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RAHUL COLLEGE OF EDUCATION

UGC Recognition under sec 2(f) of the UGC Act 1956 | N.C.T.E. Reg. No. WRC/5-6/89/2006 Dtd. 27/09/2006 Code No.APW03437/123403 Affiliated To University of Mumbai
AFF/RECOG.1/1249 of 2007 Dtd. 28 Feb. 2007 | NAAC Accredited with Grade "B++" (1st Cycle) | College Code : 767 | Hindi Linguistic Minority institution

Report on the Session – "Creating Peaceful Classrooms for Global Happiness"

Date: 28/01/2025

On January 28th, from 3:00 pm to 5:00 pm, a thought-provoking session on *Creating Peaceful Classrooms for Global Happiness* was conducted by Pragnya Bodhini School. The session witnessed active participation from Principal Dr. Frances Vaidya, along with faculty members and students, who engaged in insightful discussions.

The primary focus of the session was to foster a positive and inclusive learning environment that nurtures empathy, understanding, and collaboration among students. Expert speakers from Pragnya Bodhini School shared innovative strategies for conflict resolution, effective mindfulness practices, and the pivotal role educators play in promoting emotional well-being. Interactive activities and real-life case studies provided participants with practical approaches to managing classroom dynamics.

The session concluded with an open forum where attendees shared their thoughts and personal experiences. Overall, the session proved to be an enlightening experience, equipping both educators and students with essential tools to create a harmonious and happy learning environment.

Learning Objectives:

1. To understand the importance of creating a positive and inclusive classroom environment that fosters empathy, collaboration, and emotional well-being.
2. To explore practical strategies, including conflict resolution techniques and mindfulness practices, for maintaining peace and harmony in classrooms.

Learning Outcomes:

1. Participants gained valuable insights into managing classroom dynamics effectively through innovative techniques and real-life case studies.
2. Educators and students acquired practical tools and methods to promote emotional well-being and collaboration, contributing to a more peaceful and happy learning environment.



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Sarita Vishwakarma
IIC Convener

Dr Frances Vaidya
Principal