

# **Action Plan of Post India-Japan Teachers Exchange Plan 2025-26**

# Action Plan - January 2026

## *(Awareness & Orientation)*

### ► 1. Internal Knowledge Sharing at CEE

- Presentation to programme teams (GenCAN, Earthian, Eco-Schools, Trash Barrier)
- Prepare summary brief & photo documentation

### ► 2. State-Level Orientation Sessions

- Conduct online/physical sessions for CEE field teams
- Introduce Japanese classroom practices—cleaning routines, student responsibility, discipline & peer learning

# Action Plan - February 2026

## *(Teacher Training & Field Pilots)*

### ► 3. Pilot Demonstrations in Schools

- Select 1-2 schools for piloting:
  - Classroom cleaning routine
  - Waste segregation & responsibility wall
  - Daily reflective journals

# Action Plan - January 2026

## *(Integration & Outputs)*

### 4. Create Case Stories

- Document teacher/student feedback

# **Action plan for India Japan International Teachers Exchange Programme 2025**

**In India we also want to apply Japanese Science and technology ,their cultural heritage and new methods of teachings , so that our teachers and students can be benefitted from it. This can be imparted through teachers training programs and we can share our views and ideas with other schools. Our students can also make collaborative projects with Japanese students so that we can use the mind power of students of both countries. It will also inculcate collaborative projects and teamwork among them.**

**The following points should be considered in my action plan.....**

## **Student Benefits:**

- **Cultural Exchange Programs**
- **Collaborative Projects**
- **Language Learning**
- **Global Citizenship Programs**
- **Inculcation of Leadership qualities**
- **Friendly relations among the future generations.**

## **Teacher Benefits:**

- Professional Development
- Joint Research Projects
- Curriculum Development
- Virtual Study Tours
- Establish a Core Team
- Set Clear Goals
- Cultural Sharing Sessions
- Leverage Technology
- Monitor Progress
- Japanese Language Club
- Project-Based Learning
- Cultural Festivals
- Leadership and Collaboration

# Action Plan, Government High School Dasgrain, Punjab

ACTIVITY	TIMELINE	AGE GROUP
Instructed students regarding greetings in Japanese	November 2025	56 students of grade 6 and 7
Presentation of the reflections of exchange program to co teachers at block level training	December 2025	62 teachers
Presentation during Morning Assembly regarding Japanese origami art	January 2026	190 students of grade 6 to 10
Presentation in classroom regarding culture of Japan	January 2026	72 students of grade 6,7 and 9
Teachers and Student Collaboration(Teacher from India and Japanese Students)	February 2026	Talking with Mizuho Tanabe regarding this.



# Action Plan, Government High School Dasgrain, Punjab

ACTIVITY	TIMELINE	AGE GROUP
Interaction with Japanese teachers	March 2026	As per time available from Japanese teachers
Exchange of Japanese Culture in other nearby schools	April 2026	Students from grade 6 to 10
Collaborative projects with Japanese students	April 2026	Students from grade 9 and 10
Virtual Study Tours	May 2026	As per the discussion with Japanese teachers
Online session by Japanese teachers	June 2026	As per the convenience of Japanese teachers
Science and Technology Integration	Throughout the year	As per the requirement







# **Action Plan of Post India-Japan Teachers Exchange Plan 2025-26**

# REFLECTIONS

- Insight into school infrastructure, botanical garden and nature education department.
- Senior –junior students bonding and peer guidance.
- Exposure to nature – based learning , student-led activities like quizzes, reflection and discussions.
- Understanding parenting style and child nurturing practices in Japan through interactive home visit to Japanese families.
- Exposure to Japanese food ,lifestyle and public behaviour .
- Awareness of harmony between nature, spirituality and technology .
- Understood how environment and resources impact student learning outcomes.
- Understood the function of SHR (Short Home Room) session.
- Recognized future opportunities for Indo-Japan collaboration .  
Enhanced understanding of Japanese school culture and student interactions.

# Action PLAN

By  
Geetika Srivastava



ACTIVITY	TIMELINE	AGE GROUP
Shared learning (during Japanese school visit)	19 Dec 2025	50 Students of 10-14 years
Organizing teachers' workshop on teaching methods.	23 Dec 2025	50-60 teachers of different schools
Cultural activity (origami ).	Saturday No bag day	50 students per week 6 -14 years
Collaboration & Cooperative learning (nature walk , Experiment )	No bag day Saturday	25 students per Month 6-14 years
online interaction Mukogawa women's university junior and senior high school	7 Feb 2026 Saturday Topic -INDIAN CULTURE	50 high school students 15-16 years

# **ACTION PLAN OF POST INDIA-JAPAN TEACHERS EXCHANGE PLAN 2025-26**

# REFLECTIONS

IN JAPAN..

- ❖ PRIMARY EDUCATION IS BASED ON LEARNING METHOD , SKILL BASED EDUCATION.
- ❖ DISCIPLINE IS VERY HIGH IN EVERY PERSON.
- ❖ SENIOUR STUDENTS TEACHES ELEMENTARY STUDENTS.
- ❖ START TO LEARN ABOUT COMPUTER PROGRAMME IN ELEMENTARY SCHOOLS.
- ❖ VERY MUCH AWARE FOR SUSTAINABLE ENVIRONMENT.





## TIME LINE

## ACTIVITY

## AGE GROUP

NOVEMBER 2025

1 TO 10 IN JAPANESE LANGUAGE

GROUP OF 9 STUDENTS WITH AGE 7 TO 8 YEARS

DECEMBER 2025

BRIFE INFORMATION OF INVITATION  
PROGRAMM WILL SHARE WITH MY STUDNETS AND  
TEACHERS

GROUP OF 50 ELEMENTARY STUDENTS  
AND 10 TEACHERS

JANUARY 2026

COLLABORATE PROJECT WITH STD 8 AND STD 5 OF MY  
SCHOOL

GROUP OF 10 STUDENTS EACH STD  
5 AND STD 8

FEBRUARY 2026

WORK SHOP OF ORIGAMI  
PERFORM JAPANESE DANCE

STUDENTS OF 20 ,AGE GROUP  
12 TO 14

MARCH 2026

TRYING TO MAKE A SESSION WITH PUBLIC SECONDARY  
SCHOOL OKAYAMA JAPAN BASED ON FOOD PATTERN

GROUP OF 15 STUDENTS ,AGE  
GROUP 12 TO 14

# ACTION PLANS

# Action Plan of Post India-Japan Teachers Exchange Plan 2025-26



## **TIMELINE**

Taught origami to my class students

Presentation of the reflections to  
the co-teachers & students

Special assembly on the culture of  
Japan

Collaborative learning in the school  
campus -Local Flora & fauna

Teacher- Student collaboration  
(India teacher- Japanese students)

Faculty interactions with  
Japanese teachers

Technology integration &  
collaborative learning

## **ACTIVITY**

November 2025

December 2025

January 2026

February 2026

February 2026

March-April 2026

throughout the year

## **AGE GROUP**

20 students of grade 5

Teacher -60, Students- 80  
of grade 4-8

108 student of grade 1-8

Students of grade 4,5,6-8

Trying to confirm with  
Mukogawa women's University  
Junior and senior High school

As per the comfort of  
Japanese teachers

As per requirement





# India–Japan TEACHER Collaboration: WhatsApp Interaction & Planning

## 1. Title

Online India–Japan Educational Exchange Session in collaboration with *Ms. Mizuho Tanabe*.

## 2. Purpose of the Session

The proposed online exchange session aims to strengthen educational collaboration between India and Japan. It seeks to promote cross-cultural understanding among students and faculty while sharing the academic and professional outcomes of the Japan teacher exchange programme. The session will serve as a platform for sustained institutional engagement.

## 3. Objectives

The session intends to introduce Indian culture, values, and the education system to Japanese high school students. It will highlight Yoga as a globally accepted practice for physical and mental well-being. Additionally, the session will share key academic, pedagogical, and cultural learnings gained through the Japan exchange programme.



#### 4. Date, Time & Mode

The online session will be held on Saturday, February 7, from 11:20 a.m. to 12:30 p.m. (JST). Zoom will be used to facilitate smooth participation and interaction.

#### 5. Participants

Participants include Japanese high school students, faculty members, and the session coordinator, *Ms. Mizuho Tanabe*. A guest educator from India will lead the academic exchange.

#### 6. Key Discussion Areas

Discussions will focus on Indian culture, lifestyle, educational values, and Yoga. Learnings from the Japan exchange programme will be shared to encourage cross-cultural perspectives.

#### 7. Expected Outcomes

The session is expected to enhance intercultural understanding and student interest in global education. It will also help strengthen long-term India–Japan academic partnerships.



# India–Japan Teacher Collaboration: WhatsApp Interaction & Planning

- After returning from the Japan Teacher Exchange Programme, I initiated academic communication with *Ms. Ayaka Negishi* (Japan) to explore further collaboration.
- We coordinated through WhatsApp, keeping in mind our academic schedules and the India–Japan time difference.
- Ms. Negishi showed interest in having an initial discussion and shared:

*“Thank you! Could we have a quick meeting beforehand on Monday?? ✿”*
- We mutually agreed to keep the interaction short and focused, highlighting effective time management, as she mentioned:

*“I can talk with you if it is a short conversation! ● ”*  
*“about 15–25 min!”*
- We also discussed the mode of communication, and she asked:

*“Do you have a zoom URL?”*
- The conversation then moved towards planning future collaboration, with her positive response:

*“Good idea!! Let’s talk about details on Monday! ✨ ”*
- Through this interaction, I observed a strong willingness for collaboration, professionalism, and shared enthusiasm for strengthening India–Japan educational exchange.



## My LEarnings from JApAn

- During my teacher exchange programme in Japan, I closely observed everyday school practices that left a strong impression on me.
- I was inspired by the high level of discipline, respect for time management, shared responsibility for cleanliness, and the spirit of collaborative teaching among teachers and students.
- These practices create a calm, organized, and positive learning environment where everyone feels responsible for the school community.
- I plan to implement these learnings in my own school by:
  - ★ Encouraging better discipline and punctuality
  - ★ Involving students actively in maintaining cleanliness
  - ★ Promoting collaborative teaching and learning practices
- Adopting these practices will help create a more responsible, efficient, and supportive academic environment for both students and teachers.





# **Action Plan of Post India-Japan Teachers Exchange Plan 2025-26**

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# REFLECTIONS



## My learnings & observations from Japan visit...

- Education holds strong focus on discipline, values, life skills and overall development.
  - Students clean their classrooms and school premises which displays accountability, responsibility, teamwork and respect for public property.
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- Learning in a non-threatening(no pressure) way via group tasks, appreciation for each others strength and encouragement to overcome challenges.
  - Senior students as voluntary teachers to elementary students.
  - Mindful consumption, technology driven classes, sustainable practices.
  - All people of Japan were seen to be respectful in their approach and lead a strong set of etiquettes.



# ACTION PLAN-DELHI PUBLIC SCHOOL, NACHARAM

ACTIVITY	TIMELINE	AGE GROUP
Taught origami to my class students	November 2025	35 students of grade 5
Presentation of the reflections to the co-teachers & students	December 2025	Teachers-52 75 students of grade 5&6
Special assembly on the culture of Japan	January 2026	40 students of grade 6
Collaborative learning in the school campus- Local Flora & fauna	February 2026	grade 8&9 students and grade 3&4 students
Teacher- Student collaboration( Indian teacher- Japanese students)	February 2026	Trying to confirm with Mukogawa Women's University Junior and Senior High school
Faculty interaction with Japanese teachers	March-April 2026	As per the comfort of Japanese teachers
Technology integration & collaborative learning	Throughout the year	As per requirement

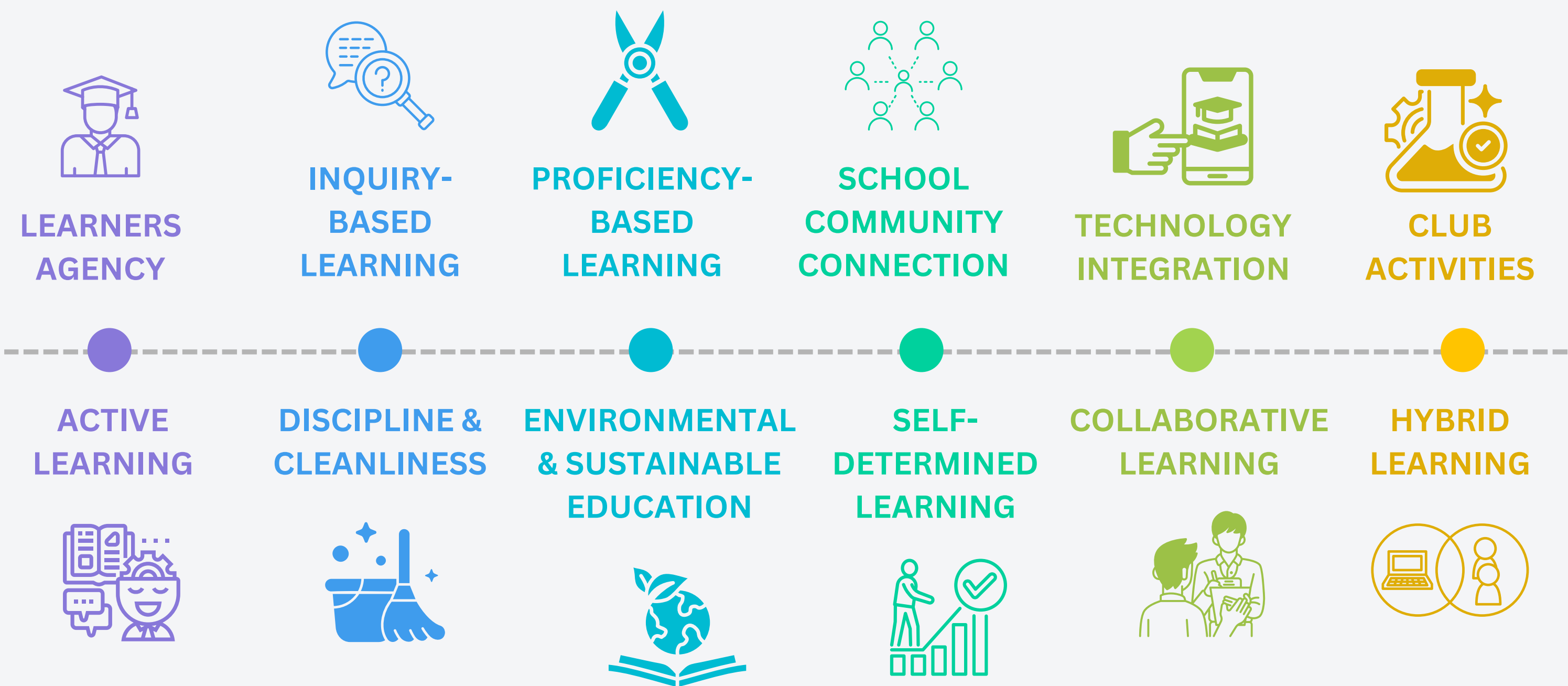




# **Action Plan of Post India-Japan Teachers Exchange Plan 2025-26**



# NEW LEARNING: REFLECTION ON EXPERIENCE IN JAPAN

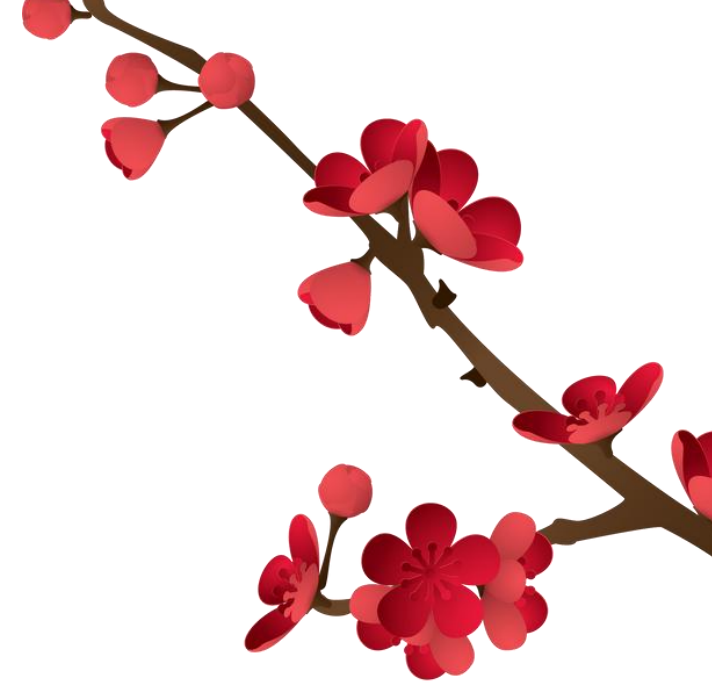





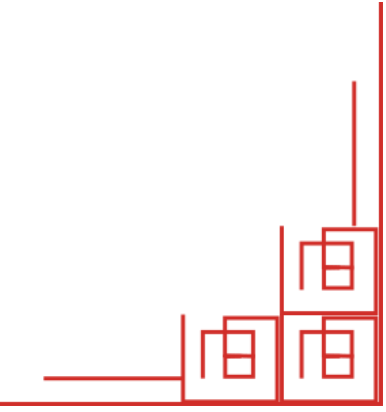
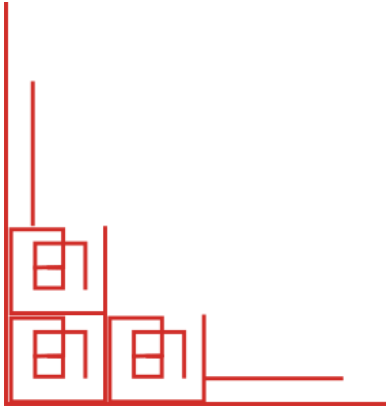
# ACTION PLAN FOR GOVT. MODEL SCHOOL, NAYAGRAM BLOCK

ACTIVITY	TIMELINE	PARTICIPANTS
First Interaction and Exchange with Japanese Students	20.12.2025	10 international teachers, 11 Thai students, and 14 Japanese students under the leadership of Jun-sensei
Sharing Experiences in Japan with the Teachers and Students	06.01.2026	240 students (5th to 10th grade) and 10 staff
Workshop on Origami	08.01.2026	40 students (9th grade)
Second Interaction and Exchange with Japanese Students	07.02.2026	50 Japanese students (16-18 yrs.) with the collaboration of Mizuho-sensei
First Interaction and Exchange of Indian Students with Japanese Teachers	February, 2026	20 Indian students (9th & 10th grade) with 2 Japanese teachers, i.e., Miyamoto-sensei and Mizuho-sensei
Collaborative Nature Study	March, 2026	80 students (Exchange between the students of 10th and 5th)
Integrating Technology, Fostering Engaging & Active Learning Environments	Throughout the Year	240 students (5th to 10th grade)





# Action Plan of Post India- Japan Teachers Exchange Plan 2025-26





# EXPERIENCE IN JAPAN



**Accountability through Service:** The practice of students cleaning their own schools



**Collaborative Learning & Mentorship:** Through group tasks and the unique system



**Character-building Education:** Values, life skills, and discipline over academic pressure



**A Culture of Universal Respect:** High levels of discipline and respectful



**Commitment to Sustainability:** Mindful consumption and sustainable practices



**Technological Integration:** Japan balances tradition with innovation



# ACTION PLAN

ACTIVITY	NO. OF STUDENTS	Period
Taught Greetings & Etiquette to class-9 students	60 students of Std. 9	28 Nov 2025
Cleanliness and Responsibility Initiative	24 Students of Eco-club	1 Dec 2025
Senior and Junior Collaboration	Senior 8 student & 40 junior students	5 Dec 2025 , 12 Dec 2025
Presentation of the reflection to the students and co-teachers of our school	Teachers-45 , students -120 (std-9)	27 Dec 2025
Cultural Immersion & Knowledge Sharing	250 Students	January, 2026
Teacher(India) –student (Japanese) collaboration	For Std- 8 & 9	Feb, 2026
Teacher(Japanes) –student (India) collaboration	Fro std- 8 & 9	March, 2026
Cross-Cultural Language & Food Exchange	50 students	March, 2026
Inter-School & Regional Collaboration	50 students	March, 2026
Environmental & Project-Based Learning	50 students	April, 2026
Professional Development & Tech Integration	500 Students	Through out the Year

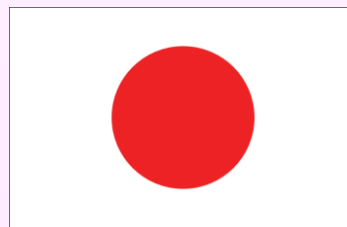


# ACTION PLAN

## EDUCATIONAL EXCHANGE AND GLOBAL LEARNING

Post 10th Invitational Teachers Exchange

Programme- Japan



*"Education is the foundation for peace, sustainability  
and shared prosperity."*



# Vision & Purpose

“

*The true purpose of education is to build character along with competence.*

”

- In alignment with NEP 2020, education must focus on holistic development, ethical values, and experiential learning
- ESD and GCED emphasize global understanding, environmental responsibility, and social harmony

## To Share Learnings from Japan on

- 🔗 Discipline and moral and civic Values
- 🔗 Environment responsibility
- 🔗 Collaboration and respect
- 🔗 **Student agency and reflective learning**

# Strengthening Existing Indian Practices

*'Good practices  
become stronger  
when learning is  
meaningful and  
reflective.'*

Indian Schools already follow **bagless days, experimental learning, clubs, and project-based activities** as guided by **NEP 2020**



- Learnings from Japan will help to strengthen these practices by:
  - encouraging greater student leadership
  - promoting reflection and inquiry in learning
  - building discipline, responsibility, and care for the environment



Emphasis on Learning **beyond textbooks and real-life application.**



# Implementation at My Level

Within School & District

GOALS	ACTION ITEMS	PROPOSED SCHEDULE
Conduct  <b>Teacher - Teacher</b>  <b>&amp; Teacher - Student</b>  exchange within the State	<b><u>Share Japanese practices:</u></b> <ul style="list-style-type: none"><li>• Student agency</li><li>• Cleanliness and Responsibility</li><li>• Peer Learning</li></ul>	After the resumption of school, from 4th February 2026 to 31 March 2026
	<b><u>Integrate learning into:</u></b> <ul style="list-style-type: none"><li>• Bagless days</li><li>• Club activities</li><li>• Morning assemblies and projects</li></ul>	

*"Good practices become powerful when enriched through reflection and experience"*

# Action Plan 2025-26

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Activity	Timeline	Group/Number
Shared the discipline, focus, and goal-oriented mindset of Japanese students with my students.	December	From Class V to XII Age 11 to 18 years 150 nos
Sharing experiences and reflections from the Japan Invitational Teachers Exchange Programme with the Principal, teaching, and non-teaching staff of the school.	December	All teaching and non-teaching faculty members number of participants- 75
Sharing Japanese teaching practices and school activities with teachers from other schools at the cluster and district levels.	February-March	Teachers of different schools after confirming with HOIs and Joint director of Pakyong District
Will conduct peer-to-peer learning during a nature walk at Bande Pokhrel View Point, where senior students will mentor junior students through collaborative activities.	March	Senior Students of Govt. Sr. Sec. School mamring with Puspanjali Junior School of Grade V.
A teacher–teacher exchange programme will be conducted to discuss environmental awareness and cleanliness practices followed in Japan.	March	Cluster Level Schools
Teacher-Teacher Exchange programme with Japaneses Teacher	March-April	After getting the confirmation from the Japanese teacher (Ayaka Negshi)
Teacher-Student interaction	March-April	As per their proposed schedule

# India-Japan Exchange & Key Themes

**Continue regular online exchange through**



**Teacher-Teacher exchange**

**Teacher-Student interaction**

**Student-Student collaboration**



**English Language  
communication**



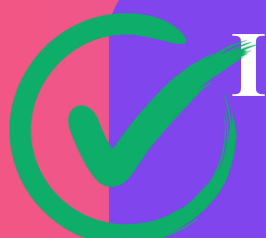
**Indian values & Moral  
studies**



**Yoga, Meditation &  
Mindfulness**



**Vedic Mathematics**



**Indian festivals & Cultural  
diversity**



**Student-Led Classrooms**



**Social reforms & breaking  
myths**



**Indian arts & crafts**

*"When learners connect  
across cultures,  
education becomes truly  
global"*

# Expected Outcomes and Sustainability



DEVELOPMENT OF STUDENTS AS	TEACHERS EVOLVING AS
Confident communicators	facilitators and mentors
Ethical and responsible citizens	Reflective practitioners
Environmentally conscious individuals	Global Educators

- Sustained impact through continuous interaction, reflection, and institutional collaboration

*"Sustainable education creates learners who shape a sustainable future."*

A decorative graphic on the left side of the slide featuring pink geometric shapes. At the top is a rounded, pill-like shape. Below it is a more complex, angular shape with several circular cutouts, resembling a stylized letter 'R' or a modern architectural element.

# Thank You

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*Together, we continue to connect classrooms, cultures,  
and communities through education.*