



BHASKAR ACADEMY

REPORT ON CBSE TRAINING PROGRAMME

“Promoting Mental Health and Wellness among Students”

Organised by: Bhaskar Academy, Indore

Introduction

Bhaskar Academy, Indore successfully hosted a CBSE Capacity Building Programme (CBP) on “Promoting Mental Health and Wellness among Students” on 12 September 2026. The programme was conducted with the objective of sensitising teachers and school leaders towards the emotional, psychological and social well-being of students.

Objectives

The major objectives of the training were to:

Develop awareness about students’ mental health and emotional well-being.

Help teachers identify signs of stress, anxiety and emotional difficulties among students.

Promote a positive, supportive and inclusive school environment.

Equip educators with practical strategies for promoting wellness in classrooms.

Strengthen teachers’ role in providing appropriate support and guidance to students.

Programme Proceedings

The programme commenced with the registration and welcome of participants, followed by the formal inauguration. The resource session focused on various aspects of student mental health and wellness through interactive discussions, activities, case-based learning and practical examples.

Participants actively engaged in the sessions and shared their experiences and classroom practices. The interactive nature of the programme encouraged teachers to reflect on their role in creating a safe and supportive learning environment.

Key Learning Outcomes

The participants gained an understanding of:

The importance of mental health in the overall development of children.

Early indicators of emotional and behavioural concerns.

Effective communication and active listening.

Stress-management and wellness strategies.

Creating emotionally safe classrooms.

The importance of timely support and appropriate referral when required.

Feedback

The participants appreciated the interactive methodology, practical examples and relevance of the sessions to their day-to-day school responsibilities. The training provided educators with useful strategies that can be incorporated into classroom practices and student-support systems.

Conclusion

The CBSE training programme at Bhaskar Academy was conducted successfully and provided a meaningful professional learning experience for educators. The programme reinforced the importance of mental health, emotional well-being and a caring school environment in supporting students' holistic development.

Bhaskar Academy, Indore expresses its sincere gratitude to CBSE/COE Bhopal, the Resource Person and all participating educators for making the programme informative, interactive and successful.



BHASKAR ACADEMY

Report on NEP Mental Health Awareness Workshop*

Date: 4 April 2026

Bhaskar Academy, Indore successfully organized an orientation and capacity-building workshop for its teaching staff on the themes of National Education Policy (NEP) 2020, Promoting Mental Health and Well-being among Students, and Preparing Learners for the VUCA World.

The workshop was conducted by our NEP-trained teacher Ms Suchitra who shared valuable insights on the effective implementation of NEP 2020 in classrooms. The session emphasized competency-based learning, experiential pedagogy, holistic development, and creating learning centered environments.

Key topics covered during the workshop included:

- Understanding the vision and objectives of NEP 2020.
- Building meaningful mentor-student connections.
- Establishing positive classroom and school culture.
- Conducting regular mindset check-ins with students.
- Celebrating student achievements and success stories.
- Promoting mental health and well-being among students.
- Identifying and addressing issues such as learning difficulties, bullying, stress, and emotional concerns.
- The teacher's role in counselling support and referral mechanisms.
- Understanding the VUCA World (Volatility, Uncertainty, Complexity, and Ambiguity) and preparing students for future challenges.

The workshop was highly interactive and encouraged teachers to reflect on their roles as facilitators, mentors, and lifelong learners. Participants actively engaged in discussions and shared best practices for creating inclusive, supportive, and future-ready classrooms.

The session concluded with an interaction with the school leadership, reaffirming the institution's commitment to implementing NEP 2020 and fostering the holistic development of every learner.

Bhaskar Academy, Indore remains dedicated to continuous professional development and educational excellence, ensuring that teachers are equipped with the skills and knowledge required to meet the evolving needs of 21st-century learners.

Principal

Bhaskar Academy



BRIGHT FUTURE AT BHASKAR



BHASKAR ACADEMY

Report on AI in Classroom Workshop

Date: 10 June 2026

Venue: Bhaskar Academy, Indore

Resource Person: Mr. Swaranjit Singh

Organisation: YEP Publications

Bhaskar Academy, Indore organised an informative and engaging workshop on “AI in the Classroom” on 10 June 2026 in collaboration with YEP Publications. The workshop was conducted by Mr. Swaranjit Singh, who served as the resource person.

The session focused on creating awareness among teachers about the growing role of Artificial Intelligence (AI) in education and its practical applications in classroom teaching and learning. Mr. Swaranjit Singh introduced various AI tools and explained how they can be effectively used for lesson planning, content creation, activity design, assessment, worksheet preparation, personalised learning and saving teachers’ time.

The workshop was highly interactive, with practical demonstrations and discussions on the responsible and effective use of AI. Teachers actively participated in the session and explored ways to integrate AI into their regular teaching practices while maintaining academic quality and creativity.

The workshop concluded with a discussion on the importance of using AI as a supportive tool for teachers, rather than a replacement for human creativity, judgement and personal interaction.

The session was enriching and provided valuable insights into the changing landscape of education and the potential of AI to make classroom teaching more innovative, efficient and learner-centred.

Prepared by:

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Principal

Bhaskar Academy

