



School of Pedagogical Sciences
MAHATMA GANDHI UNIVERSITY

MAULANA AZAD CHAIR FOR STUDIES ON NATIONAL INTEGRATION

**REPORT ON ONE DAY WORKSHOP ON “21ST CENTURY SKILLS FOR
EFFECTIVE TEACHING AND STUDENT WELL-BEING”**

dated 11th November 2024

A one-day workshop on “21st Century Skills for Effective Teaching and Student Well-being” was held at the Seminar Hall, School of Pedagogical Sciences, Mahatma Gandhi University, Kottayam, on Monday, 11th November 2024. The programme was convened by Assistant Professor, Dr. Ismail Thamarasseri. The official session was anchored by Ms. Ruth J Thomas, a first-year M.Ed. student.

The workshop coincided with National Education Day, celebrated on November 11, honouring Maulana Abul Kalam Azad, India's first Minister of Education, who significantly shaped the country's education system. The workshop delved into the essential themes “21st Century Teaching Skills and Student Well-being”.

The event commenced with a prayer by talented Ms. Vaishnavy Venugopal, a first year M.Ed student, whose invocation filled the gathering with peace and positivity.

The workshop officially began with the Welcome Address Dr. Ismail Thamarasseri, setting the tone for what promised to be an enlightening and transformative experience.

As part of the official inauguration, the symbolic moment was the traditional Lamp Lighting Ceremony, where Hon'ble Vice Chancellor of Mahatma Gandhi University, Prof. Dr. C.T. Aravindakumar, along with the Guest of the Day, Dr. Vishnuprasad, and dignitaries Prof. Dr. Minikutty A, Prof. Dr. Asha J.V, and Dr. Ismail Thamarasseri, illuminated the lamp, symbolizing the light of knowledge, hope, and the spirit of inquiry.

Following the lamp lighting, the most anticipated moment of the function came with the Inaugural Address delivered by the Hon'ble Vice Chancellor of Mahatma Gandhi University, Kottayam. A visionary leader dedicated to fostering innovation and creativity, Hon'ble Prof. Dr. Aravindakumar has established a legacy of excellence in education.

It was a proud moment for the School of Pedagogical Sciences to have the Honourable Vice Chancellor grace the inauguration function. In his address, Dr. Aravindakumar spoke eloquently about the evolving role of educational institutions. He highlighted the significance of integrating 21st century skills across all fields to enhance the overall well-being of students and teachers, enabling them to thrive in a rapidly changing world.

His profoundly motivational speech emphasized the pivotal role of teachers as facilitators rather than lecturers, encouraging educators to shift from traditional teaching methods to a more

student-centric approach. His words resonated deeply, inspiring educators to adopt unique teaching practices.

Following the Inaugural Address, the Hon'ble Vice Chancellor honoured students from the School of Pedagogical Sciences who had actively participated in and contributed to the NAAC accreditation process. The students received certificates of appreciation in recognition of their tireless efforts and achievements. Subsequently, the Head of the Department, SPS, Prof. Dr. Asha J.V, presented a memento to Hon'ble Vice Chancellor, Prof. Dr. C.T. Aravindakumar, as a token of gratitude and appreciation for gracing the occasion. Moreover, the School of Pedagogical Sciences achieved a significant milestone in its pursuit of technological excellence as Hon'ble Vice Chancellor Prof. Dr. C.T. Aravindakumar inaugurated the renovated computer laboratory at SPS.

The next segment was the Presidential Address by the esteemed Head of Department, Prof. Dr. Asha J.V. She praised the efforts of the institution in bringing such initiatives to the forefront and encouraged everyone to embrace the changes happening in the field of education. Her address was a call for educators and students to adapt and evolve with the changing times.

Prof. Dr. Minikutty A, Dean, Faculty of SPS, delivered the Felicitation Address, praising the organizers for their outstanding efforts in hosting this impeccable event. Her address inspired all to transcend traditional academic boundaries and adopt innovative pedagogical approaches that foster holistic well-being.

Other eminent faculty members such as Professor Dr. Sajna Jaleel, Assistant Professor Dr. Muhammad K. V, and Assistant Professor Dr. Smitha S also shared their thoughts during the session. Their inspiring words, filled with optimism, urged everyone to engage in the journey of learning and growing together.

The Student Representative, SPS, Ms. Abhirami Reghunath presented an energetic and insightful address. She spoke eloquently encouraging participants of the workshop to prioritize both academic success and emotional balance.

As the formal session concluded, the Vote of Thanks was delivered by the Student Programme Coordinator, Ms. Anjan M, who expressed sincere gratitude to the Hon'ble Vice Chancellor, Guest of the Day, dignitaries, resource persons, faculty members, educators, students, and organizers. The coordinator also thanked the entire team for their unwavering support in making the event a grand success.

Technical Session – 1: 21st Century Skills: Technology and Progressivism in the Current Educational System

The workshop commenced with the First Technical Session of the day, introduced by Ms Vaishnavy Venugopal. Mr. Jerin PG, Co- Founder and Academic Director of Skool Guru, Research Scholar at School of Pedagogical Sciences delivered an insightful session, highlighting the importance of integrating modern technologies and progressive teaching methods to equip students with essential skills. He emphasized the distinction between content-focused teaching and concept-based learning. He emphasized on cooperative and collaborative learning strategies, and the "Rubber Band Approach" to promote creativity. Referencing the CBSE Handbook, Mr. Jerin outlined 12 crucial 21st century skills. The session also explored practical activities and technology integration using AI, *ChatPDF*, and *Perplexity*. By adapting to the

changing educational landscape, educators can create a student-centred learning environment that considers individual differences and prepares students for 21st-century challenges.

During the interactive session, participants asked thought-provoking questions to Mr. Jerin, sparking insightful discussions. They sought clarity on several issues, including the impact of AI on students' intelligence and strategies for delivering personalized attention in a technology-driven classroom. Mr. Jerin addressed these concerns. His responses provided valuable perspectives on effectively integrating AI and personalized teaching methods. Mr. Jerin PG's engaging presentation and interactive Q&A session received positive feedback from participants. The first workshop session concluded with the vote of thanks by Mr. Bennison Sunny Mannarath, a first year M.Ed student.

Technical Session - 2: Fostering Mental Health and Well-being among Students and Teachers

After a refreshing lunch break, the workshop resumed with the Second Technical Session, introduced by Ms. Vaishnavy Venugopal. The session was presented by Ms. Naseeha Nazeer, Founder and Director of Studium Learning Solutions, Junior Research Fellow at School of Pedagogical Sciences. Commencing with an interactive survey on *Slido*, Ms. Naseeha asked thought-provoking questions, that revealed the insights into teachers' engagement with students' mental health. Citing the WHO report, she highlighted alarming statistics: one in seven children and adolescents (10-19 years) globally are affected by mental health issues and 81% of Indian students are reported with anxiety and 43% of secondary school students experience mood swings.

Her session emphasized the need for schools and universities to prioritize mental health support, not just for students but also for educators. Ms. Naseeha Nazeer showed why teachers are vital for students' mental health, and can't be replaced by AI. She explained that mental health varies from person to person and anyone can face mental health issues. She shared alarming statistics on suicide rates globally (12.9%) and in India (12%), with higher attempts among both boys and girls. Citing examples like Sushant Singh Rajput's struggles, she highlighted the link between mental health and overall well-being. She also identified resilience as an important 21st century skill, illustrating this point with Muhammed Asim's inspiring story, a 90% disabled boy from Kerala.

Ms. Naseeha discussed effective time management and crisis management strategies, introducing time management metrics. She explained the cycle of addiction and the effects of Post Traumatic Stress Disorder.

Ms. Naseeha Nazeer's presentation highlighted the importance of supportive environments for mental health through the D-SAFE case study. Participants gained valuable insights on prioritizing mental health and building resilience. The Q&A session allowed open discussions, where Ms. Naseeha emphasized teachers' crucial role in supporting students' mental health.

She suggested teachers create safe spaces for students to share concerns and urged authorities to hire more psychologists. Ms. Naseeha stressed for holistic education, including art and bagless learning, and anticipated a future where multidisciplinary approaches become the norm by 2030.

Participants discussed making mental health support more accessible and affordable, gaining practical strategies to help students.

Mr. Sreenath B.A, a first-year student, delivered the vote of thanks after the second session, expressing gratitude to Ms. Naseeha Nazeer for her insightful presentation on fostering mental health and well-being in educational settings.

Valedictory Session:

The Valedictory Session marked the grand finale of the workshop, with the Head of Department Prof. Dr. Asha J V delivering an inspiring address. She presented mementos and certificates to resource persons - Ms. Naseeha Nazeer and Mr. Jerin P G. Participants shared their valuable feedback and appreciation, acknowledging the workshop's impact.

Assistant Professor, Dr. Ismail Thamarasseri extended heartfelt gratitude to participants and congratulated resource persons on their exceptional contributions. The Head of the Department then distributed certificates of participation to all attendees, commemorating their engagement.

Ms. Anjana delivered the final vote of thanks. The programme concluded with the National Anthem. Hence, this successful workshop will have a lasting impact, empowering educators to support students' mental health journey

Organizing Committee:

Student Programme Coordinators: Ms. Anjana M, Ms. Vandana Chandran

Anchor & Rapporteur: Ms. Ruth J Thomas

Registration: Ms. Bella Donna Rachel Varghese (M.Ed)

Ms. Amalu K Alias (Research Scholars)

Ms. Akhila Monachen (Educators)

Reception: Ms. Gayathri Premkumar, Ms. Athira Vijayakumar, Mr. Jaison Joseph

General Organisers: Ms. Dona Mariya Joy, Ms. Irfana Khan M M, Mr. Muhammad Althaf M, Ms. Sneha K, Ms. Maria Rose Varghese, Ms. Meenu Varghese

Logistics: Mr. Gokul K, Mr. Muhammed Ashik S

Hospitality: Ms. Gopika Gopan, Ms. Gowri Nandana M, Ms. Anjali Sebastian, Ms. Khamarunnisa E A , Ms. Kripa T Reji, Ms Ann Mariya Joseph

Food & Refreshment: Mr. Allwin Thomas, Fr. Binu Joseph, Mr. Sreenath B.A, Mr. Jerald Thomas, Mr. Gokul K, Mr. Nandu K Promod, Mr. Joe John Mathew, Ms Sradha S Raj

Photography: Mr. Akshay Harshan, Mr. Nandu K Promod

Certificate & Memento: Ms. Athira J Nair, Ms. Sharlet P Joy, Ms. Sreelakshmi M, Ms. Anjana Shaji, Ms. Praveena P, Ms. Arathy S Karunakaran, Ms. Dhanya R Nair

Crisis Management: Dr. Vipin Thomas

Technical Session 1:

Introduction: Ms. Vaishnavy Venugopal

Vote of Thanks: Mr. Bennison Sunny Mannarath

Technical Session 2:

Introduction: Ms. Vaishnavy Venugopal

Vote of Thanks: Mr. Sreenath B.A



MAULANA AZAD CHAIR FOR STUDIES ON
NATIONAL INTEGRATION
School of Pedagogical Sciences
MAHATMA GANDHI UNIVERSITY



One Day Workshop

Monday 11th November 2024, Time: 10:00 AM to 04:00 PM

21st Century Skills for Effective Teaching and Student Well-being

Programme Schedule

Prayer: Ms Vaishnavy Venugopal

Welcome Speech: Dr. Ismail Thamarasserri, *Assistant Professor, SPS*

Presidential Address: **Prof. (Dr.) Asha J V, Head of the Dept.,**
School of Pedagogical Sciences, MGU

Inauguration: **Prof. (Dr.) C.T. Aravindakumar, Vice Chancellor,**
Mahatma Gandhi University

Message of the Day: **Dr. Vishnuprasad C B, H.S.S.T**
Govt. VHSS, Mangayil, Maradu

Felicitations:

Prof. (Dr.) Minikutty A, *Dean, Faculty of Education, MGU*

Prof. (Dr.) Sajna Jaleel, *Professor, SPS*

Dr. Sibu G Netto, *Associate Professor, SPS*

Dr. Muhammed K V, *Assistant Professor, SPS*

Dr. Smitha S, *Assistant Professor, SPS*

Ms Abhirami Reghunath, *Student Representative, SPS, MGU*

Vote of thanks: Ms Anjana M, *Student Programme Coordinator*

Technical Session

Session 1 (Time: 11:30 AM to 01:00 PM)
"21st Century Skills: Technology and Progressivism
in the Current Educational System"

Mr Jerin P G

Co-founder & Academic Director at Skool Guru
Research Scholar, School of Pedagogical Sciences,
Mahatma Gandhi University

Session 2 (Time: 02:00 PM to 03:30 PM)
"Fostering Mental Health and Well-Being among
students and teachers"

Ms. Naseeha Nazeer

Founder & Director, Studium Learning Solutions
Junior Research Fellow, School of Pedagogical Sciences,
Mahatma Gandhi University

More info: Ms. Anjana M : 9446735185