

XVI Annual Conference 2017
Held on 9 December 2017
SATCHITANAND-Towards Holistic Well Being

Thirty five schools from Gurugram, who are part of the Gurgaon Progressive Schools Council and CBSE Sahodaya School Complexes (Gurgaon Chapter) attended the GPSC Annual conference 2017-18, on Saturday, 9th December 2017, at Crowne Plaza, Gurugram.

The conference commenced with the lighting of the propitious lamp by the Chief Guest Dr. D Suresh and Executive Committee amidst soulful rendition of ‘Satyameva Jayate’ by students of Blue Bells Model School Sector 4 Gurugram. The welcome song encapsulated the ethos of ‘Satchitanad’, imploring one and all to imbibe truth, consciousness and bliss as core components of human existence.

The Chairperson, Management Committee of GPSC, [Ms. Aditi Misra](#) accorded a warm welcome to the Chief Guest and key note speaker for the day, Dr. D Suresh, IAS, Divisional Commissioner Gurugram Division & Vice Chancellor Indra Gandhi University, Meerpur Rewari, Executive Committee members, founder members; Principals and delegates of all member schools present. Ms. Aditi Misra read out the Annual Report and gave credence to the term ‘Sahodaya’ by elaborating that the member schools rise together as a group. GPSC strives to increase capacity building, galvanize professionalism and host interschool activities to enhance the creativity of the students and also seeks to adopt good learning practices from each member. She shared the various initiatives and programmes conducted under the Aegis of GPSC in 2017 that were instrumental in strengthening the bond between member schools.

Dr. D Suresh, Divisional Commissioner Gurugram Division, in his address enunciated the need to understand Buddha’s eight fold path in order to adopt moderation in life. Citing examples from his repertoire of experiences, Dr. Suresh accentuated the need for teachers to be involved as mentors, break the mold of parochial mindset, the need to emerge out of a transitional economy, develop an abiding respect for diversity, inculcate students’ interest in sports. It is important for educators to be evolved and be instrumental in changing the mindset of society and break the mold of caste system. As socially responsible citizens one should contribute selflessly and generously to the cause of education.

Mr. PK Jain, Patron, Former Chairman, Rotary Public School, Gurugram informed the gathering about the need for establishing Gurgaon Progressive Schools Council, which has since inception been instrumental in making Gurugram as the hub of school education.

Dr. Indu Khetarpal thanked Dr. D Suresh for his keynote address and put forth succinctly the learning drawn therein. It is extremely important to help students spread their wings and find their calling. As teachers one needs to make an impact and create a legacy through involved teaching.

First panel deliberated upon Physical Well Being. Experts from the field of Medicine, Sports, Yoga training and health and nutrition unanimously agreed upon the definition of Physical well-being as propounded by World Health Organisation.

[Dr Ritika Samaddar](#) delineated the importance of a healthy breakfast and school canteen (follow regulations against supply of HFSSI Foods according to CBSE guidelines 2016) in maintaining hygiene and safe health of students. On the question of how to strengthen the immunity of students, [Dr Arvind Kumar](#) made an alarming declaration before the audience, that is, obesity,

hypertension and childhood diabetes has adversely affected the health of children. Correct timing of dietary intake will have to be emphasized at the school level before the problem goes out of hand. Dr. Kumar also shared the work being done by Lung Care Foundation in combatting breathing problems by spreading awareness and understanding that breathing polluted air has promulgated into a 'National Crisis'.

Having engaged the audience in simple psychological exercises, Yogacharya [Arun Pandala](#) underlined the physiological result produced therein thus deepening the impact of what happens to the mind has a direct manifestation on the body. [Ms. Vitika Banerjee](#) Co-Founder Future Fit dwelled on the need to introduce physical literacy along with academic literacy. [Dr. Sunil Dabas](#) Padamshri and Dronacharya awardee cast the spotlight on being true to oneself as the motivational mantra for good health.

Teachers should not ignore signs of aberration in student's behavior as this may be the first signs of a grave threat looming overhead.

Second panel discussion dealt with our preparedness for managing natural and man-made disasters which could befall us on any given day. Instead of wringing our hands in desperation it is wiser to be prepared in advance. Very seasoned [Brig \(Dr\) B K Khanna](#) Chairman of BNK Crisis & DM Services ensured we got back to basics and that all systems were in place and help is at hand. Guidelines to ensure physical security in school through contingency and response plans are mandatory. [Dr. Narhari Banger](#) Additional Commissioner MCG emphasized the need to cultivate sensitivity towards environment as an intrinsic part of school education system. Since cleanliness and orderliness are not matters of instinct but are matters of education, therefore, students have to cultivate a taste for them. Citing case studies on trash to treasure, Dr. Banger has highlighted the need to create a class of well-informed students who can manage waste during disasters too. [Mr. Vikas Tripathi](#) Chief Communication Officer VIVO Healthcare underlined the significance of promoting health care facilities, first aid preparedness, building sensitivity and awareness towards saving lives and handling medical emergencies in schools.

Session III on Social and Cyber Well-being had renowned speakers. [Mrs. Yasmin Contractor](#) Principal Summer Fields School emphasized that due to opinionated teachers, ambitious parents, social interactions, poor parental monitoring or peer pressure isolated and ostracized children. They are forced to seek refuge in virtual friendships. As teachers let us ensure that a child is listened to, let him share his index of happiness.

[Col. Kunwar Pratap Singh](#) a seasoned representative made a forceful appeal to teachers who need to be sharp and intelligent like 'radars'. A student has to be engaged well, productively or else he gets steeped in problems from where retrieval is difficult. He highlighted the importance of weaning students away from addiction to technology. Children should be provided with good alternatives. Technology is important in today's world and to be in sync with times, technology has to be integrated with education. Children should be guided to distinguish between right and wrong. Let them develop a strong individuality. At this point an erudite parent representative stated the need to strike a delicate balance between parental control and parental support. Message passed on to the teaching fraternity being, trust your children and trust your upbringing.

[Lt Gen Kochhar](#) reassured one and all to deal with change with equanimity and that change is the only constant factor and has to be dealt with. After the printing press, introduction of artificial intelligence, augmented reality, immersive reality is the greatest disruptor. This overload of information has to be dealt with, protect the children online create an environment where they

can learn social skills and team work and let them feel real life in schools. Otherwise home schooling is also a concept fast catching up but why we don't want students to be home schooled is that students don't learn social skills which they do when they come to school.

[Rakshit Tandon](#) Director,- Council of Information Security is also Cyber Security Consultant to Internet and Mobile Association of India. As an expert, he implored parents and teachers to be mindful about uncensored pornographic content available to children. Parents should be alert and not give their child latest gadgets without monitoring them. This has resulted in loss of child's innocence. No child is too small to explore the content on internet, therefore even from class zero teach him netiquettes.

Session IV on Emotional & Spiritual well-being had prolific speakers from respective fields. [Prof Jitendra Nagpal](#) Sr. Consultant Psychiatrist and Head of Institute of Mental Health, Moolchand Medicity harped on the need to establish Happy Schools, which would continue to be a distant reality unless adults showed relevant consistency in their own emotional quotient. [Prof. Anupam Sibal](#) shared some unique yet inspiring parenting tips. Quoting from his own experience, he shared how he brought up his child by sharing and exploring information, they evolved together. He did away with didacticism but provided logical explanation for every query to his child from a young age and that helped in building a responsible attitude. Twenty five year old youth [Karthik Hariharan's](#) inward eye and inward search helped him view life differently from a normal youth his age. A practitioner of 'Sudarshankriya', Kriya Yoga and Mindfulness believes in abundance of self-awareness and self-worth and reiterated the need to 'listen to yourself'. Dr. Indu Khetarpal referred to Maestros Hierarchy of Needs and the importance of practicing the school's vision every day. She emphasized the need to create awareness within and train the mind to be in control of oneself.

Mrs. Aditi Misra, Chairperson, GPSC welcomed Dr. Joseph Emmanuel, Regional Director, CBSE, Panchkula for the Valedictory Session. Students of Delhi Public School, sector 45, Gurugram enthralled the audience with the rendition of 'Chalo bhor ke rahi.... Ekla chalo'. Thereafter Mrs Ujjawal Malhotra, Vice Chairperson GPSC summed up the learning from four panel discussions and in conclusion said that wisdom was lost in the immense ocean of knowledge. Truth lies in one's consciousness and this realization is bliss in itself.

Dr. Joseph Emmanuel in his address, deliberated on the need to change the mindset of society. As leaders, teachers, parents one can herald the winds of change within. Every individual is unique and one needs to appreciate the intrinsic beauty of every individual. Total disconnect in parenting is the root cause of disarray in society. Dr. Emmanuel encouraged the teachers to nurture correct thinking skills so that 'Satchitanand' can be achieved through our actions.

The conference drew to a close with the vote of thanks being proposed by Mrs. Arti Chopra, Secretary,GPSC. She expressed her heart felt gratitude to Regional Director, CBSE Dr. Emmanuel for his powerful address. Mrs Chopra expressed her gratitude to founders of GPSC, facilitators, Executive Committee, GPSC Chairperson, Mrs Aditi Misra for having organized this conclave.