

20 - 21 FEBRUARY, 2024

INDIA INTERNATIONAL CENTRE, NEW DELHI



TIME : 09.00 a.m. to 02.00 p.m.



NATIONAL PROGRESSIVE SCHOOLS' CONFERENCE
Quality, Commitment and Excellence in Education

51st Annual Conference

**NURTURING MINDS:
FOSTERING MENTAL HEALTH AND WELLBEING**



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INDIA INTERNATIONAL CENTRE, NEW DELHI

DAY-1

20.02.2024 (TUESDAY)

INAUGURAL SESSION

- 09.00 - 09.30 a.m.
- 09.30 a.m. onwards
- 09.55-09.58 a.m.
- 09.58-10.05 .am.
- 10.05 - 10.20 a.m.
- 10.20-10.30 a.m.
- 10.30 - 10. 40 a.m.
- 10.40 - 10.50 a.m.

- Registration with Tea / Snacks.
- Lighting of the Lamp
School Choir - Presentation by Sanskriti School, Chanakyapuri
- Welcome Address by :**Ms Asha Prabhakar**, Chairperson, NPSC & Principal, Bal Bharati Public School, Noida
- Annual Report by: **Ms Mallika Preman**, Secretary, NPSC & Principal, Tagore International School, East of Kailash
- Address by Chief Guest: **Mr Sanjay Kumar**, IAS, Secretary, Dept of School Education and Literacy, Govt. of India
- Inaugural Address by: **Mr Pramath Sinha**, Founder and Trustee, Ashoka University
- Key Note Address by : **Mr Darrin Farrant**, Director, UNIC
- Release of NPSC Publication
 - **Mr S L Jain**, Former Chairperson, NPSC
 - **Mr L V Sehgal**, Principal, Bal Bharati Public School, GR Unit & Former Chairperson, NPSC
 - **Dr Ameeta Mulla Wattal**, Former Chairperson, NPSC
 - **Dr Ashok Pandey**, Former Chairperson, NPSC
 - **Ms Usha Ram**, Former Chairperson, NPSC
 - **Ms Meera Balachandran**, Former Chairperson, NPSC
 - **Ms.Sadhana Bhalla**, Former Chairperson, NPSC
- Vote of Thanks by : **Ms Richa Sharma Agnihotri**, Vice Chairperson, NPSC & Principal, Sanskriti School, Chanakyapuri

- 10.55 - 11.00 a.m.

DAY-1

20.02.2024 (TUESDAY)

SESSION-1 (11:00 a.m. – 11: 50 a.m.)

Creating Mindful Schools : Spaces and Curricula for focus and Emotional Wellbeing.

Panelists

- Mr Kabir Vajpeyi, CEO (Projects), Vinyas Society
- Mr Rajiv Mehrotra, Honorary Secretary / Trustee, His Holiness Dalai Lama
- Swami Shantatmananda Jee, Secretary, Ramakrishna Mission, Delhi
- Mr Ganesh Kohli, Founder IC3 Movement

Moderator

- Mr Aditya Dutta Choudhury
Dean Academics and Innovation,
Sunbeam Group of Educational Institutions

Rapporteur

- Ms Swarnima Luthra, Principal, ASN Sr Secondary School, Mayur Vihar, Phase-I, Delhi & Executive Member, NPSC

SESSION-2 (11.55 a.m. – 12.50 p.m.)

Empowering Educators : Harnessing AI for Emotional Enhancement

Panelists

- **Mr Ajay Kumar, IAS (Retd) Former Defence Secretary, Govt of India**
- **Mr Piyush Gupta, Policy Specialist, World Economic Forum**
- **Mr Sanjeeva Shivesh, Founder and CEO -Think Start up.**
- **Mr.Vedant Ahluwalia, CEO, Dataviv Technologies**

Moderator

- **Mr Ashok Pandey, Director, Alhcon Group of Schools, Delhi**

Rapporteur

- **Ms Rashmi Malik, Jt Secretary, NPSC & Principal, Salwan Public School, Gurugram**

SESSION-3 (12.50 p.m.– 01.50 p.m.)

Harmony Through Expression : Integrating Performing Arts for Mental Expression

Panelists

- Ms Abha Adams, Director, Ahvaan Education Foundation
- Ms Swarup Sampat, Actor, Author & International Life Skill Educator
- Mr Anirudh Nair (Rudy), Visiting Faculty at Drama School, Mumbai

Moderator

- Ms Aditi Misra, Principal, Delhi Public School, Gurugram

Rapporteur

- Dr Santosh Vyas, Principal, Sadhu Vaswani International School for Girls, Delhi & Executive Member, NPSC

2.00 p.m. onwards...

The Goal of Life is Rapture – A Transforming Experience

Artist

- Ms Aditi Mangaldas, Kathak Dancer and Choreographer

Moderator

- Ms Sharmila Raheja, Principal, Uttam School for Girls, Ghaziabad

Rapporteur

- Ms Rashmi Raj Biswal, Principal, DAV Public School, Pitampura, Delhi & Executive Member, NPSC

DAY-2

21.02.2024 (WEDNESDAY)

- **09.00 – 09.30 a.m.**
Registration with Tea / Snacks.

- **09.30 – 09.45 a.m.**
 - Induction of new members
 - Presentation by School Choir, Ahlcon International School, Mayur Vihar, Delhi

SESSION-4 (09.45 a.m.- 10.30 a.m.)

Armchair Dialogue : Exploring the influence of Lifestyle on the development of Mental wellness

In Conversation

- Dr Ameeta Mulla Wattal, Chairperson and Executive Director, Education, Innovation and Training, DLF Foundation Schools and Scholarship Programme and Former Chairperson, NPSC

Esteemed Guests

- Mr Amitabh Kant, IAS (Retd), G-20 Sherpa
- Ms Mamta Saikia, CEO, Bharti Foundation

Rapporteur

- Dr Vijay Datta, Principal Modern School, Barakhamba Road, New Delhi

SESSION-5 (10.45 a.m.-11.45 a.m.)

Education for Resilience and Wellbeing : Inclusion and Integration in Schools

Panelists

- Ms Stuti Narain Kacker, IAS (Retd), Former Chairperson, NCPCR
- Mr Manvendra Gohil, Prince & LGBT Activist
- Dr Rajesh Sagar, Prof, Dept of Psychiatry, AIIMS
- Dr Jitendra Nagpal, Programme Director, Expressions India

Moderator

- Dr Ruchi Seth, Principal, Lotus Valley International School, Noida

Rapporteur

- Ms Geeta Gangwani, Principal, Bal Bharati Public School, Rohini, Delhi

SESSION-6 (11.45 a.m. – 12.55 p.m.)

Unified Strength :Sports, Teamwork and Mental Resilience in Education

Panelists

- Mr G Raja Raman, Sports Communication Professional, Author, Sports News Portal
- Mr Chetan Sharma, Former Indian Cricket Player
- Mr V V S Laxman, Former Cricketer & Head of Cricket, National Cricket Academy (NCA)
- Mr Ronjan Sodhi, Arjuna & Khel Ratna Awardee

Moderator

- Ms Radhika Kawlra Singh, Author, Therapist and Mind Coach

Rapporteur

- Ms Charu Maini, Principal, DAV Public School, Gurgaon & Executive Member, NPSC



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DAY-2 21.02.2024 (WEDNESDAY) VALEDICTORY SESSION

- 01.00 p.m. – 02.00 p.m.
 - FAMILY BONDING AND COMMUNICATION : EMERGING PARADIGM
Moderator : Ms Jyoti Gupta,
Principal, K R Mangalam World School, GK-II & Executive Member, NPSC
- 01.00 – 01.05 p.m.
 - Adaptation of Poem, Seven Ages of Man- A Presentation by
Tagore International School, East of Kailash, Delhi
- 01.05 – 01.25 p.m.
 - Address by the Chief Guest: Mr Vipin Kumar, IAS,
Additional Secretary, Department of School Education & Literacy,
Ministry of Education, Govt. of India
- 01.25 – 01.40 p.m.
 - Keynote Address by: Mr Deepak Vohra, Indian Diplomat
- 01.40 – 01.50 p.m.
 - Overview of the Conference by: Mr Sanjay Yadav, Treasurer, NPSC &
Principal, Ahlcon International School, Mayur Vihar, Delhi
- 01.50 – 01.55 p.m.
 - Vote of Thanks by: Dr Vijay Datta
Principal, Modern School, Barakhamba Road, New Delhi

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***" Your mind is like a Garden,
unless you cultivate flowers,
weeds will flourish.
Substitute Negative thoughts
with Positive thoughts"***

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