



विद्यैव परमज्ञानम्

SARASWATI COLLEGE OF PROFESSIONAL STUDIES, GHAZIABAD

Affiliated to CCS University, Meerut & Reconised by NCTE



CTPD INDIA
Empowering Teachers

Organising

One Week Teachers Training Program on Life Skills in collaboration with Council for Teachers Professional Development (CTPD)



Dr. Sanjay Kumar
Principal
Saraswati College of
professional Studies, Ghaziabad



Dr. Sakshi Rishi Vermani
Associate Professor
Mahesh Navani School of Brain
Body and Behaviour, Rishihood
University, Haryana



Dr. Sunita Arora
Princippal
Institute of Teacher's Education
Faridabad, Haryana



Dr. Promila Dabas
Former Head
Department of Education,
Maharaja Surajmal Institute,
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BSSS Institute of Advanced
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Ms. Shalini Sharma
Moderator & Assistant Professor
Saraswati College of
professional Studies, Ghaziabad



2 FEB TO 7 FEB, 2026



2:00PM - 3:00PM (DAILY)



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Program Schedule

Sl. No.	Day	Date	Name of Resource Person	Topic
01	Monday	02 Feb, 2026	Dr. Sakshi Vermani	Integrating Life Skills for Positive Personality Growth
02	Tuesday	03 Feb, 2026	Dr. Sunita Arora	Self Management & Life Balance
03	Wednesday	04 Feb, 2026	Dr. Promila Dabas	Self Awareness & Self Esteem Techniques
04	Thursday	05 Feb, 2026	Dr. Pooja Sharma	Social & Emotional Learning
05	Friday	06 Feb, 2026	Dr. Megha Juyal	Communication & Public Speaking
06	Saturday	07 Feb, 2026	Dr. Abhilasha Gautam	Leadership & Team Work



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