

District Institute of Education and Training, Vadalur Cuddalore District

Name of the Programme: **DISTRICT LEVEL AKAL VILAKKU**

TRAINING

1. Duration : 23-09-2025 to 26-09-2025 (7 Days)
2. Target group : B.T and PG Teachers from High and Higher
Secondary Girls students' Class handling Schools in
Cuddalore district
3. No. of Participants attended: Totally 261 Teachers from High and Higher
Secondary Girls students' Class handling
Schools from Cuddalore district.

4. Brief note about the programme

District Level Programme

Students are increasingly using mobile phones excessively. Instead of gaining meaningful knowledge, they often engage with unnecessary social media, which can lead them into problematic situations and push them into difficult circumstances. As a result, their future may become uncertain. Today's world, mobile phones are essential. They have also transformed the way education is delivered. Mobile phones, the internet, social media, and unlimited resources may sometimes feel overwhelming, but at the same time, they are indispensable. Owning a mobile phone has a significant impact on students' lives as well as their educational journey.

State-Level Akal Vilakku Training

The State Council of Educational Research and Training (SCERT), Chennai, organized a new training program called *Akal Vilakku*. This training was conducted as a one-day program on 12.09.2025 for senior lecturers, lecturers from District Institutes of Education and Training (DIET), and Block Resource Trainers. The training was held at SCERT, Chennai. It was designed in such a way that only women were selected as the main resource persons. The trainers who delivered the program were also women, which added special significance to the training.

Furthermore, the training was specifically designed to be implement. The Akal Vilakku training was organized in Cuddalore district under the leadership of the master trainers Dr. R. Amudha and Dr. S. Vasanthi, who had undergone the training. With proper planning and under the guidance of the Principal, Dr. G. Palani, the training was conducted successfully. The training was provided to female teachers working in all high schools and higher secondary schools in Cuddalore district from 23.10.2025 to 26.10.2025.

Importantly, the training was conducted only for girls' schools and co-educational schools, excluding boys' schools. From each school, one female teacher participated, ensuring representation from all high and higher secondary schools in the district. The training was completed in four phases, organized block-wise. This training program was exclusively conducted for female teachers.

5. TIME TABLE

S.NO.	TIME	DETAILS
1	9.30 – 10.00	Registration
2	10.00 – 10.15	Inauguration of the Training Program
3	10.15 – 11.15	Cyberbullying
4	11.15 – 11.30	Tea Break
5	11.30 – 1.00	Online Grooming and Cyber Stalking
6	1.00 – 2.00	Lunch Break
7	2.00 – 3.15	Protection of Personal Information
8	3.15 – 3.30	Tea Break
9	3.30 – 5.00	Mobile Phone Addiction and Image Morphing

6.SESSION WISE REPORT

Session: I

First session of the training, Dr. R. Amudha effectively delivered a presentation through video on the topic Cyberbullying. In this session, the faculty explained what cyberbullying is and provided various activities related to cyberbullying to help teachers understand the concept clearly.

Cyberbullying (Online Harassment)

Objectives:

- To understand what is cyberbullying?
- To learn the different ways in which cyberbullying occurs.
- To recognize the causes of cyberbullying.
- To learn how to protect oneself and respond effectively to cyberbullying.

What is Cyberbullying?

Cyberbullying refers to a situation where a person is threatened, humiliated, or harassed through the internet or social media, causing mental stress or emotional distress.

SESSION: II

After the tea break, Dr. S. Vasanthi conducted the session on Cyber Grooming and Cyber Stalking effectively. Through activities and videos, she explained how students, especially girls, are targeted and manipulated online, followed by interactive discussions.

Cyber Grooming

Cyber grooming refers to the process of establishing a close relationship with someone through the internet, gaining their trust, and then manipulating or deceiving them into engaging in sexual or other inappropriate activities.

Objectives:

- To understand what cyber grooming is.
- To identify the behaviours of individuals involved in cyber grooming.

- To learn how to stay safe from cyber grooming.

Cyber Stalking

Objectives:

- To understand what cyber stalking is.
- To identify actions that constitute cyber stalking.
- To learn about legal provisions and safety measures related to cyber stalking.

Discussion Points, Video Viewing, and Interaction

- Stalking refers to physically following a person and visiting places such as their home or workplace.
- Cyber stalking is the act of continuously following or monitoring someone through online platforms. It is a form of criminal behavior.
- It involves using online communication to harass, threaten, humiliate, or monitor another person.
- Victims should approach cyber-related issues with courage and without fear.

SESSION: III

After the lunch break, Dr. S. Vasanthi effectively conducted the session on Hiding Personal Information. She engaged the teachers through activities, videos, and interactive discussions.

Hiding Personal Information on Social Media

Objectives:

- To understand the risks of sharing personal information on social media.
- To identify what constitutes personal information.
- To learn methods for keeping personal information safe.

Key Points to be Emphasized by the Teacher

- Personal Information: This includes any data that can be used to identify you, contact you, or determine your location.
- Social media is a public space. Any information you share can reach more people than you expect.
- Avoid using location tags/check-ins, especially at places like home or school, as it can be risky.
- Do not accept friend requests from strangers.

SESSION: IV

Following the tea break, Dr. R. Amudha effectively conducted the session on Phone Addiction and Picture Morphing. She clearly explained the concept of picture morphing and its consequences. The session also included related concepts taught through videos and interactive discussion.

Phone Addiction

Objectives:

- To understand phone addiction.
- To identify the signs of phone addiction.
- To learn about the effects of phone addiction.
- To understand solutions to overcome phone addiction.

Key Points to be Emphasized by the Teacher:

- The mobile phone should be under our control; we should not be controlled.
- Avoid unnecessary use of mobile phones.
- Reduce mobile usage and increase knowledge.

Picture Morphing

Objectives:

- To understand what picture morphing is.
- To understand the harmful effects caused by picture morphing.
- To create awareness about the misuse of morphed images.

6. PHOTOS





7. FEEDBACK

The training helped us understand various cyber-threats (cyberbullying, grooming, stalking, online fraud etc.) more clearly. Before, some issues were vague; now there's more clarity. The programme builds capacity among teachers to identify warning signs among students, counsel them, and to guide safe digital behaviour. As a teacher, I believe the Agal Vilakku cyber safety training under this scheme is a strong and timely initiative. It addresses a real need, especially among adolescent girls who are often vulnerable in digital spaces. With improvements in implementation—more hands-on practice, better infrastructural support, continuous reinforcement—the programme can make a significant difference in helping students use digital tools safely and responsibly.

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FOLLOW UP ACTIVITIES IN SCHOOLS





