

# **CD International School**

## **Student's Educational Webinar Scheduled -**

**(A)**

Date/ Day - 5th June /Saturday

**Topic** - Managing Physical and Mental Wellness "

Speaker/ Educator - Dr. Suman Arvind

Profession - Paediatric

Education - MBBS

Mode - Virtual

Time Duration - 4.00 pm - 5.00 pm

Associated with

- Indiannica Learning Pvt. Ltd.

**(B)**

Date/ Day - 18th July/ Sunday

**Topic** - Art of Mind Mapping

Educator - Ms Baishali Ganguly

Associated with

- Indiannica Learning Pvt. Ltd.

## **Topic -**

- 1) Activity based learning
- 2) Digital awareness
- 3) Child Right empowerment
- 4) Tips on how to score Good marks and personality Development
- 5) Emotional and Psychological wellness etc.

Time Duration - 12.00 pm - 1.00 pm

Mode - Virtual platform

## **Points to be discussed:**

1. Impact of Virtual Learning in daily life
2. Impact of making our own notes & self study
3. Tony Buzan & his invention - MindMaps
4. Concept of MindMaps
5. How does MindMaps helps us to create our own notes, save time, boost understanding & helps to memorize certain important things
6. How to make MindMaps - Guidance to create
7. Importance of colours & pictures in our brain
8. How to use MindMaps during exams

**(C)**

Date /Day - 27th Aug/Friday

**Topic** - Motivational Guidelines Regarding Physical Classes

Speaker - Dr. Yashpal Yadav

Time Duration - 11.00 am - 12.00 pm

Mode - Physical

Venue - School Premises

## **Points to be discussed-**

- 1) Merits and Demerits of Virtual Classes
- 2) How can we reduce our of upcoming study stress
- 3) Importance of "Yoga Asan".
- 4) Main Focused Points -  
"upcoming Normalcy"
- 5) Good Wishes for Well Being and Good Health