



INSTITUTE OF VOCATIONAL STUDIES

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ORGANIZES

EXTENSION LECTURE

Under IQAC

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

Date: 11th September, 2024



Ms. Juhi Bidhuri

Teacher Educator & Life Coach Sp.
(Mental Health)

Director: Mr. Khalid Hashmi

Principal: Dr. Mandira Gupta





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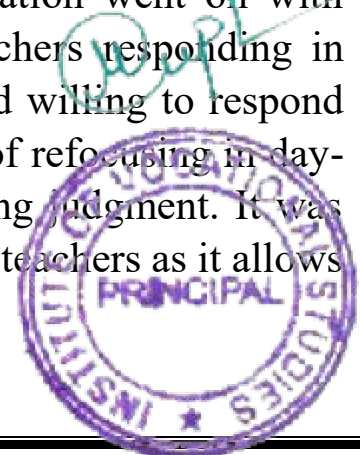
REPORT ON EXTENTION LECTURE

**"The Mindful Teacher -Understanding of Mindfulness in the
Context of Present-Day Classroom Experience."**

(11 September 2024)

The Institute of Vocational Studies under Awadh Center of Education, FC-31 Sheikh Sarai arranged an extension lecture, supported by IQAC, for Trainee- teachers 11th September, 2024. The event was organized under the guidance of Principal IVS, Dr. Mandira Gupta with high energy and enthusiasm. Ms. Juhi Bidhuri, a mental health specialist and teacher educator, was invited as the resource person to conduct the talk. The lecture with the theme **"The Mindful teacher"** also covered **"understanding of mindfulness in the context of present-day classroom experience."**

The lecture began at 10:30 a.m. with the introduction of topic "Mindfulness" by Ms. Juhi Bidhuri. The talk started off with a thought-provoking and engaging opening that got all the students and teachers to reflect on their familiar surroundings. The presentation went on with numerous instances of the students as well as teachers responding in multiple ways. The students were quite engaged and willing to respond the questions. Most of the students learnt the value of refocusing in day-to-day life and the idea of pondering without passing judgment. It was also discussed how important mindful analysis is for teachers as it allows



them to think critically and help students reach their full potential. The lecture included a variety of activities, some of which were focused on breathing exercises and observation. The topic of emotional intelligence was also explored at the last, with relevant and interesting examples on mindfulness.

The session then came to an end and student trainees' doubts were answered. At last, a vote of thanks was delivered and the session was concluded. Overall, it was a joyful learning experience for everyone involved.

