

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**

STRESS MANAGEMENT

DATE : 5TH NOVEMBER 2025

VENUE: 501.HKCE CLASSROOM

TIMING: 1:30-2:30 PM

RESOURCE PERSON :

TAUSIF H KHAN

BARKATUNNISA KHAN

ANAM KHAN

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

Managing Stress and Conflict – Strengthening Emotional Balance for Future Educators

Theme: Stress Management for Future Educators.

Date: 5th November 2025

Venue: Room 501, B.Ed Classroom

Organized by: Alumni Association, Humera Khan College of Education

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

Resource Persons: Mr. Tausif H. Khan, Ms. Barkatunnisa Khan, Ms. Anam Khan (Alumnae & M.Ed Interns)

I/C Principal: Dr. Varsha Maru

Event Coordinator: Dr. Avani Kanakia

Placement In-charge: Dr. Sandhya Sarwade

As a part of the Alumni Association initiative and under the M.Ed Internship Programme, the M.Ed interns of Humera Khan College of Education conducted a workshop for the B.Ed students on the theme “**Managing Stress and Conflict: Strengthening Emotional Balance for Future Educators**” on **5th November 2025**.

OBJECTIVE:

- To nurture emotional resilience, reflective practice, and stress management skills among future educators.

The workshop was conducted by **Mr. Tausif H. Khan, Ms. Barkatunnisa Khan, and Ms. Anam Khan**, M.Ed trainees, under the able guidance of **Dr. Varsha Maru (I/C Principal)** and **Dr. Avani Kanakia (Event Coordinator)**. **Dr. Sandhya Sarwade** also graced the session and motivated the students with her presence and valuable insights.

HIGHLIGHTS OF THE SESSION

The session commenced with a warm and engaging welcome by **Ms. Barkatunnisa Khan**, who set the context by connecting the topic of stress to the everyday experiences of students and teachers. Through interactive questioning and light conversation, she established a comfortable and participative atmosphere. A short breathing and grounding exercise helped set the tone for the reflective session ahead.

The discussion then moved to understanding the concept of stress its causes, effects, and how it manifests in personal and professional life. The facilitator helped participants identify physical and mental symptoms of stress, encouraging self-awareness and emotional understanding.

Following this, **Ms. Anam Khan** conducted the main interactive activity titled “**The Stress Board**.” Each participant was given two sticky notes – one to write a personal source of stress and another to share an activity or thought that helps them relax. These were displayed on a large board divided into two sections: ‘*What Stresses Me*’ and ‘*What Helps Me Relax*’. The colorful visual display highlighted how common stress experiences are among teachers and how simple practices can help overcome them. The activity encouraged openness, peer connection, and collective empathy among students.

Later, **Mr. Tausif H. Khan** led the reflection and discussion phase. He emphasized that stress is a natural part of life but can be effectively managed through awareness and regular practice of coping strategies. He introduced practical techniques like **Box Breathing, the 5-4-3-2-1 Grounding Method, and Progressive Muscle Relaxation**, allowing participants to practice them during the session. These exercises helped the students experience instant calmness and mindfulness.

In addition to these activities, facilitators shared a few simple and actionable tips for maintaining emotional balance as future educators — such as pre-planning lessons, journaling emotions, communicating openly with peers, taking short breaks, and maintaining personal calm corners. These strategies were well appreciated by the participants, who found them easy to apply in daily life.

Toward the end of the session, the participants were encouraged to reflect silently on one new strategy they would try to manage their stress. Several students voluntarily shared their thoughts, expressing gratitude for such a refreshing and practical workshop. The workshop concluded with a summary of key takeaways by **Ms. Barkatunnisa Khan**, who reminded everyone that “a calm teacher creates a calm classroom.”

The workshop was highly interactive, engaging, and impactful. It allowed B.Ed students to gain practical insights into managing emotional challenges, building resilience, and maintaining a balanced approach toward teaching. The presence and support of the college faculty and administration made the session more meaningful.

CONCLUSION

This initiative by the **Alumni Association** through the **M.Ed Internship Programme** served as a bridge between alumni and current B.Ed students, fostering a culture of mentorship, sharing, and professional growth. The M.Ed interns benefited equally by enhancing their organizational, leadership, and facilitation skills. The success of the workshop reflected the collaborative spirit of the institution in promoting holistic teacher development.



Photos







MES

HUMERA KHAN COLLEGE OF EDUCATION.

Where there is faith, there is no fear follow the wisdom of God

ORGANIZED: ALUMNI ASSOCIATION

Workshop On

NAGGING STRESS & CONFIDENCE

Stressor

Relaxer

A collection of approximately 25 yellow sticky notes is pinned to the chalkboard, organized into two columns under the headings 'Stressor' and 'Relaxer'. Each note contains handwritten text, likely notes from the workshop.

GPS Map Camera



Mumbai, Maharashtra, India 

21, Prakash Nagar, Patliputra, Jogeshwari West, Mumbai, Maharashtra 400102, India

Lat 19.149978° Long 72.838169°

Wednesday, 05/11/2025 02:49 PM GMT +05:30