



INSTITUTE OF VOCATIONAL STUDIES

Recognized by NCTE and Affiliated to GGSIPU & SCERT, Delhi

ORGANIZES

EXTENSION LECTURE

Under IQAC

The Mindful Teacher: Understanding Mindfulness in the Context of
Present Day Classroom Experiences

Date: 11th September, 2024



Ms. Juhi Bidhuri

Teacher Educator & Life Coach Special.
(Mental Health)

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