

**HUMERA KHAN COLLEGE OF EDUCATION, JOGESHWARI (W)**



**MAHARASHTRA EDUCATIONAL SOCIETY'S  
HUMERA KHAN COLLEGE OF EDUCATION**

**OSHIWARA JOGESHWARI (W) MUMBAI - 400102**

**NAAC ACCREDITED GRADE B**

**UNDER ALUMNI ASSOCIATION**



**ORGANIZES**

**WORKSHOP ON Managing Stress  
and Conflict:  
Strengthening Emotional Balance for  
Future Educators**

**CONFLICT MANAGEMENT**

**DATE : 5<sup>TH</sup> NOVEMBER 2025  
VENUE: 501 .HKCE CLASSROOM  
TIMING : 2:30-3:30 PM**

**RESOURCE PERSON :**

**SHAMA CHAUDHARY**

**VIJAY YADAV**

**DEEPAK YADAV**

**ONAIZA SHAIKH**

**I/C PRINCIPAL**

**Dr. Varsha Maru**

**EVENT COORDINATOR**

**Dr. Avani Kanakia**

**VISION : "Cultivating emotional resilience and  
reflective practice in future educators."**

## **HUMERA KHAN COLLEGE OF EDUCATION, JOGESHWARI (W)**

### **Report on Workshop Organized by Alumni Association**

**Title:** *Conflict Management for Future Educators*

**Theme:** *Managing Stress and Conflict – Strengthening Emotional Balance for Future Educators*

**Date:** 5th November 2025

**Venue:** Room 501, Humera Khan College of Education

**Organized by:** Alumni Association, Humera Khan College of Education

**Audience:** B.Ed Students (FY B.Ed & SY B.Ed)

**Resource Persons:** Ms. Shama Chaudhary, Mr. Vijay Yadav, Mr. Deepak Yadav, and Ms. Onaiza Shaikh (Alumnae & M.Ed Interns)

**I/C Principal:** Dr. Varsha Maru

**Event In-Charge:** Dr. Avani Kanakia

**Placement In-Charge:** Dr. Sandhya Sarwade

As part of the Alumni Association initiative and under the M.Ed Internship Programme, the M.Ed interns of *Humera Khan College of Education* conducted an interactive and activity-based workshop on “**Conflict Management for Future Educators**” on **5th November 2025**. The workshop was conducted under the broader theme “*Managing Stress and Conflict: Strengthening Emotional Balance for Future Educators*”

#### **OBJECTIVES:**

- To develop emotional resilience, effective communication, and conflict resolution skills among B. Ed students.

The workshop was facilitated by **Ms. Shama Chaudhary, Mr. Vijay Yadav, Mr. Deepak Yadav, and Ms. Onaiza Shaikh**, all M.Ed interns, under the guidance of **Dr. Varsha Maru (I/C Principal)** and **Dr. Avani Kanakia (Event Coordinator)**. The session was graced by the presence of **Dr. Sandhya Sarwade**, who encouraged and appreciated the efforts of both the resource persons and participants.

#### **HIGHLIGHTS OF THE SESSION**

The session commenced with a warm and enthusiastic welcome by **Mr. Vijay Yadav**, who introduced the topic and highlighted its relevance to the teaching profession. He explained that while managing stress focuses on self-regulation, conflict management is about maintaining balance and understanding in relationships within educational spaces. His introduction helped create an open and interactive atmosphere.

The first activity, “**Agree or Disagree**”, was conducted by **Ms. Shama Chaudhary** as an engaging icebreaker. Participants moved between corners labeled *Agree* and *Disagree* based on their views on statements such as “Teachers should never apologize to students” and

“Conflict always damages relationships.” The activity encouraged reflection on diverse opinions and showed that differences in perspective can coexist respectfully, forming the foundation of positive conflict resolution.

The concept of conflict was then simplified and discussed by **Mr. Deepak Yadav**, who guided participants through the meaning, causes, and types of conflict in the teaching-learning context. He emphasized that conflict is not inherently negative but an opportunity for understanding and growth when handled wisely. The discussion was lively, with participants sharing examples from their classroom experiences.

Following this, **Ms. Onaiza Shaikh** conducted the main interactive activity titled “**Resolve It Right.**” Groups of participants performed short role plays based on realistic classroom situations — such as student disagreements, parent-teacher misunderstandings, and peer conflicts. Each scenario was acted out in two versions: the *wrong way* (emotional reaction) and the *right way* (calm and empathetic response). These performances highlighted how tone, language, and attitude directly affect classroom harmony and relationships.

To provide a structured approach, **Mr. Deepak Yadav** introduced the “**3-Step Resolution Strategy**”:

- 1** *Stay Calm* – Pause and regulate emotions before responding.
  - 2** *Listen to Understand* – Hear the other side completely without interruption.
  - 3** *Find Common Ground* – Focus on solutions instead of assigning blame.
- Through paired practice, participants learned to apply these steps in small interpersonal conflicts, enhancing their patience, empathy, and composure.

Toward the end of the session, **Mr. Vijay Yadav** led a reflective activity called “**My Peace Plan.**” Each participant wrote down personal *Do’s* and *Don’ts* for handling conflict, along with a *Peace Mantra* (e.g., “Pause before you speak” or “Kindness wins”). This simple yet impactful exercise allowed participants to internalize the principles of calm and respectful communication.

The workshop concluded with a heartfelt **key takeaway** by **Ms. Khan Barkatunnisa**, who summarized the importance of emotional awareness and empathy in teaching. She reminded participants that “*Conflict is natural — calm communication makes it constructive.*” Her closing remarks encouraged B.Ed students to practice these techniques in their daily classroom experiences and internship interactions.

**Dr. Sandhya Sarwade** appreciated the session, commending the M.Ed interns for their confident facilitation, teamwork, and practical approach to the topic. She emphasized the importance of emotional regulation and reflective practice as essential traits of effective educators.

## CONCLUSION

The workshop was highly interactive, meaningful, and well-received by the participants. It not only provided B.Ed students with practical skills for conflict resolution but also strengthened the connection between alumni, M.Ed interns, and current B.Ed learners. The initiative

reflected the collaborative spirit of *Humera Khan College of Education* and its commitment to nurturing emotionally balanced, reflective, and empathetic future educators.

### Photos



