Learning Objectives** and **Performance Goals**, particularly for early education. In **Nursery Education**, for example, the curriculum focuses on **hygiene, body awareness, greetings**, and understanding the importance of **healthy food**. These objectives empower young learners to understand their own bodies and express themselves confidently.

5. From Rote Learning to Experiential Learning

He discussed the transition from **rote learning** to **experiential learning**, which focuses on **hands-on experiences** and **real-world applications**. This shift mirrors ancient educational practices that prioritized active participation and practical knowledge.



6. The CAP Model

Dr. Srivastava introduced the **CAP Model** (Cognitive, Affective, Psychomotor), which is designed to foster holistic development in students:

- **Cognitive:** Gaining knowledge and understanding.
- **Affective:** Developing emotional intelligence and values.
- **Psychomotor:** Developing physical skills and coordination.

This approach promotes balanced growth, much like ancient education systems that nurtured both intellectual and physical well-being.

7. Psycho-Social Support System (PSS)

Emphasizing the importance of emotional well-being, Dr. Srivastava discussed the **PSS** (Psycho-Social Support System), which ensures that students' mental and emotional states are supported for better engagement and learning outcomes. A simple example of PSS: standing next to a child who is disengaged, helping them regain focus.

8. The 4-Corner Method

One of the key strategies discussed was the **4-Corner Method**, which encourages students to engage with a given issue or statement from four perspectives:

1. **Agree**
2. **Disagree**
3. **Present Facts**
4. **Provide Solutions**

This method encourages students to think critically, collaborate with peers, and approach issues from multiple angles. It fosters an environment where students feel safe to express differing opinions, reinforcing the importance of individuality and diverse thinking.



9. Box Breathing for Stress Management

Dr. Srivastava introduced the **Box Breathing** technique as an effective method for managing stress. This method involves:

- **Inhale** for 4 seconds
- **Hold** the breath for 4 seconds
- **Exhale** for 4 seconds
- **Hold** again for 4 seconds

This technique is used to calm the mind and reduce anxiety, enabling students to focus better, which ties into **NEP 2020's** emphasis on mental well-being.

10. Competency-Based Learning

Dr. Srivastava highlighted the importance of **Competency-Based Learning** (CBL), a core aspect of **NEP 2020**. Under CBL, students are expected to develop practical competencies, such as being able to assess their appearance and dress appropriately or communicate their needs effectively. This approach ensures that learning is more than memorization—students learn skills they can apply in everyday life.

11. The 4 Cs of 21st Century Teaching

The workshop also focused on the **4 Cs**:

- **Critical Thinking**
- **Creativity**
- **Collaboration**
- **Communication**

These skills are crucial for the modern educational landscape and align with both **NEP 2020** and ancient learning traditions that emphasized problem-solving, creative expression, and open communication.

12. Student-Led Learning

A significant shift in teaching has been the movement from **teacher-led** to **student-led** classrooms. Dr. Srivastava emphasized the importance of student-centered learning, which empowers students to take charge of their own education—a practice that mirrors ancient learning methods where students were encouraged to be active participants in their own growth.



13. Brain-Boosting Activities

Interactive exercises were demonstrated to stimulate brain function, such as:

1. **Touching fingertips together** and moving them in circles.
 2. **Creating a rabbit with one hand** and a gun with the other, then switching rapidly between the two.
- These activities stimulate neural connections and encourage mental engagement, reflecting the dynamic nature of ancient education that combined physical and cognitive exercises.

14. Montessori: Learning by Doing

Dr. Srivastava spoke about the **Montessori Method**, which focuses on **learning by doing**. This approach resonates with ancient educational traditions where hands-on, experiential learning was central to understanding the world.

15. STEM and STEAM

Dr. Srivastava stressed the importance of integrating **STEM** (Science, Technology, Engineering, Mathematics) and **STEAM** (Science, Technology, Engineering, Arts, Mathematics) into the curriculum. This interdisciplinary approach is in line with ancient education systems, which encouraged a broad, interconnected understanding of various subjects.

16. Art-Integrated Learning

Drawing inspiration from **Prof. Arvind Gupta's** innovative work with scrap toys, Dr. Srivastava encouraged teachers to incorporate **Art-Integrated Learning**. This hands-on approach, where students use creativity to understand scientific concepts, is in line with ancient methods that emphasized artistic expression as a learning tool.

17. Hybrid Teaching

The **Hybrid Teaching** model, which blends **online** and **offline** learning, was discussed as an essential strategy for modern classrooms. This flexible approach allows teachers to engage students through multiple channels, reflecting ancient practices that adapted to the needs of students.

18. Self-Reflective Journals

Teachers were encouraged to maintain **Self-Reflective Journals**, where they assess their teaching practices and personal development. The journal should address questions like:

- What went well in my class?
- What went wrong?
- What new strategies did I try?

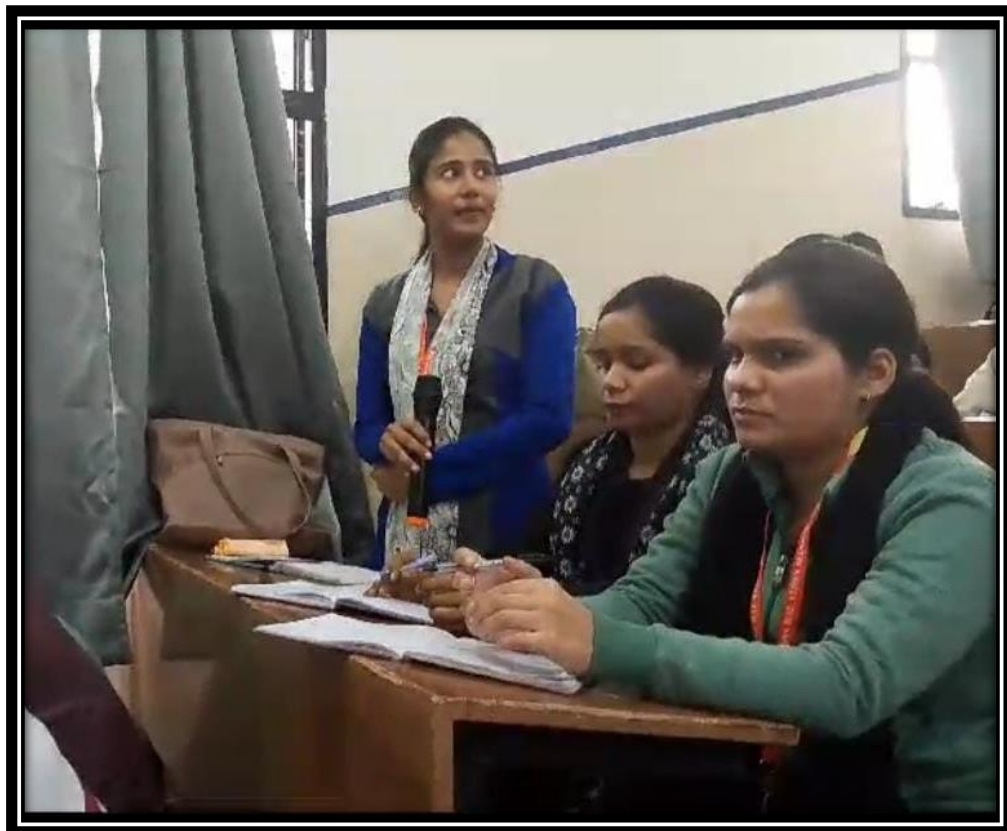
This reflective practice helps teachers grow and evolve in their teaching methods, much like scholars in ancient times who engaged in continuous self-reflection.



19. Curriculum Goals (CG1, CG2, CG3)

Dr. Srivastava aligned the session with the **National Curriculum Framework (NCF) 2023** and the curriculum goals outlined in the document:

- **CG1:** To develop critical thinking and problem-solving skills.
 - **CG2:** To foster creativity and collaboration among students.
 - **CG3:** To ensure that students gain practical competencies that will help them in real-life situations.
- These goals emphasize a **competency-based** approach to learning, which empowers students with the knowledge and skills necessary to succeed in the modern world.



Books Referenced by Dr. Srivastava:

- **Mind Map:**
A technique promoted by **Prof. Tony Buzan** to organize and recall information effectively.
- **Frames of Mind:**
Howard Gardner's theory of multiple intelligences, which helps in understanding the diverse ways in which students learn.
- **Brain Rules:**
By **John Medina**, which highlights principles of how the brain functions and how they can be applied to optimize learning.

Encouragement from Mrs. Nita Modi and Mr. Amit K.S

At the start of the workshop, **Mrs. Nita Modi, Secretary LBVM Society** encouraged teachers to ask questions without hesitation and assured them that there was no need to fear if they didn't understand something. She emphasized that raising hands and asking questions would make the workshop more meaningful and beneficial for everyone.

Mr. Amit K, the Principal of the school, suggested that teachers should perform the **learner identification exercise** demonstrated by Dr. Srivastava in their respective classrooms. This exercise was meant to help teachers better understand the types of learners they have in their classrooms.

Conclusion:

The workshop concluded with a **token of appreciation certificate and Gift** being presented to **Dr. Aniket Srivastava** for his outstanding contribution. Teachers left the session feeling inspired and equipped with new strategies to integrate the principles of **NEP 2020** into their teaching methods, while also respecting ancient teaching practices that emphasize holistic development.