## Training Record for the year 2022-2023

Name : Pooja Kapoor

**Father/ Husband Name**: Joginder

Name of the Training attended by CBSE: Selection of effective teaching learning material, Importance of personal hygiene and nutrition, Item Writing Multiple choice questions, Understanding Multiple Intelligence, Effective Communication Skills, Happy Teachers Create Happy Classroom, Constructivism, Developing Resilience in Students

**Duration of the Training** : 1 Hour each

**Training organized by** : CBSE

Name of the Training attended by DIKSHA: Experiential learning, Introduction to Foundational Literacy and Numeracy Course, Competency Based Education Module 1 & 2

**Duration of the Training** : 3-4 hours each

Training organized by : NA

Name of the Training attended by NISHTHA: NA

**Duration of the Training** : NA

Training organized by : NA

**Total training of CBSE: 08** 

**Total Training of DIKSHA**: 04

**Total Training of NISHTHA:** NA