

## Report of Refresher Course on 'Joyful Learning for Gen Z Learners'

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### Report on Refresher Course /FDP

on

### "Joyful Learning for Gen-Z Learners"

organized by

Faculty of Education

under the Aegis of

Human Resource Development Centre (HRDC), Integral University

**Theme:** "Joyful Learning for Gen Z Learners"

**Organized by:** Faculty of Education under the aegis of the Human Resource Development Centre (HRDC), Integral University, Lucknow

**Duration:** September 21<sup>st</sup> 2024, to April 28, 2025

The Seven-Day Refresher Course titled "Joyful Learning for Gen Z Learners" was designed and organised by the Faculty of Education with the Human Resource Development Centre at Integral University, Lucknow. With education systems evolving rapidly, this initiative aimed to enhance the capacity of teacher educators by equipping them with innovative, joyful, and student-centred pedagogical strategies suitable for Gen Z learners. The program focused on creating engaging, inclusive, and technology-enabled classrooms and was attended by faculty members across departments. Each day of the course featured a thematic session led by distinguished Educationists and practitioners.

### Session 1: Introduction to Joyful Learning (September 21, 2024).

The inaugural session of the refresher course took place on September 21, 2024. The topic of the day was "Introduction to Joyful Learning," and it was delivered by Mr. Tanuj Narain, a distinguished alumnus of IIT Kanpur and State Coordinator of the Art of Living Foundation. The session began with an Inaugural speech by Prof. (Dr.) A. K. Lodi, Head, Dept. of Education, emphasised the importance of integrating joy into the learning environment, followed by the introduction of the theme of the course given by the anchor of the day, Dr. Sania Kulsum.

Mr. Tanuj Narain elaborated on the philosophy and practice of joyful learning, defining it as a dynamic, emotionally engaging, and curiosity-driven approach that moves away from rote memorization. He stressed the importance of creating positive classroom environments that support mental well-being, creativity, and intrinsic motivation. Practical strategies discussed included gamification, breathing and meditation exercises, storytelling, project-based learning, and providing students with autonomy in choosing learning tasks. The session also included practical hands-on techniques of managing stress, like yoga asana and deep breathing techniques, making it a lively and impactful beginning to the course.

### Session 2: Collaborative Learning and Peer Interaction (December 23, 2024).

The second session of the refresher course was held on December 23, 2024, on the theme "Collaborative Learning and Peer Interaction." Prof. (Dr.) Mohd Abid Siddiqui from the Department of Education, Aligarh Muslim University, served as the resource person. The event commenced in the Central Auditorium with Dr. Geetika Nidhi introducing the speaker, and Dr. E. Ahmad, Head of the Department, delivered a thought-provoking welcome speech. Prof. Siddiqui began by emphasizing that learning is a continuous process of change in behaviour and understanding.

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which is best facilitated through collaboration. He highlighted how NEP 2020 emphasises collaborative learning to develop critical thinking, communication, and teamwork among learners. The session covered various models of collaborative learning, such as jigsaw techniques, peer review, group projects, debates, and role-playing. Prof. Siddiqui also discussed the advantages of collaborative learning, including enhanced student confidence, cultural competency, and civic responsibility, while acknowledging the challenges, such as uneven participation and assessment issues. A robust discussion followed, with participants reflecting on the applicability of collaborative strategies in their contexts. The session concluded with remarks by Prof. (Dr.) A.K. Lodi and a vote of thanks by Dr. Noorain Anas.

### **Session 3: Creative Teaching Strategies (January 25, 2025).**

The third session, held on January 25, 2025, focused on "Creative Teaching Strategies" and was facilitated by Prof. (Dr.) Sajid Jamal from the Department of Education, AMU, Aligarh. Dr. Vivek Rogers anchored the session, and Dr. E. Ahmad, Head of the Department, in his speech, outlined the objectives and set the tone for an engaging session.

Prof. Jamal opened the session with a poetic reflection on the transformative power of education. He explored the importance of both intrinsic and extrinsic motivation in the teaching-learning process. His presentation highlighted the gap between traditional teaching methods and the learning needs of Gen Z students. Prof. Jamal introduced a variety of creative strategies, such as flipped classrooms, gamification, storytelling, simulations, art integration, and technology-enhanced learning using tools like VR and AR. He encouraged educators to frame open-ended questions to spark curiosity and used real-life examples to show how lessons could be personalized and made relevant. The session was marked by high levels of interaction, with participants sharing their classroom experiences and brainstorming ways to incorporate creative strategies into their pedagogy.

### **Session 4: Engaging Gen Z through Technology (February 1, 2025).**

The fourth session commenced with a warm welcome address by Dr. E. Ahmad, Head of the Department, highlighted the importance of continuous professional development for educators in the rapidly changing educational landscape.

The chief guest, Prof. (Dr.) Suresh Chandra Pachauri, Dean, Faculty of Education, Motherhood University, Roorkee, Uttarakhand, delivered an insightful keynote address. This session addressed the critical topic "Engaging Gen Z through Technology" and delved into how educators can use technology to make learning more immersive, personalized, and impactful. Prof. Pachauri began by outlining the characteristics of Gen Z learners: tech-savvy, collaborative, visually oriented, and purpose-driven. He emphasized the need for educators to move beyond conventional teaching methods and embrace digital transformation in education. He discussed the integration of artificial intelligence, gamification, learning management systems (LMS), and tools like educational apps and interactive whiteboards. He also stressed how virtual reality and digital storytelling have revolutionised classroom practices. The session also touched upon new-age assessment techniques, including real-time feedback and peer evaluation. Participants were actively engaged through discussions, gaining practical insights into implementing digital tools effectively.

### **Session 5: Joyful Pedagogies in the Light of NEP 2020 (February 22, 2025).**

The fifth session was led by Dr. Satyendra Gupta on February 22, 2025 as the keynote speaker. He focused on aligning joyful learning with the National Education Policy (NEP) 2020. The session began with a warm welcome by Dr. E. Ahmad, HoD (Education) and Prof. (Dr.) A. K. Lodi, Dean, Faculty of Education, Integral University, Lucknow.

Dr. Gupta's presentation emphasized holistic and enjoyable learning experiences supported by NEP 2020, such as toy-based learning, sports-integrated teaching, and activity-based methods. He advocated for student-centred learning environments that foster curiosity, collaboration, and critical thinking. He demonstrated the use of digital tools like Padlet, Mentimeter, and Kahoot to enhance classroom interactivity. Dr. Gupta stressed the importance of experiential learning and incorporating real-world problems into teaching. The session concluded with reflections from the participants, many of whom shared how they had already begun integrating these joyful pedagogies into their lesson plans. Dr. Smita Srivastava delivered the vote of thanks, applauding the resource person and the organizing team.

### **Session 6: Participant Reflection & Feedback Session (April 28, 2025).**

The final session of the refresher course was held as a Feedback and Reflection Session on April 28, 2025, facilitated by the Faculty of Education faculty members. This session provided participants a platform to share their learning

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experiences, reflect on their implementation efforts, and offer feedback for future such initiatives.

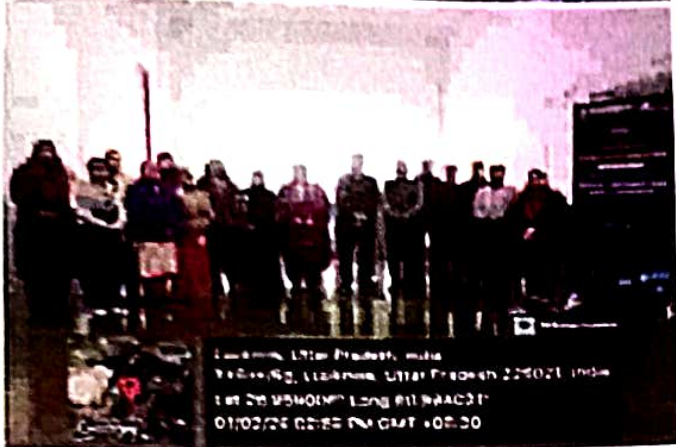
A majority of participants reported increased confidence in using joyful teaching methods, with many noting improved classroom dynamics and learner motivation.

This Refresher Course on "Joyful Learning for Gen Z Learners" successfully achieved its aim of enriching educators with innovative, learner-centred, and technology-driven pedagogical practices. The course empowered teachers to adapt to the evolving educational landscape, aligned with NEP 2020, and motivated them to implement creative strategies in their classrooms. It also fostered a spirit of collaboration, reflection, and professional growth. Moving forward, the Faculty of Education and HRDC plan to continue offering such development opportunities to ensure sustained transformation in teaching and learning practices. Special thanks to HRDC for cooperation. A total of 20 faculty and supporting staff benefited from this refresher course.

#### Glimpses of the Event :



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Group photograph, with participants and the Resource person of the sessions

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