

NEW EDUCATION FOR PEACE AND HAPPINESS



How are you feeling?



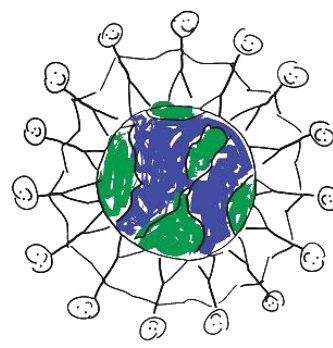


RESOURCE PERSON

Apurva Tripathi is a gold medalist from Delhi University and completed her Masters in Development Studies from The Graduate Institute in Geneva. She is currently working as the Director of Education and Research in Udaya Public School, Ayodhya. She has been a keynote speaker for various organisations, notably The YP Foundation and TARSHI. Her work focuses on Mental Health, gender sensitisation and psychological resilience

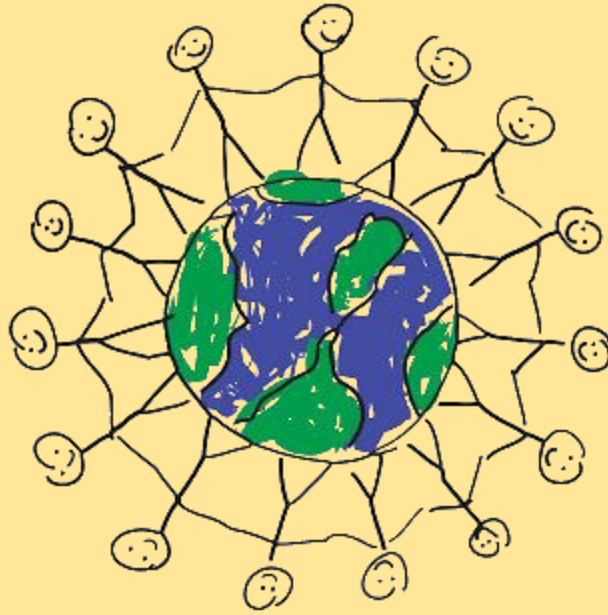
Email: Apurva@udayapublicschool.edu.in





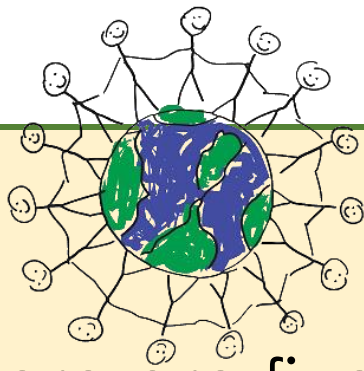
WHY?





Fostering Culture of Peace through Education

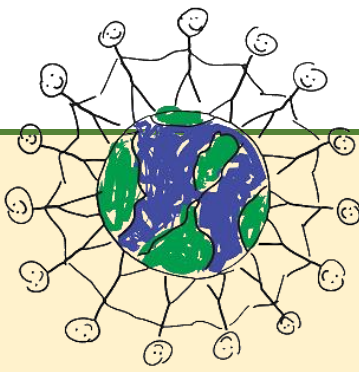




There are five elements that are necessary for building lasting peace through education

1. An education system that advocates compulsory attendance for all children and youth,
2. A sense of mutual destiny that highlights mutual goals and a common identity,
3. Teaching students the constructive controversy procedure,
4. Training students in integrative negotiations and peer mediation to resolve their conflicts with each other constructively
5. Inculcating values that focus students' attention on the long-term common good of society

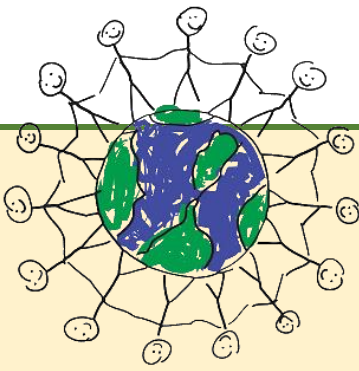




Through the
creation of a peace
culture, schools can
possess important
benefits

1. Schools can develop a more humanistic administration approach
2. Schools can develop good attitudes in students and teachers, such as, cooperation, mutual respect and they can improve students' moral behavior
3. Schools can help healthy emotional development in students
4. Schools can facilitate socialization through participation in interactive and cooperative learning activities
5. Schools can develop creativity of students and teachers





Ideas of Fostering Culture of Peace through Education

1. Teach healthy communication; actively foster friendship between students; teach conflict resolution
2. Offering a sociology elective course covering peace, war, conflict (and prevention of war & conflict)
3. Teach students phrases they can say to discuss ideas with people they disagree with
4. By encouraging students' natural curiosity, and providing them with positive opportunities to learn about the world
5. Teach tolerance and differences of different cultures, religions, and peoples

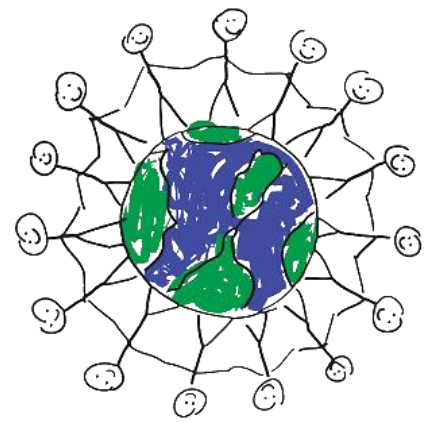




POSITIVE PSYCHOLOGY IN
SCHOOLS AND EDUCATION
FOR HAPPY STUDENTS

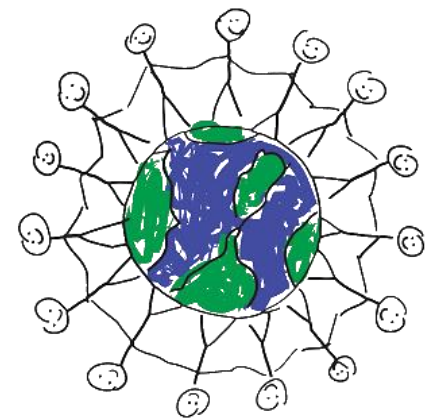


Why Focus On Positive Education?



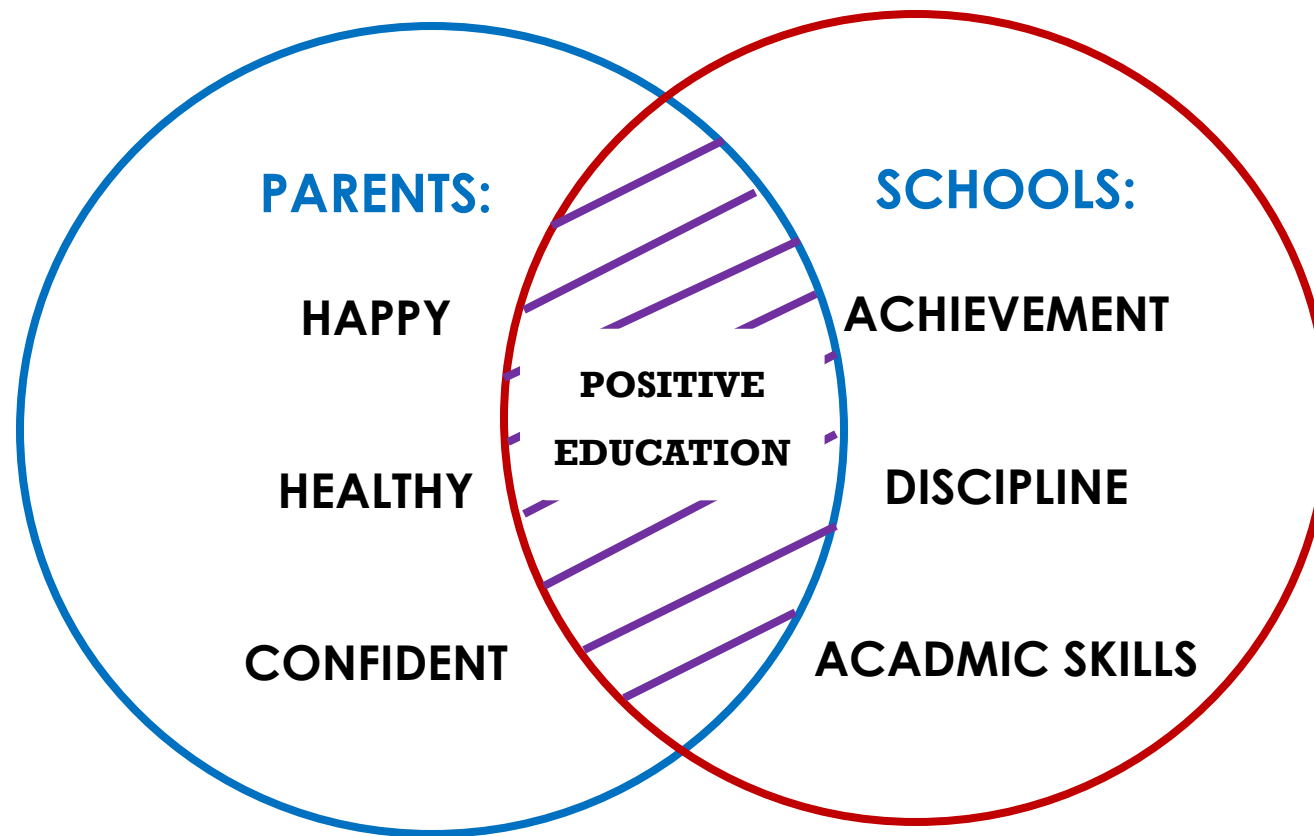
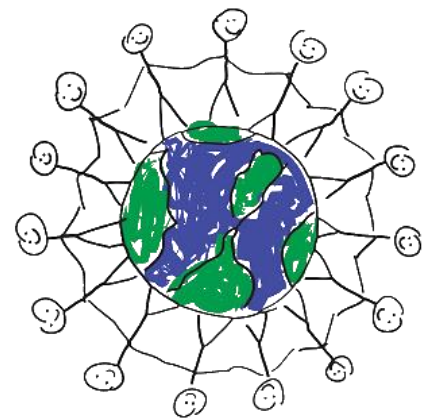
- ✚ Positive education wants to bring positive psychology's goals of well-being and mental health support for everyone into the school setting
- ✚ Psychological interventions have been around in schools since at least the 1930s so it makes sense to supplement the already-existing traditional psychology in schools with positive psychology
- ✚ Philosophers as far back as Aristotle have considered happiness to be the end goal of education

Why Focus On Positive Education?

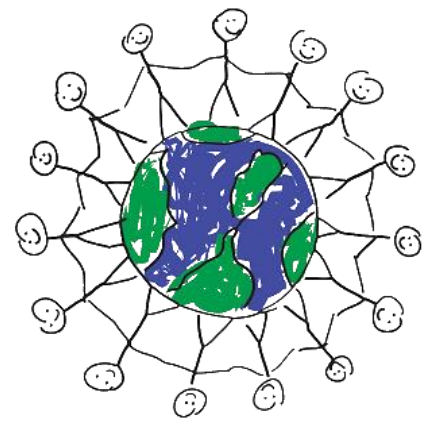


- ✚ Maslow's (1943) hierarchy of needs even indicates that emotional support may be a sort of prerequisite to higher-order functions such as learning
- ✚ Recent research has confirmed the same, as offering emotional support early in a school year can lead to improved instructional quality later in that school year (Curby et al., 2013)

Why Focus On Positive Education?

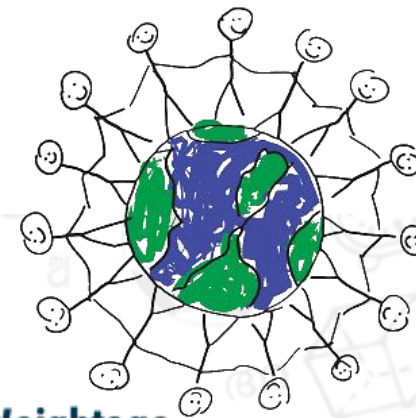


Happy Teacher = Happy Class



- ✚ Happy teachers will directly lead to happy students, by helping their students associate education with happiness, as the teachers do
- ✚ Research has even shown that teacher wages can affect their teaching outcomes :
 - ❖ Teachers who felt that their wages were unfairly low were in classrooms which were rated as having lower levels of emotional support
 - ❖ Teachers who earned higher wages ended up with students who exhibited more positive emotional expressions and behaviors

Innovative Pedagogy: Transforming teaching learning process



Experiential Learning

Focus on experiential, inquiry and discovery based teaching learning methods

Integrated Pedagogy

- Arts, sports, and story-telling and ICT-integrated pedagogy

Promotion of peer tutoring

- Promoting peer tutoring as voluntary and joyful activity under the supervision of teachers



Equal Weightage

- No hard separation between curricular, co-curricular and extra curricular area.
- Freedom of choosing a variety of subject combination to be provided

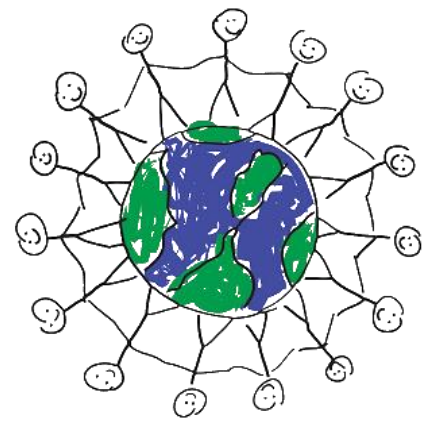
Bagless Days

- Bagless days to be scheduled in academic calendar

Use and integration of technology

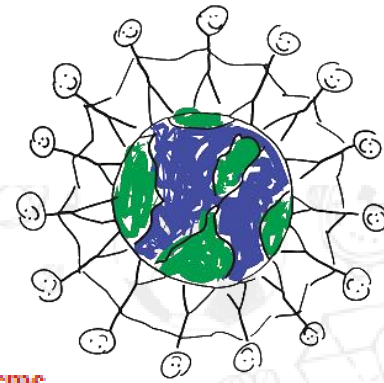
- Integration of technology enabled pedagogy in classes 6-12

Activities For Emotional Learning



- + Identifying personal sources of happiness
- + Expressing gratitude
- + Free expression of different feelings in movement, art, speech, and facial expressions
- + Describing happy memories
- + Morning Meeting (Starting every morning with a class meeting)
- + Academic Choice (Giving students multiple choices to reach some educational goal)

Supporting Children with Special Needs (CWSN)



Regular Schooling

Children with special needs will be integrated in the regular schooling process from elementary to higher education levels

Modules

NIOS will develop high-quality modules to teach Indian Sign Language

Certificate Courses

Certificate courses for pre-service and in-service teachers to become special educators

01

02

03

04

05

06

Enabling Mechanisms

Enabling mechanisms for CWSN or Divyang to receive quality education

Assistive Devices and Orientation to Parents

Technology enabled assistive devices/tool for CWSN and orientation of the tools/devices for parents/caregivers

Alternative Schools

Alternative forms of schools will be encouraged to preserve the alternative pedagogical styles

Positive Teaching: Moodtrackers And Other Worksheets

Daily Mood Chart

Positive Steps to Wellbeing

Daily Mood Chart

	Happy	Sad	Mad	Tired	Excited	Anxious	Other	Notes
6 AM – 8 AM								
8 AM – 10 AM								
10 AM – 12 PM								
12 PM – 2 PM								
2 PM – 4 PM								
4 PM – 6 PM								
6 PM – 8 PM								
8 PM – 10 PM								
10 PM – 12 AM								
12 AM – 2 AM								
2 AM – 4 AM								
4 AM – 6 AM								

© 2013 Therapist Aid LLC

Provided by TherapistAid.com

Positive Steps to Wellbeing

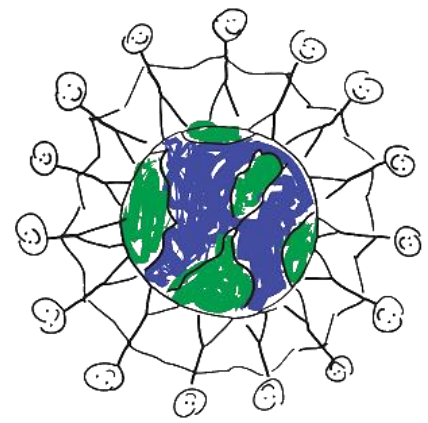
Be kind to yourself  <p>Our culture, genes, religion, upbringing, education, gender, sexuality, beliefs, and life experiences make us who we are. We all have bad days.</p> <p>Be kind to yourself. Encourage rather than criticise yourself. Treat yourself the way you would treat a friend in the same situation.</p>	Exercise regularly  <p>Being active helps lift our mood, reduces stress and anxiety, improves physical health, and gives us more energy.</p> <p>Get outside, preferably in a green space or near water.</p> <p>Find an activity you enjoy doing, and just do it.</p>
Take up a hobby and/or learn a new skill  <p>Increase your confidence and interest, meet others, or prepare for finding work.</p>	Have some fun and/or be creative  <p>Having fun or being creative helps us feel better and increases our confidence.</p> <p>Enjoy yourself!</p>
Help others  <p>Get involved with a community project, charity work, or simply help out someone you know.</p> <p>As well as benefiting others, you'll be doing something worthwhile which will help you feel better about yourself.</p>	Relax  <p>Make time for yourself. Allow yourself to chill out and relax.</p> <p>Find something that suits you – different things work for different people.</p> <p>Breathe... (imagine a balloon in your belly, inflating and deflating as you breathe in and out)</p>
Eat healthily  <p>Eat regularly, eat breakfast, eat healthily, eat fruit and vegetables, drink water.</p>	Balance sleep  <p>Get into a healthy sleep routine – including going to bed and getting up at the same time each day.</p>
Connect with others  <p>Stay in touch with family and friends - make regular and frequent contact with them.</p>	Beware drink and drugs  <p>Avoid using alcohol (or non-prescribed drugs) to help you cope – it will only add to your problems.</p>
See the bigger picture  <p>We all give different meanings to situations and see things from our point of view. Broaden out your perspective and consider the bigger picture ('the helicopter view')</p> <p>What meaning am I giving this? Is this fact or opinion? How would others see it? Is there another way of looking at this? How important is it, or will it be in a year's time? What can I do right now that will help most?</p>	Accepting: 'It is as it is'  <p>We tend to fight against distressing thoughts and feelings, but we can learn to just notice them and give up that struggle.</p> <p>Some situations we just can't change. We can surf those waves rather than try to stop them.</p> <p>Allow those thoughts and sensations just to be – they will pass.</p>

www.getselfhelp.co.uk

© Carol Vivyan 2010. Permission to use for therapy purposes.

www.get.gg

Mindfulness Activities For Kids

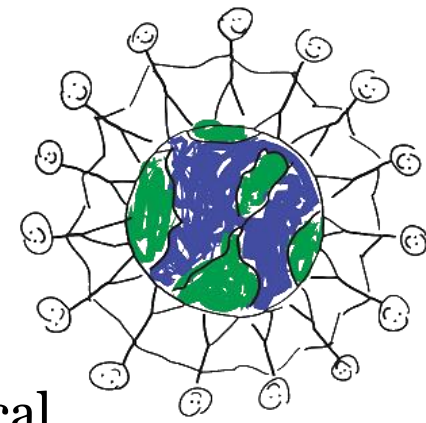


Mindfulness in the Classroom

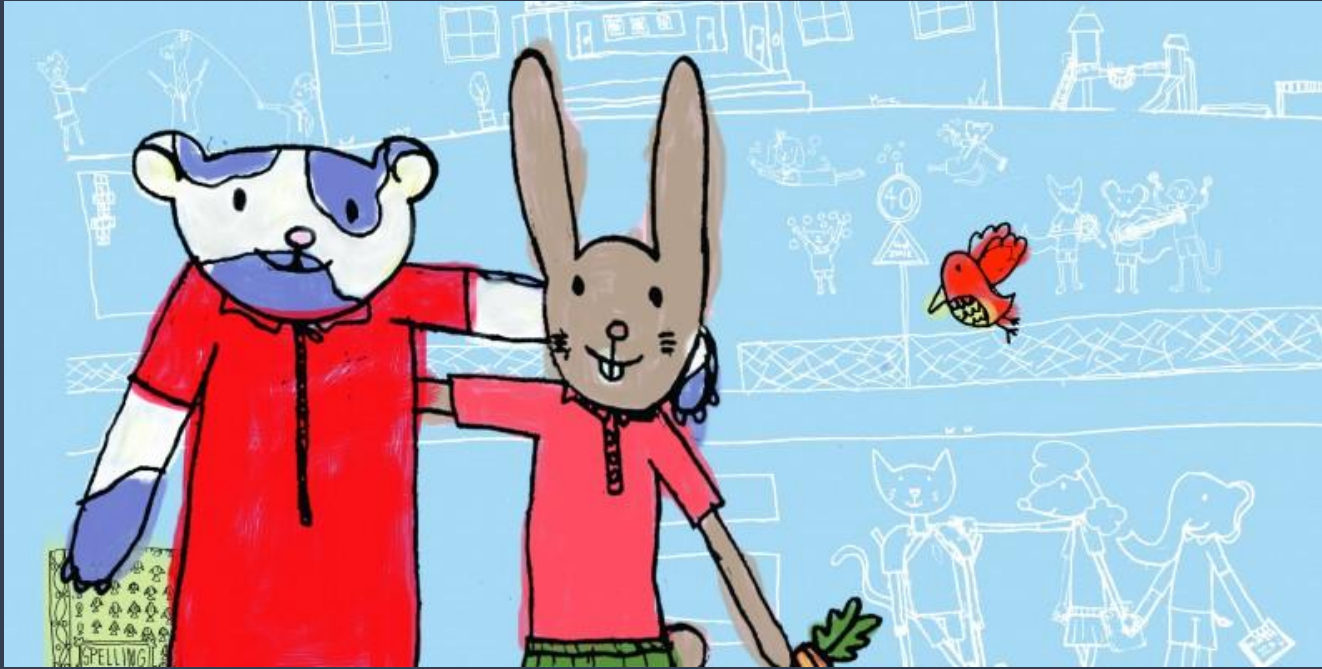
- Heartfulness
- Mindful Seeing
- Slow Motion
- Mindful Walking
- Mindful Eating
- Mindful Bodies and Listening
- Mindful Bell
- Brief Body Scan
- Mindful Breathing
- Caring Mindfulness



REFERENCES



- # Maslow, A.H. (1943). A theory of human motivation. Psychological Review 50(1), 370-396. doi:10.1037/h0054346
- # Abry, T., Rimm-Kaufman, S.E., Curby, T.W. (2017)
- # Black, D.S., Fernando, R. (2014). Mindfulness Training and Classroom Behavior Among Lower-Income and Ethnic Minority Elementary School Children
- # NEP 2020 Infographic: Infographicsfortweets_schooleducation.pdf
- # Connor-Greene, P.A. (2005). Fostering meaningful classroom discussion: Student-generated questions, quotations, and talking points



THANK YOU!

