

Samanta Education (India)

in association with **KC College & BTT College**,
constituent colleges of **HSNC University, Mumbai**
and **Aatman Academy**

Presents

“Re-imagining Early Years Education”

A comprehensive six-day online workshop series on
Social and Emotional Learning (SEL) in Early Years

Education, for Positive Life Outcomes from 18th - 23rd January 2021

Report for Day 1: Inaugural session

Theme: Repurposing early years education

Date: 18th January 2021

Time- 10.00am to 3.00pm

The session started with Dr. Mandeep Kochar welcoming the guests and national anthem was played. Two students – Nidhi and Prity from Aatman academy sang shloks. This was followed by BTT College prayer. Dr. Kochar invited Dr. Bhagwan Balani, convenor of the webinar series to say a few words. Dr. Balani opined that social and emotional learning is important



because school subjects are taught very mechanically and human component was missing. And inspite of having excellent academic record, children fail as far as social platform is concerned. Since there's no robust policy in our country, with NEP 2020 it is possible to implement human values can be

inculcated at grassroots level. He identified empathy, self awareness, empathy, coping with stress, emotions, problem solving and decision making- as main areas we need to work very hard. Which is the objective of these webinars. Balani Sir thanked Samantha Education, KC college, ECE for Participating.



Dr. Kochar introduced Dr. Niranjana Hiranandani for the inaugural address, Dr. Hiranandani congratulated all the colleges and participants involved. He praised Dr. Manjushree Patil for collaborating with HSNC University. He spoke about Nalanda university and education in India in olden times with Guru-shishya. He emphasised the importance of ethics in education. If not for ethics, world wars would take place. This was evident from the very fact that German education lacked ethics and thus a leader like Hitler could persuade the people for world war. He stressed on learning How to show empathy to others, emotional

quotient and understand what is missing in education and add it with technical education. He further went on to say that children can do arithmetic and read poems, but when it comes to emotional handling, they are a big Zero. So, what they have to be taught? How to handle standing second in a class is important. How to handle



yourself when you are 30th out of 40 students. The quality of life for these children will improve, next generation will be more sensitive, caring, loving at the same time competitive. He told the importance of handling emotions by stating that today many IIT students commit suicide, this itself tells us the importance of emotional intelligence. He mentioned a few ways we can achieve this. That is by doing daily greetings, write diaries, hold class meetings, incorporate art and craft, talk about managing emotions, practice problem solving skills, make teams to solve problems, celebrate diversity and differences, encourage reflection, practice mindfulness, give idea of growth mindset, encourage kindness, play games, keep small goals, active learning and listening etc. these small ideas can help students.



He then introduced the “Emotional educational revolution”, to create a change pattern in terms of learning, so that we will be proud that our children will be the people of our nation, world will be a happier place. It will be a right start for next generation.

Dr. Kochar thanked Dr. Hiranandani for encouraging us with his speech. She introduced and further invited the Dean of HSNC University, Dr. Hemlata Bagla to address the viewers. Dr. Bagla was delighted to be a part of Early Childhood education. She praised Dr. N. Hiranandani for his words of wisdom. She also spoke about Dr. Leslie, founder and CEO of “Think Equal” for transforming the education, she also welcomed Ms. Manjushree for reaching out to more than 50,000 participants. She said that there is much more to learn, she congratulated BTTC especially Dr. Bhagwan Balani for initiating such webinars and that Our collective will will be a robust response for NEP 2020, and this association will be stronger for years to come. She quoted Dr. Hiranandani, “We must dream of the world where every child has the right to be give a foundation of values”. She congratulated all and welcomed Dr. Leslie and welcome her to the webinar. Dr. Kochar thanked Dr. Bagla for her kind words and further introduced and invited Ms. Manjushree Patil for the webinar.



Dr. Manjushree told about her association with Dr. Leslie and Dr. Balani, Dr. Bagla and Dr. Hiranandani, being the change you want to see. If something has to be changed, what not start from me? As a teacher we are the queens of our class and We can bring a lot to the class and create ripples in the ocean of education. So, when leaving this webinar we could reflect and she looks forward to work together in the world, and she was super excited to learn more. She requested all to interact. Dr. Mandeep humbly thanked Ms. Patil with her connections. She also thanked all the speakers and grateful was to all Principals and lecturers attending the webinar.

Technical Session 1

Topic: Re-purposing the Early Years Education.

Resource person: Dr. Leslie Udwin

Timing: 11 to 1 PM

Dr. Neelu Verma formally introduced a human rights advocate : Dr. Leslie Udwin the most influential woman in 2015 next to Hillary Clinton by New York times. Dr. Verma welcomed Dr. Leslie Udwin to the webinar.

Dr. Leslie began by thanking India and Indians because of which she could find her purpose in life. She started by asking a question, a system change is needed. The system needs to be updated, radically, fundamentally and gradually. How can we, all of us be the policy makers, that our children should learn the literacy but optional to value the other human being or even just arbitrary that they be told to lead healthy relationships, to be a responsible citizens of the world. She quoted



Mahatma Gandhi, “if we have to bring real peace in the world, we need to start with children”.She sai that Gandhi was aware of the importance of development of synaptic responses or pairing in the brain are lost, the connections we built in childhood, it is difficult to change when we grow up. And what is needed right now is to bring about the elusive and equal world is a discriminatory mindset. She felt that she took a long time to realise her aim in life. The last film she made taught her everything and she took another path. Dr. Leslie is interested in creating awareness because we hear so many rapes, murders and urgent action is required. She therefore rolled out the “Think Equal” and “Samantha Foundation” where she

aims to change system to include all children at under the age of 5. She emphasize that we should not only say but we need action and steps have to be taken . She explained that the birth of this program and movement was the news of rape and murder Jyoti Singh whom the media called Nirbhaya. She decided to stop this. She was happy to see most beautiful protests on the roads pouring out on the streets, so noble and extraordinary to this day where have you seen since partition? In such large numbers, extraordinary fervour and commitment and she wanted to make a film on this.

She stated a few facts that One in five of women are raped and no country is free of this cursed shame. As she was herself raped in South Africa and she thought that she had to do something. So, in March 2013, she thought of what type of jargon was this? It suddenly occurred to her that she has to sit down with Mukesh, Vinay and Pawan - the rapists of nirbhaya and interrogate them as to why they did this brutal act? With all luck, she got in Tihar jail and interviewed them. She interviewed other rapist a of a 5 year old and asked him “ How do you cross the line and actually rape the little gir”. He looked at her directly and answered, “that she was a beggar girl. Her life was of no value.” The critical thing that Leslie learnt that it was not about gender, but its about a **mindset** and that the disease is not violence. The disease is the discriminatory mindset.

She gave instances of such mindset in other countries too. She called it as symptoms of same disease, endless cycle of discrimination and violence. But she immediately asked a million dollar question. What are we doing to deal with that? We are just reacting to it? We are just putting plasters to the wounds. How much further can we hold that idiotic response? She emphasized on preventing the root causes of discriminatory mindset. That is a missing parallel critical path of prevention and intervention. The key is to develop the ECE where children are forming their character from age 3 to 6. By the age of five, 90 % of adult brain is already formed. Therefore it is important for usto transform the young minds as Early Years Teacher- the most important contributors of society.

She played a video of Meryl Streep patron of “Think Equal” of what she thinks is important that let kids know the understanding of equality of a child. She said that

Empathy is important, she encouraged governments, foundations and parents to support it.

But then, why early years?

The architecture of human brain it is optimally modifiable before the age of six. We are putting in the literacy foundational learning. We are robotically programmed to think discriminatively. That each and every one of us is of equal value. Gender equality, empathy has to be taught to children. White people see superior to the people of colour, it results in depression and violence. Same with different tribes and religions.

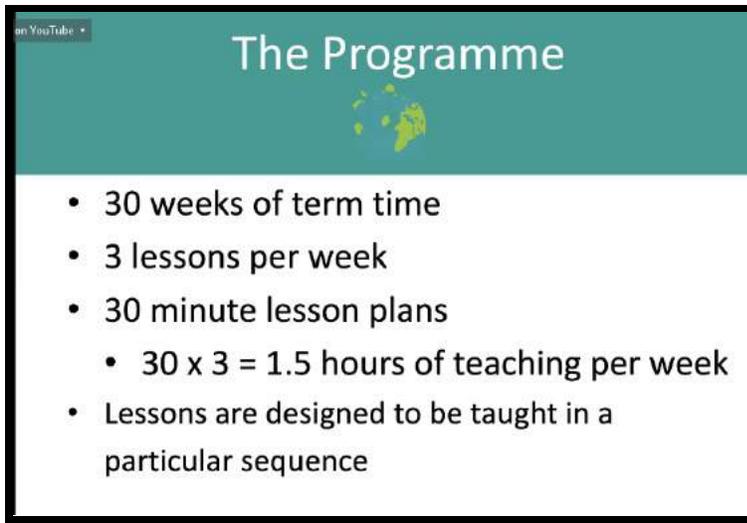
She said that the Lack of education has led to discriminatory mindset. She quoted Nelson Mandela- "Education is the most important weapon we can change the world". Then she made us think, what kind of education was he speaking about?

And its not the education that the lawyers have. Shame on this man who educated this way. He said that she would burn her alive. That's not what Mandela was talking about. What he meant was no Child is born hating another human being because of colour. And if the child is taught to hate then teach them to love. In last 4 years it turned out to be sooo easy, inexpensive. Its their fundamental right to earn positive outcomes in life.

She shared the slide which showed the vision and mission statement. The social and emotional learning has to be brought out in Early Childhood Education. She also shared the learning outcomes of 25 competencies and skills. She also shared the implementing countries. She told about importance of early learning. How important is the habitual way of looking at someone. What happens in terms of the activity in the age of the child. The sensitivity of neural environment in the brain.

Its not optional, and how do we do that? We revere and respect science. Then why not neuroscience. ?? They have improved academic results when they have social emotional learning .

She also illustrated the Importance of story and character - empathy is very important. Without it, why would we care. We wouldn't feel for others. We need to grab the children's hearts and squeeze them through books and have pain through certain things, teach stories, feel and go on that journey. The narratives prepare a safe environment for understanding for a compassionate behavior. Then let them practice that. One of the contents of Samatha foundation:



The Programme

- 30 weeks of term time
- 3 lessons per week
- 30 minute lesson plans
 - 30 x 3 = 1.5 hours of teaching per week
- Lessons are designed to be taught in a particular sequence

It is critical that these lessons are continuous and repeated and create pro social pathways in developing brains. She stressed on the need for scaffolding, and was grateful for experts who helped to create brilliant resources. Materials provided are: 1. Lesson plan booklet are provided. ;each LP is one page to 1.5 page. Each of them is prescriptive. 2. Resource booklet 3. Children's books.

Through these resources, the Children are taught about celebrating uniqueness, diversity. They are explained about their brains and parts of the brains. The mood meter etc.

A few questions were asked in the webinar.

Dr. Verma asked: How to incorporate research in the classroom of us teachers?

To which Dr. Leslie answered, In terms of reading upon sources, bring your own creativity through songs, creativity, role play, the more engaged you are the more the children thrive. All we have to do is to take this program and follow it through.

We just need to advocate through your CM, collector and say that we need this for children. Its just 2 Dollars per child. Demand this program for your schools.

Q. 2. When social fabric is difference, how can we adopt them in India? So, is the content same?

Leslie said that Its Universal because of Global Citizenship. We are same but different. We all are unique. It's the same pain we feel. So it has to be universal.

Q. 3. What about sessions of the parents?

It would be wonderful and there are materials. Home kits are produced. On Samantha Website we have 6 weeks worth of materials for classrooms but also for parents. 5 activities per week 10 mins each.

Its difficult to change the minds of parents. Without therapies etc. The stereotyping mindset, . our mission is to get the right foundation to the children. If we delay, we delay the generational change.

Most easy time of the child to teach it.

So we try to involve parents. We try to better their behaviors at home. So, Lets be realistic.

Dr. Neelu Verma asked more questions.



Is it right to name Nirbhaya??

Jyoti's parents – why is it illegal to take the name of rape victim? Its not right??
The shamed person is the perpetrator and not the victim.

Dr. Neelu verma Thanked Dr. Leslie for making us aware of Socio emotional learning in Early years education. She was grateful to her for never thought of wht education is Nelson Mandela thought of education. It is important to all teachers who deal with small children in schools. She thanked both for understanding the SEL.

Dr. Leslie acquainted us Sandra fom Botswana who does a beautiful work. She thanked Manjushree maam, that she volunteered for last 3 years for this. Never asked any thing in return.

She is thrilled to be with you, with extraordinary actress Amy Jackson.

Dr. Verma said that she began with a question and so much spoke about it that it has percolated in our minds and set us thinking. And everyday we are going to



ponder upon this. So clearly mentioned that she is done with making people aware and try and be a little more close to stdents at empathetic evel. Its important to question, to venture into untrodden territories. Of being a good, effective and efficient teacher. The session has affected us in a positive way. And thanked her and Leslie, requested to walk the path with us.

Manjushree Ma'am told to fill the feedback link and to meet back again after one hour break after this session.

Technical Session 2

Topic: The Environmentalists' perspective to Social and Emotional Learning.

Resource persons: Sharanya Nayak & Rajaraman

Timing: 2 to 3 PM

Ms. M. Patil introduced Sharanya - and a journalist and Rajan - student of Adivasi movements, he is understanding the community learning and modern learning systems. When the world is seen as an oyster, then everything is my business which makes us socially an emotionally responsible. Sharanya – said Johar they are based on the borders of Orissa and Chattisgarh.



Started with more questions of land and forests. Adivasi world view is not really compartmentalised, and everything is a flowing circle. Not a hierarchy. She read about a book “I love my planet”. She said that it is more of westernized view but

they would share the adivasi point of view. Rajan said that he has learnt a lot from adivasis who worked hard against mining companies who tried to take away their land.

The child in the book has access to internet, books etc. whereas when He then showed a poetry and a child... the child was from a ragpicker class. The politics of civilising childhood. There are multiplicities of childhoods across the world. The political and psychological aspects of childhood and connect it to SEL. How is childhood perceived in modern culture? Eg. Childhoods, maturity, adulthood. The concepts are like to physical and mental change to a state of being or becoming we have negatively estimated a child an inferior category against a mature person. Childlikeness and childishness. Childlikeness is okay but childishness is something we don't stand. Between these two terms, the dual categories, are we truly going to decide on the behalf of the child? Are we also analysing these both childlike and childishness.. it has an underlying principle. Childhood as a category became very popular during industrial revolution, childishness grew as a culture. Relate the The theory of progress to concept of childhood.

Childhood is seen as a transition state to maturity. Child cant decide anything on his or her behalf so automatically becomes inferior.

He brought out a beautiful analogy as follows: 1900 to 1910, when British ruling over us. That is the difference when British saw us and how we look at children. Colonialism we are using to bring up our child. British thought that India is a primitive society, non autonomous, innocent. So they as adults wanted to restructure our society, so they taught us table manners etc. So childhood as a category, we must get rid of this category.

The equation between childhood and colonisation is racism. We see children through inferior eye. A freedom of childhood could be. A child does not think rationally. We kill the curiosity of the child. Who doesn't know that every

childhood is a promise for a new world. We push childhood as a usable category.



Childhood is not so simpler there is widespread mutilation, trafficking, incest, sexual abuse, and the way we treat the children, these numbers indicate sad story. Such an argument argues the human quality in oppression. Capital punishment is common in 17th century. Now we don't have capital punishment, now we have death sentence. What is morally wrong has become private than public. The new impersonalised childhood has become a larger problem. It has been projected under uniform the childhood category has been taken care of by NEP and Niti Aayog etc. Education must aim to develop good human beings, but who asks whether the government: are they empathetic? Are they working through rational thought? Who decides who is a good human being? A childhood is a major dystopian category today. Are we allowig the child to have that uniqueness and character?? We are creating a human being who is supposed to follow the norms of the society. Societies which are dominate by consumerism, the childhood is a split. The natural savage childhood and mythological childhood- we have all created is obedieent, nnocent and is has to be guided by adults. Is it the original childhood? Childhood is a project of govt, childhood has to be left alone. Childhood is a dream time, children commits mistakes, coz without mistakes theres no invention.

If everyone gives right answer we will be ike a fascist state or progressive nation. The kind of communities we work with the schools are destroying childhood.

He told a story. What do you think is happening to the children in schools today. When the child is in my womb the govt takes it away, 3 years The Anganwadi takes away, 6 years schoo takes away, I am really fighting to get it back. I am not ready to sacrifice the roots of the child.



Q. What are your ideas about homeschooling?

It is a new concept now. But adivasis have been practicing it from many years. As adults we are not fully grown, we need to keep of sense f childishnes to be alive to

Formal schooling is concerned, it has become a factory/ project. We have lost, schooling, who is investing in the school. We do not subscribe the people wo are destroying your planet.

Q. How is education perceived? It is self exploration of the child, elders, mother nature is the teacher. The community, the adivasi way of life teaches you. You experience aflight, you resolve. They take children and they just leave them there. If onl this entire world was a community of adivasis.

Ms. Manjushree thanked both of them for their insights. Rajan and Sharanya.

Ms. M. Patil Ma'am, introduced Manvi Bahl, the country coordinator for India.

The session concluded with "Vande Mataram" song.

Report written by: Melvina D'souza (SYB.Ed.) Rollno. 10

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Report for Day 2

Theme II- Understanding the self

Date: 19th January 2021

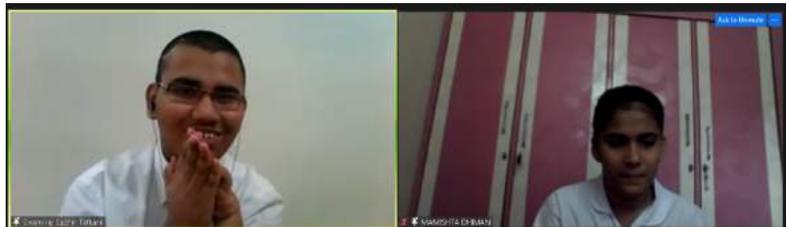
Time- 10.00am to 3.00pm

Technical session 1

Guest Speaker: Ms. Majushree Patil

Topic: Deep diving into the self

Dr. Raju Talreja invited all the participants to the webinar. This was followed by 2 students who sang the shlokas. Followed by college prayer. Dr. Talreja gave highlights of Day 1. Dr.



Talreja introduced Ms. Manjushree Patil and welcomed her to the

platform. She also introduced Dr. Leena Pujari, HOD of Sociology, KC college. Dr. Pujari could not be a part of webinar as she had other commitments. Ms. Manjushree warmed up the participants where she played a game to show reactions on zoom based on the sentences she spoke.



Then after Ms. Manjushree made the participants to take part in an activity where she displayed a few professions and told them to make a story out of it. Many others participated enthusiastically.

She then said that these professions are stereotyped. And they need to be removed. We need to go beyond He and She. These concepts of gender stereotyping need to be put an end to. We teachers as facilitators need to do our homework. Children tend to create these stereotypes of skin colour, height, weight and religion etc. in their own minds. She showed a few videos which were quite interesting and were meant to break stereotypes. Many participants opined their views, Dr. Neelu Verma read a poem published in an NCERT book which revolved about gender stereotypes in India.

Ms. Manjushree asked about a one word or one sentence takeaways. . a few replies were: change our mindset, Its important to be aware of the background conversations and biases, we need to break our stereotypical

thinking, don't discriminate anyone, a paradigm shift is needed, treat everyone equally, be a good human being etc.

Dr. Raju Talreja thanked Manjushree Ma'am for helping us enlightening on this topic also for helping to percolate the right perspective and breaking away the stereotype and enthusiasm and handed over to Dr.



Meenakshi Lath for further conduct.

Technical session 2

Resource Person: Dr. Swati Popat Vats

Topic: A teachers contribution to ESL in classroom.

Dr. Meenakshi Lath welcomed Dr. Swati Popat Vats and formally introduced her. The topic was: “A Teacher’s Contribution to an ESL Classroom”. Dr. Swati started by saying that she is not ashamed of her name and started with a story with a moral that the true teaching is “practice what you preach”. She further went on to say that ethics is something that the teacher needs to cultivate in herself. Ethics in teachers is a course developed by Early Childhood Association – in USA, Australia and now it will be soon launched in India.

She told that the education starts at age 3, which means we have to understand the importance of early years. When brain is developing, right side develops first. So, play based learning helps as right brain

learns through play. The blueprint of who you are as a person is laid during those first 6 years. She told to read a few books like Totochan and especially “Diwasswapna” by Gijubhai Badheka. He introduced Hands on learning, enquiry based learning, story based learning are concepts given by him.

She affirmed that the only way we can capture a child’s attention is through stories and its important that we teachers realise it soon. Teach children to value themselves as individuals. There’s nothing wrong to going to other country. So go to other country when u are proud about ur own country. Teach children “autonomy” - to do on their own. .

For children to learn Social manners- they should see social manners. We need to teach the proper rhymes and rhymes like ringa ringa roses, humpty dumpy should be removed. Emotional Labelling shouldn’t be done. Especially when we don’t allow the child to cry. We disrespect their emotions. She mentioned the importance of the maxims of teaching like Known to unknown, simple to complex and concrete to abstract.

She insisted that Teachers should live the profession. .? Use the knowledge and degrees that we earn in bringing about change. She mentioned about Piagets cognitive development theory and Eriksons theory.

This NEP is experiential learning and life skills and is similar in lines with SDG’s. She told to teach the students something that is applicable to the child and culture. She even emphasized that children should be taught in their mother tongue. Don’t make language a barrier for children.

She added that we must go from Policy into practice, vision to achievement. Make children smile, so first thing is to make them smile and laugh so that the lower brain is engaged and higher brain can focus. Control lower brain and engage higher brain. Laugh with the people who laugh at you because the World loves to see you hurt, and we need to come out as a strong teacher.

Some teachers who teach curriculum everyday, some teach children everyday. Don't attract people with looks and body, attract with your words, focus on knowledge, connection and emotions. Give respect and get respect.

Teachers should strive to improve Social Quotient and Emotional Quotient because as teachers we are shaping, we never know some student sitting in the classroom may be the next president of India. Touch children's lives forever. A true teacher should see his own flaws and correct them. Don't have favourites in your class. Go from labelling to enabling. Remove biases like religion, because religion has to be taught in the lapse of the family so, we need to teach students about national anthem and national integration. Use the influence of a teacher as a sacred tool. Don't be a mother to your students because as a mother she wants to see only good. Don't be a god – because he listens to only those who pray. A teacher is above God - we are Guru's – we are biasless but we are not powerless. She thanked all the participants for choosing the best professions. And reminded that Sustainable Development Goals should be a part of our curriculum.

Dr. Meenakshi thanked Dr. Swati for an inspiring session. Dr. Swati thanked Ms. Manjushree and Dr. Balani for giving her this opportunity. Dr. Balani – said that he wishes to collaborate more with her in future.

Technical session 3:

Resource person: Mrs. Sonali Kulkarni.

Topic: Accepting the self

The session began with Ms. Manjushree Patil inviting Sonali Kulkarni, and formally introducing her. Sonali Kulkarni read the book “Me, Myself and I” and thanked the writers because the book is very relatable and easy. She thanked Ms. Manjushree for the smallest book she read.



The session further went on to discussion with Q and A session.

Ms. Manjushree and other participants asked Sonali Kulkarni a few questions.

1. What would we like our children to have about Social and Emotional Learning?

Sonali replied that kids need to get approval from teachers therefore teacher plays a very important role. I like that self who is guilt free. People should admire you for your work. So it should begin from home. We all are fine as we are. You need to accept yourself then the world will

love you. We should come out of rigidity where we have a lot of excuses.

Parents do commit terrible mistake in which they expect teachers to do more than they can. Teachers should party more, enjoy themselves more. Teachers are human beings, its fair to give constructive criticism.

Q2. What influence has your child teachers has on your child.?

Sonali said that her daughter loves her teachers a lot and is ecited to see them everytime. So, teachers are very influential and their words have a deep impact on children's minds.

Q.3. What can we learn from your profession as teachers?

We need to have make up. We do something as our duty but you come back as a person whom we are. Sacrifice is a choice. We sholdnt feel high about it. Teachers have more social responsibilities. The teachers also need to have likings, hobby or pursue a different skill, they need to know that they are capable of much more.

Q.4. What should do in our classrooms like we do as actors?

Teachers need to have diction and volume the high pitch and low pitch. The body language, the teachers always have assured audience and children love you by default. Kids give unconditional love to your teachers. Teachers should accept compliments wholeheartedly. Teachers should party hard and exercise and yoga.

Q.5. How can we keep our mental health intact? How can we cope with it?

We are not the judges. We are humans. We should listen, let both parties speak up. We have right and wrong very clear in our heads. I love myself and I love the world. If we don't love ourselves if not then we will have justifications.

Q.6. How can u deal with learning new language in different films that you have acted in?

It is a paid scholarship. Because you get paid to learn new language. So, that motivates her.



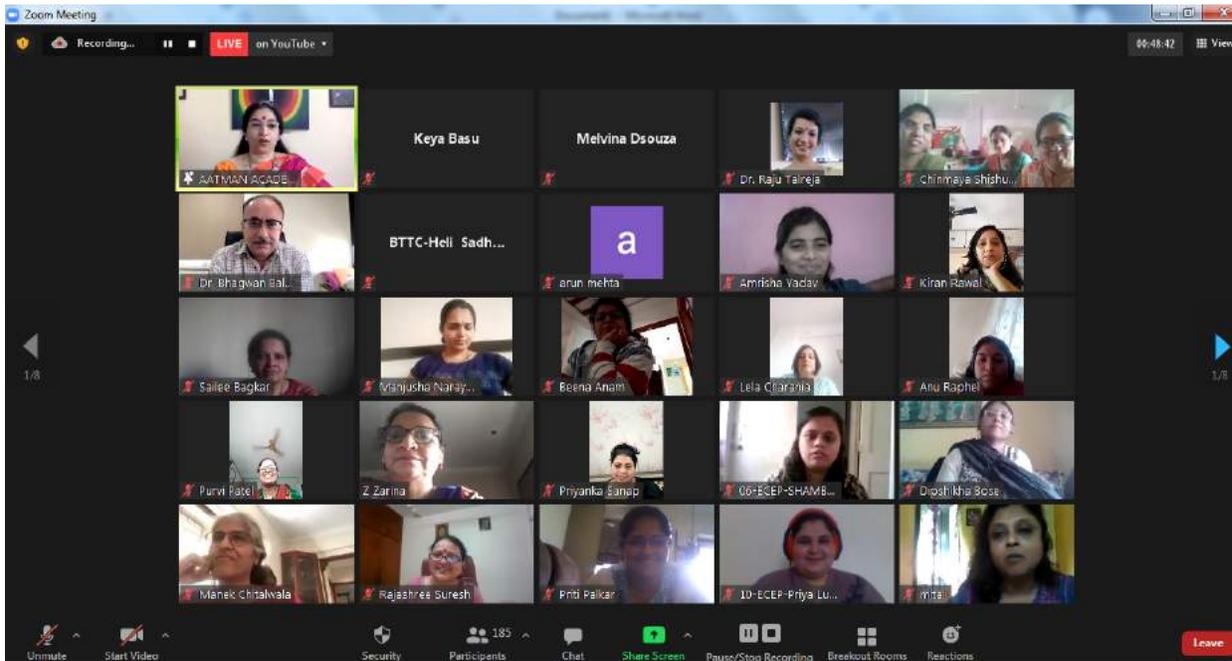
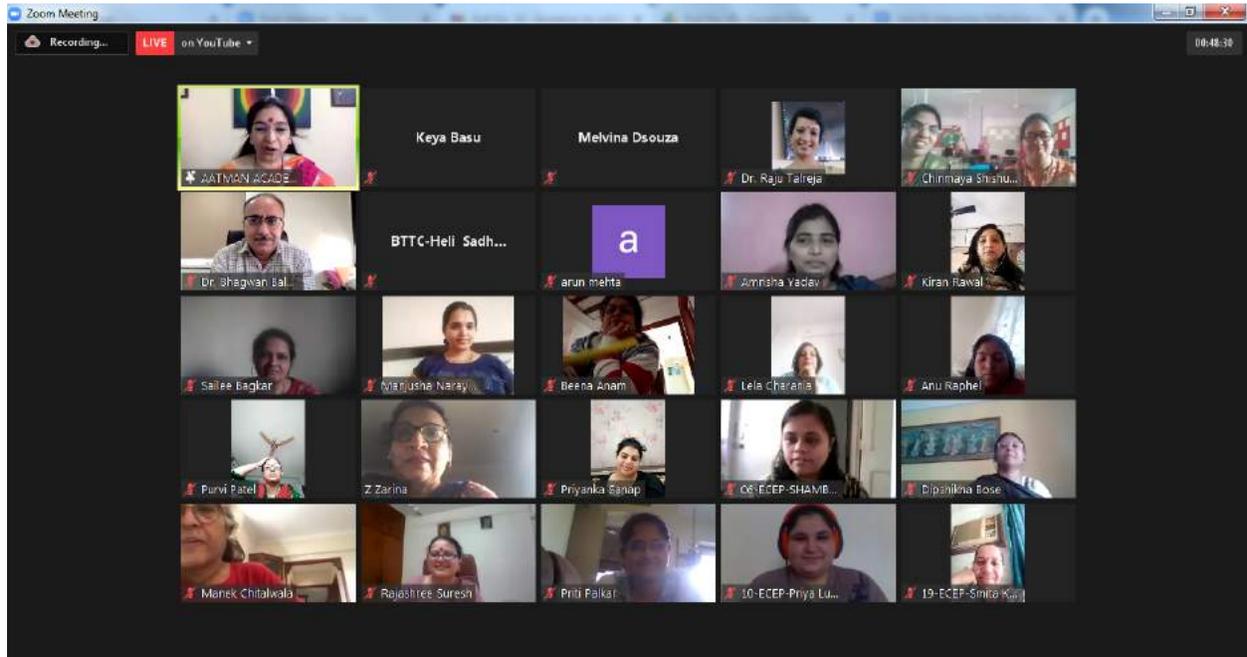
Q.7. How do u feel when you visit school?

Fan moments are there. But teachers don't put down others because of me. I am who I am. A doctor will give a serious treatment to all equally even if it is a prisoner. Same thing should be with a teacher.

Dr. Balani thanked Sonali for coming forth at the webinar and requested her to be in association with other institutes as well. Luxury is in the simplicity and everyone should learn to live simple life like her. Dr. Balani thanked Mrs. Sonali Kukarni for giving us her insights and sharing her experiences.

Mrs. Manjushree thanked her for being there. And requested all to come back tomorrow for a fresh webinar session. She then asked for feedback and discussion and the session ended on a happy note.

Report written by Melvina D'souza, SYBED (Roll No. 10)



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Report for Day 3

Theme III – Understanding EI (Emotional Intelligence)

Date: 20th January 2021

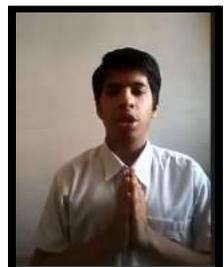
Time- 10.00am to 4.00pm

Technical session 1

Guest Speaker: Ms. Amber Paulson

Topic: Understanding Emotional Intelligence

Dr. Manisha Tyagi welcomed participants to the day 3 of the webinar. IT was followed by 2 shlokas sung by two students of Aatman academy, followed by college prayer. National Anthem was played to instill sense of National Integration. Dr. Tyagi gave the highlights of Day 2, she further invited and formally introduced the resource person Ms. Amber Paulsen, Director of Education,

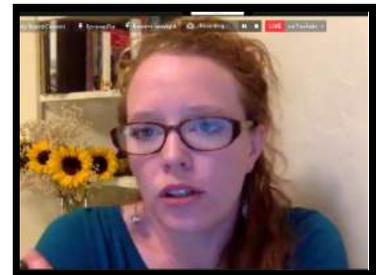


Think Equal, USA. She asked the participants how comfortable they are with Social Emotional Intelligence.

She first asked if someone had an IQ test? She explained the meaning of IQ and told that IQ can be raised through different activities. She then asked about EQ test?

Very few of them responded, she told the meaning of EQ and how we welcome our emotions and emotions of others. And can EQ be raised? She explained that EQ is more trickier, can be raised for Adults through coaching Programmes. In terms of success both EQ and IQ both are important. But researchers suggest that EQ is more important at this point in time. She explained the meaning of Emotional Intelligence and 5 aspects of EI given by Daniel Goleman.

She went forward to find why EI is important. Reasons being that high EQ will make us intrinsically motivated, it is related to productivity and overall mental well being at work place and it positively affects many aspects of life? She correlated the EI and Early years. EI positively affected academic achievement of college students and social life. EQ is social aspect and IQ is academic aspect.



She answered how can we transfer to Early Childhood Years? And answer is Social Emotional Learning (SEL). To supplement this she showed a video showing the importance of SEL and how brain develops and how neural pathways are made in early years. She explained how the experience shapes, how can we bring SEL in classroom as EQ and IQ goes hand in hand. She explained the meaning of SEL.

She explained the brain development with the help of a video. Then with the aid of a graphic she explained how experience shapes the brains architecture in the first years of life i.e. from birth till the age of 14. Long time effects of SEL for an individual in terms of economic and social benefits.

She further went on to say that “Think equal” can be a tangible tool to bring SEL in schools. They have done Lesson Plans which are interactive, cognitive, it includes role play, experiences, games and songs. Stories can be read to children,

books are conditioned by us similarly Samantha Education gives comprehensive kits. She also quoted a few examples of books like “Anjali’s kite” helps how to share but also take ownership of our belongings. The book “Is anyone like me” is a journey of self-discovery and self-acceptance and everybody is special and unique. The book “Helping Hands” is about helping the community and the book “I love my planet” is about the earth and about protecting it.

These books include Mindfulness activities and emotional regulation tools. She also mentioned about the RULER program from Yale which is about about learning emotions – eg. Mood mirror.



The takeaway from the session was that we can't control how we express our emotions and how we are feeling. All emotions are natural and all emotions matter.

Dr. Tyagi thanked Ms. Amber Paulson and said that amazing work is being done by their organization and hope we will be able to incorporate the same in B.Ed. program also. She read out all the praises on zoom chat as well as on Youtube. Dianne Gonsalves gave a formal vote of thanks.

Technical session 2:

Resource person: Dr. Kavita Arora

Topic: EI and Early years of a child

Dr. Balani welcomed Dr. Kavita Arora and said that very less work has been done as far as Early Childhood



Education is concerned. Dr. Rajeev Jha moderated the session and formally introduced the resource person, Dr. Kavita Arora. Sharmeen Ansari introduced the resource person.



She felt that Early Childhood years are the wonder years- most precious years. She started with a story where she tried to share the collected wisdom that she got from children. She further went on to tell about Neuroscience which has been advancing. Brain has capacity to learn throughout lifespan. She explained how do we learn? First is motor skill, visual skill, kinesthetic – training the brain to come together.

Each one of us is unique and methodology for learning is different in different children. Experiences build architecture in the brain. She showed a video, showing neural network in brain.

She further said that the regular environments of a child, domains of development. The parents know what the child has eaten but not the social emotional development. What does a human bring really need? It is- Resilience, that is ability to carry on in any situation. Marshmallow test- was shown about how children learn about self-regulation? Researchers found that the factor for success is the ability to delay gratification and self-discipline.

Did I need to know what purpose I had? For a traumatic experience- we should respond in a certain way. Whether we make a resolution, respond.

SEL in India has been an age old phenomena eg. SEL was conveyed through various books and stories like eg.



Ramayana – which is about ethics, loyalty, listening to parents also jataka tales, and panchtantra. Even Gandhi taught ahimsa and its time that we let this go in the minds of our children.

In a classroom a teacher can discuss about One act of kindness every day, kindness rocks project can also help wherein words are written on rocks like- you are loved, you matter etc. She also narrated a star fish story – showing the power of how ONE person can bring a change in the world!!

Intelligence in any human being is about integrating all different types of intelligences. Things don't occur in compartments in our brains and its necessary to integrate SEL along with cognitive learning. Dr. Kochar thanked Dr. Kavita for giving insights on SEL. Question and answer session was moderated by Dr. Jha.

Dianne Gonsalves gave the formal VOTE of thanks.

Technical Session 3:

Resource person: Ms. Rajshri Deshpande

Topic: Stronger communities through EI



The session began with Ms. Manjushree Patil welcoming Rajshri Deshpande and thanking her for being here. She formally introduced Ms. Rajshri Deshpande and welcomed her to the platform. She read a book titled Rainbows in windows which was made in response to COVID 19. She praised the Illustrator who has done the



work so wonderfully. She explained the meaning of each page separately. She also shared her experiences during the COVID times.

Q. How did the social work come to your mind?

It must be related to ability to empathise. She quit empathizing and came to Bombay in art field. Travel and exploring life, reading literature books. We need more action, we need to go on the ground which she experienced working on Nepal earthquake. Water was a basic necessity and along with it sanitation and health awareness. She created an organization called “Nabhangan” she is trying to make a difference.

Q. Which are the more happy and sad times working in Social sector?

Kids bring happiness because they are eager to do something. Kids are the ones we need to empower. They are the best thing, they like to listen to stories. Working with the community and providing education will help on focusing on minds. Important to respect the women of the house. A young boy committed suicide because he felt that he won't be able to anything and he is good for nothing. We make them understand in all possible way, are you working for your own society. We have to come together and solve the issues of the society.

Q. There are high intensity emotions you do in films. How do you do emotional management?

We need to balance everything, we need to do deep breathing and accept all the facts but you need to act. Keep ourselves calm and think of the issue and find solutions to it. Express, talk but at the same time listen also.

Q. How much of your family members have influenced in raising you?

The family was not a perfect type, films were not a part of life. I had no idea if there was any job apart from Doctor, Engineer, Lawyer or Government office. She went to Pune and studied and had to leave it for survival. She felt selfish but she realised that it was wrong.

Ms. Manjushree thanked Ms. Rajshri Deshpande and held a small discussion and feedback from participants. The session ended at 4 PM.

Report written by: Melvina D'souza (SYB.ED.) Roll No. 10

Samanta Education (India)

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and **Aatman Academy**

Presents

“Re-imagining Early Years Education”

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Social and Emotional Learning (SEL) in Early Years

Education, for Positive Life Outcomes from 18th - 23rd January 2021

Report for Day 4

Theme: SEL – 25 Learning outcomes and more

Date: 20th January 2021

Time- 10.00 am to 3.30 pm

Technical session 1

Guest Speaker: Dr. Leena Pujari

Topic: Gender Stereotypes

Dr. Lubna Mansuri invited all the participants to the webinar. The students of Aatman academy sang shlokas, followed by BTTC college prayer and National Anthem. Dr. Mansuri gave us the highlights for day three. Ms. Manjushree asked the participants one sentence or takeaways from the past three days webinar sessions.

A few responses were: Change can be possible at any stage, be good to all, anything can happen at last moment, be positive and happy everytime, be original, we need to listen before we speak, passion infinite, don't adopt but adapt, love and accept everyone as they are but start with yourself first.



Dr. Lubna Mansuri formally introduced Dr. Leena Pujari and invited her to the platform. Dr. Leena Pujari started the session saying that the webinar is very meaningful to all of us and that this



session will be full of experiences and stories.

The gender education process should begin in school because at school stage, we can intervene and it is necessary. We as educators we need to dive in but before that we need to look at ourselves, keep looking at previledges we have and prejudices that occur in the society. When students come to college, they are burdened with casteism, communism and other baggages. So, it becomes a project with all kinds of challenges. There are students with gender non-binary persons and we must not pass comment or remarks that traumatises them. One of the biggest influences on students is social media. But they do not have information and knowledge which is where we need to step in.

Ma'am revisited ideas about sex, gender and sexuality, gender identity and told about the differences between them. She further went on to explain how do we know who is a man and woman? She spoke about heteronormative regime where we teach children to be masculine and feminine in families, schools, public transport, laws, public toilet also what problematised this distinction of male and female. There are presence of individuals with intersex variations. Should we let children to decide their gender identity. She spoke about transgender, Turner syndrome, she gave a few case studies especially women had to face in sports arena. And concluded that we need to stop this perspective of "One shoe size fits all" and use gender neutral terms.

Dr. Lubna Mansuri thanked Dr. Pujari for making us aware of different terminologies. Dr. Mansuri moderated the Q and A session to which Dr. Pujari answered happily. She read the reflection and comments on the chat. The next technical session was handed over to Dr. M.A. Ansari.

Technical session 2

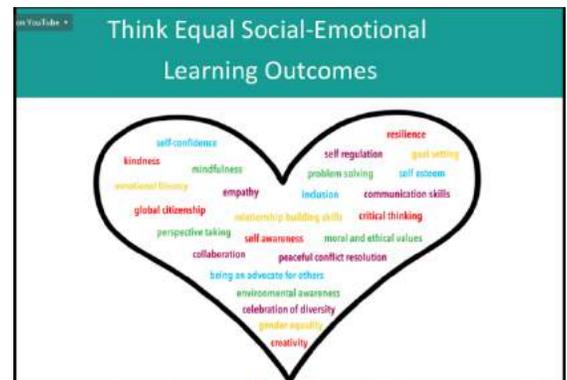
Guest Speaker: Ms. Manjushree Patil

Topic: The Samanta Programme

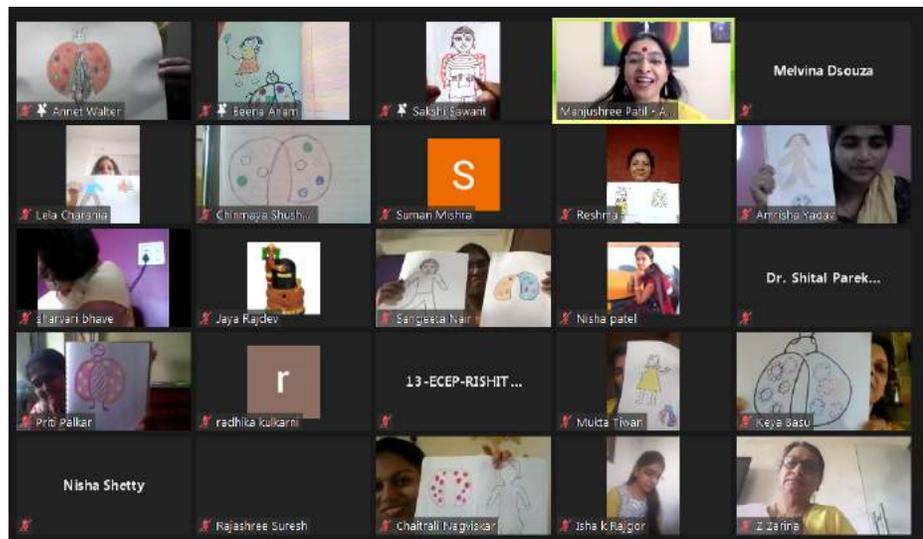


Dr. Ansari welcomed all the participants and invited Ms. Anju Konai to formally introduced the guest speaker, Founder of Aatman Academy Ms. Majushree Patil started the session with a simple game. This was followed by an action song to the participants. She displayed a heart full of 25 learning outcomes and further explained the meaning of Learning outcomes.

There's no right and wrong behavior, behaviors are appropriate and inappropriate. Like when it comes to dressing sense, we wear different clothes when we go to party, swimming, different costumes are to be worn. We should expose the children to moral and ethical values but it is different to SEL.



She further informed us that the content of Samanta education is obtained from “Healthy Minds” at University of Wisconsin- Madison. “Mood Meter” helps a lot to understand that we have to be aware of emotions and plot it on the mood meter that is RULER program. The lesson is done by conversations by sitting in a circle. Give a small examples how we can be more inclusive, and make them confident in themselves. The themes will lead to better connections in them. The course of Action and how to prepare resources before teaching was also



a part of her talk.

Ms. Manjushree read the book- “Lara, the yellow lady bug”. She showed a lesson plan for this. She conducted an activity wherein she told participants to draw themselves or any other child after they have drawn, she tells them to color the wings of the ladybird and give a unique colour to it to make a unique ladybug wing.

She spoke about insights, learning outcomes and reinventing the wheel. Its not about marketing its about reaching out to little learners. Dr. Ansari thanked Ms. Manjushree



for the session and for sharing her insights. Miss Preeti Rathour a student of SYB.Ed. gave a formal vote of thanks.

Technical session 3

Guest Speaker: Ms. Ila Arun

Topic: The Power of narrative

The session started with Ms. Manjushree Patil welcoming the guest. Ms. Ila Arun read a book in Hindi titled – “Adbhoot Daisy” means “Amazing Daisy”. She narrated the story with a lot of actions and expressions. It was a delight to watch her read the book.

She said that she loved the message behind the story and would definitely recommend it to her granddaughter. She opined that we should give confidence to a child, to have a dream and to believe in yourself, to do your thing and do not think what others think about you. She further added that “All of you teachers, you have a great responsibility. A teacher has to be an actor, a parent. The first introduction to god is a teacher”.



It is we as teachers who can give confidence to a child especially the girl child. Children are so talented and sensitive. There were no books days back and thus story telling was important. In Acting there is observation, sensitivity, connectivity, which teacher should use as a teacher always has to be a story teller. WE should talk to students with clarity and with diction, a teacher has to reach out to the students. Teachers should be fully equipped. She remembers one of her teachers because of her smile, her welcoming gesture. We need to focus on each and every student. And our personality and dressing sense matters a lot.



Ms. Leslie praised Ila and said that the only way we can teach empathy is through storytelling, that is the power of narrative.

Ms. Majushree asked a question to Ms. Ila Arun:

Q. How did you become such a confident person?

We were 7 sisters and each one is doing well and their grandmother and mother read stories. Teachers must make students to read the books and read the story. Her parents gave confidence that you are no less than others. In India there might be rape and others but the charm

of being a daughter is important. Nothing can compare together like being a woman. Teaching is wonderful profession. Reach out to children.

Ms. Manjushree thanked Ms. Ila Arun and one of the participants sang Ms. Ila Arun's song followed by Ms. Majushree Patil. The session ended at 3.30 PM.

Report written by Miss. Melvina D'souza (SYBEd.) Roll No. 10

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Presents

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Education, for Positive Life Outcomes from 18th - 23rd January 2021

Report for Day 5

Theme: The SAMANTA Programme

Date: 22nd January 2021

Time- 10.00 am to 4.00 pm

Technical session 1

Moderator: Manavi Bahl

Topic: Panel discussion

The session began with Dr. Neelu Verma inviting all participants. Two students from Aatman academy recited the Shloks, college prayer was played. Followed by National Anthem. Dr. Neelu gave highlights of day four. She then formally introduced



Ms. Manavi Bahl. Manavi greeted everyone and invited Ms. Paba Deshpriya.



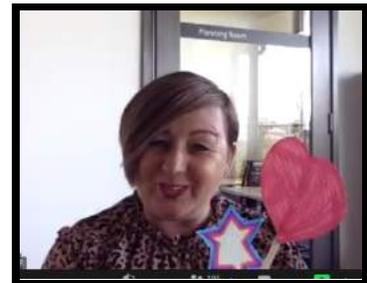
Speaker 1: Ms. Paba Deshpriya (Sri Lanka) – She told about how the SAMVEDI program started in 2017 in Sri Lanka. It was tough to implement as pre school education is dealt as a business. She told about so much of bureaucracy to go through. Also, in addition the teachers are not trained enough, and getting through government officials and politicians seemed impossible. But currently SAMVEDI has reached 600 schools and has trained 1300 teachers. Initially it was challenging because demand is literacy and numeracy but what we give is not the same. We are looking at generational change. We hope that teachers and parents see the world differently. Teachers are now telling parents that its okay if children don't write or don't speak. So they have to speak at concerts and the politicians follow their speech. But they at least speak about it. The mainstream idea is that teachers have more support from Samvedi.



Speaker 2: Ms. Sandhya Vasanthi - (Sri Lanka) Ma'am told how SAMVEDI helped her to improve her teaching and how it helped parents to understand the importance of Social Emotional Learning. She told that through the book "Amazing Daisy" the children could get the power of unity. If SAMVEDI lessons are done in practical way, they are most effective and it was an eye opener to parents, how these lessons could be applied in real life.



Speaker 3: Ms. Sophie Patitsas - (Australia) – Ms. Sophie said that she was in Federation University in Victoria where she did research on Social Emotional Learning and how she collaborated with Ms. Leslie – she told about the unique way the book was organised and it is easy to follow the teaching plan. She told that elements of program resonate well with the children. They don't use templates but they use their own vision.



Speaker 4: Karen Pinder and Ms. Swapna: (Australia) – Ms. Karen said that beautiful benefits how children interact with each other, problem solving and The book Me, Myself and I and the children had positive impact on the children that they started liking themselves more. The jar of hearts and stars helped children to listen to each other. She also told about how the children could think about their goals

Daisy”
her
“me,



through “Amazing book. She shared experiences on teaching the book myself and I”.

Ms. Swapna has also worked with early childhood and told us about the activity where children made a rainbow and which particular colours the children like. The children are taught with activity and they don't use templates but they use their own vision. She also spoke about the mood mirror and how it works especially in the morning. Ms. Karen said that Australia was COVID free but since center was closed for 7 weeks so they kept the zoom classes were on to be in contact with the children.



Speaker 5: Sandra (Botswana, Africa): Ms. Sandra expressed her love towards the books of “Think equal”, and some of her favourite books were related to emotions. There are a lot of Think equal activities. She uses mood meter so its easy to see highs and lows throughout the day. She told about how the lessons have also affected the parents and the parents love the lessons and are grateful to do lessons with the children. She told about the lessons in the books “Me, myself and I” and “Amazing Daisy” where it helped the children to set new goals. The lessons are done in groups, and lessons have started afresh post COVID pandemic. Lessons are done 3 days a week and how feedbacks have helped them to improve the lessons.

Ms. Manjushree told that we should try to connect to children the way they want to be. Language should not be a barrier.

Speaker 6: Ms. Yojana Shardul (Thane Municipal Council, India) – She said that she teaches through stories where students could improve their self esteem and self confidence. She explained how Lara’s story she could make each student is special and different and not to make mockery of others based on their colour and background. She also instilled the importance of efforts of our parents and others in our lives.

The children were expressing themselves and how they are elated when they help others. And yet another story, the children prepared rainbow and children understood the importance of collaboration. In another book the children learnt not only to love people but also to love plants and animals and could see changes in their behaviour. She also uses songs, activities and games to teach the lessons in Marathi using Samanta Education. Children learnt tidiness, discipline, motivation, goal setting at the same time she learnt a lot through mood meter and other activities in Samanta education. She wishes that other children should also receive similar education.



Speaker 7: Ms. Tshidi Tmogodiri (South Africa) – She was trained with Ms. Leslie Udwin and it is a learning for her and in a few years she hopes to make a difference. She told her story and how a Jewish family didn’t discriminate her based on race and colour. She faced a lot of harassment from police. Her schooling was done in her native language. Her Principal in school identified her abilities and eventually she became a part of “Think Equal”.



She appreciates this opportunity very much. Now, she is installing the lessons of equality- where race and colour doesn't matter, justice, respect, non- discrimination, resilience etc. Children are using these lessons on their day to day basis.

Speaker 8: Miss Neo Pamela Tsatsi (Botswana): She started “Think Equal” as a pilot study in 2017 in 23 schools. She had to deal with different types of children from shy to expressive ones. The mood meter works well with hyperactive child like a miracle. The children use imagination more. We don't talk about feelings and emotions, but parents give a lot of positive feedback about how child talks about empathy and compassion. It instills Socio Emotional Learning. The shy children were able to have conversations with other people. The children learnt that they are all one and are respectful and caring to all. She was thankful for the amazing journey of “Think Equal.” The program if continued in the country it would decrease the gender based violence.

Dr. Neelu Verma thanked all the speakers for sharing their experiences and addressing so many challenges and their perspectives which has led to greater understanding for each one of us. She thanked Ms. Manavi for moderating the session and for Ms. Manjushree for being the force behind this webinar.

After the break Ms. Manjushree discussed about a few questions related to early childhood students, Ms. Leslie and other participants shared their views.



Technical session 2

Guest Speaker: Resul Pookutty

Topic: Inclusion

The session moderator Ms. Manjushree Patil formally introduced the guest speaker Resul Pookutty and welcomed him to the meeting.



He read a book “Diego’s great idea”. With a lot of expressions and actions. He said that the story tells us the idea of inclusion, idea of being kind. We are going through an uncertain time and we keep distance, because we think for the others. The COVID times have taught us that if other person is safe, we are safe. God made us different, but we all are

having same acts of kindness. Kindness need to be spread, you need not be rich to be kind.

Q. What does music means to you. ?

Music is my passion, music is my life, music is memory. Each one of us is driven by music. Our sense of rhythm will change due to change in sounds of the surroundings. We constantly are responding to sounds around. There's rhythm in everything even in the passing train.

Q. What role do emotions play in your work ?

I am the first audience. Cinema is one expression, where we sit in one room of any caste creed, and watch emotions on screen together in a dark room. It has a sense of unifying us. Whether rich or poor, it makes us feel you are equal. In my job, I manifest and manipulate human emotions. We are in a business where we sell human emotions. The product has good value, it has ability to sensitise a person to make changes in the society. I constantly think, how can I refine myself everyday. I put myself in that position to see how would I react?

Q. Has it ever happened on a particular day you are supposed to work on one set of emotion but your inner set of emotions is different. What do you do?

In an instance where my father's dead body is lying at home and I was in a studio trying to make emotions of joy. That is emotional regulation. We refine emotions and give out finished product. Your personal emotions have to stay away in your profession.

Ms. Manjushree Patil thanked Mr. Resul Pookutty for finding time from his busy schedule and sharing his experiences with us.

Report written by Melvina D'souza (SYBED) Roll No. 10

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Presents

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Education, for Positive Life Outcomes from 18th - 23rd January 2021

Report for Day 6

Valedictory ceremony and Participants’ presentation

Date: 23rd January 2021

Time- 10.00 am to 1.00 pm

Dr. Lubna Mansuri invited all participants, two shlokas were chanted by teachers of Aatman academy followed by BTTC College prayer. National Anthem was sung.

Ms. Manjushree introduced Ms. Sharyu Jadhav and Ms. Swapnil Chinchanikar.

Ms. Sharyu told that she is Marathi facilitator in Aatman academy. She shared experiences about her translation work. She told that she

learnt a lot during the course of translation. She said that she has lived



those books. She thanked Samanta and Ms. Manjushree Ma'am for giving her this opportunity.

Ms. Swapnil Chinchankar informed us that all the information about how to make resources,

Lesson plans are included in the kit and if these lesson plans are followed step by step, we can achieve the SEL through a great extent.



She further went on to say that her personality has developed after translation, her perspectives have changed and that she follows the quote “Take a break, make a plan”. She thanked Dr. Leslie Udwin for the program and Ms. Manjushree for giving her the opportunity.

Dr. Lubna Mansuri read a comprehensive report of the 5 days. Dr. Lubna Mansuri invited Dr. Leena Pujari to moderate the session. She emphasized the importance of SEL especially in ECE. She said that even though we engage in unlearning, the process in college takes time. Much of the learning takes place in school who better to do it than school teachers even though others like family and social media also play an important role. She emphasized the importance of diversity and difference and not impose one view . Reflect,

introspect. Mark ur statements. She further encouraged the participants to share their experiences. She asked question, At the end of six days what do u possibly do to reimagine things in context of SEL? A few participants came forward to share their experiences.



1. Teachers from Chinmaya Shishuvatika – feel privileged to be a pre school teacher.

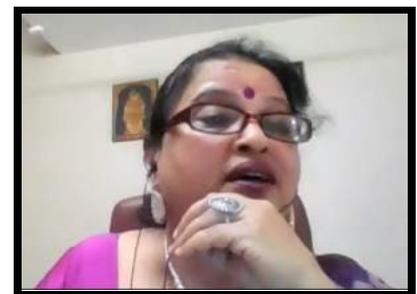
Education of the head without education of the heart is no education at all – Aristotle. Churning should happen, and she was thankful that she got an opportunity to churn herself and turn over in children. She spoke about how stories can transform children. We should think about young minds how will they enjoy this session, social bonding, values. Story telling must be regular part of pre school. Stereotypical thinking needs to be changed and we as teachers can change. “Let the inner nature in children be nurtured”. Her aha moment during this webinar was mood meter. She also liked the fact that children are not vessels to be filled but lamps to be lit.



Z zarina – a psychologist She spoke about how her perspectives have changed in these 5 days.



Rajashree Suresh –from Singhania school was happy to share that their schools teach activities related to SEL. She liked story of Lady Bird, she told her key takeaways of her teacher learning process. SEL is needed for holistic development of a child so that child explores on her own.



Ms. Manjushree told about Peter Senge’s book which is in fifth discipline series



named “schools that learn” . It is a must read to anyone in the field of education.

Dr. Neelu Verma invited Dr. Bhagwan Balani on what he feels about organising the webinar.

Dr. Bhagwan Balani – apart from studies its important that children need to be trained so that they become best citizens. He further said that “There are a lot of takeaways from webinar, apart from responsibilities we must take community endeavours”.



BTTC takes such social projects through community work. He also shared an idea that BTTC has an army of 200 teachers in rural areas we can give SEL there.

Dr. Neelu Verma formally introduced Dr. Leslie Udwin and invited Leslie to address the gathering. Dr. Leslie thanked Maya Shahani for being the driving force behind BTTC and HSNC university. She thanked Dr. BB for organising these webinars. She further said that, “this is about you teachers, at the end of the day it begins and ends with you”. She thanked Ms. Manjushree Patil for a 3 year old friendship with her.

She quoted Mandela – “Education is the most powerful weapon to chnge the world”. He didn’t mean the broken system of Industrial Revolution that came 200 yrs ago. What he meant is, no child is born hating human being because of colour. A child has to be taught to hate and if he can be taught to hate, he can be taught to love. She also quoted HG Wells –

“Civilisation is a race between education and catastrophe”. We all recognise the fundamental truth, the emotional crisis – is getting worse.

She recollected an incident where a bomb going off in Iraq of a maternity hospital coming out of it was a soldier carrying a gun and a baby. This image tells us what we have become and what we are heading, its not enough to have webinars and talk we have to take steps. And you all will do it after emerging from the active participation of this webinar. She also quoted Mahatma Gandhi “If we want to have peace in this world we have to change children”. What Gandhi meant by education I mean an all round best in child body mind and spirit, literacy is the means one of the ways by which men and women can be education. There's a missing third dimension in the education. Not only literacy, numeracy and testing. What we need to act upon childrens emotions.

She was glad to know that India is one of the few countries that understands where early years are very important. The importance of education is improving the character. Children need to be taught experientially the value of empathy, gender equality, the value of each and every human being. That is SEL. We must commit, all of us. We have a responsibility we must do so till the childrens last step in education.

The conclusion of of last week and last four years of work is, “This is all about you, you make the difference”. You are the one who will construct. You are are your childrens present and future. I honour you with my full heart.

We must consider what next? 1. We have to raise money to give our program to be free. UNICEF and World bank has funded us. We are

working towards where are our next 15000 anganwadis in the state of Rajasthan, Bihar UP with the help of Kaivalya organisation

Think equal is not only a program it is a movement. We want to equip you. And give u a backpack of 90 lessons of SEL. Showing up is important. We have to stop our boys growing up as rapists. Dr. Neelu Verma thanked Dr. Leslie for motivating us.



Dr. Verma introduced Ms. Maya Shahani and requested her to speak a few words. Maya Shahani thanked Dr. Leslie. Education has been trampled upon. She was miserable in school because she was labelled in school. Ma'am told her experiences and different organisations who are doing wonderful work in the society.

Dr. Neelu Verma thanked Ms. Maya Shahani for sharing her insights with us. The session ended with Vande Mataram.

Report written by Melvina D'souza (SYBED) Roll No. 10
