



DATE: 19 MAY 2021

TIME: 3:00-4:00 PM

ORGANISED BY: CBSE COE DELHI EAST

THEME : PROMOTTING MENTAL HEALTH

RESOURCE PERSON: Dr. SANDEEP KUMAR

ATTENDED BY: Ms. UZMA ABBASI

FOLLOWING ARE THE KEY POINTS OF THE WORKSHOP

- **Empowering teachers: service environment and culture**
- **Equitable and inclusion education and focus on socio economically disadvantaged groups**
- **Neuroscience core concept: brain based and learning principles**
- **Neural bases of positive mental health**
- **Chemistry of happiness**
- **Psychological health**
- **Benefits of positive mental health**
- **Psychological well being**
- **Pedagogy and curriculum**
- **Policy and planning**

REPORTED BY :

UZMA ABBASI