

BOMBAY TEACHERS' TRAINING COLLEGE

(A Constituent College of HSNC University, Mumbai)

In collaboration with
SEE LEARNING®, INDIA

International Conference Enriching Education: Integrating SEE Learning

Report

Date- 06th March, 2023

Day- Monday

Started at (Time) - 9:30am

Ended at (Time) -

Venue- 9th Floor, Lecture Hall

The event began at 9:30am. Prof (Dr). Mandeep Kaur Kochar welcomed the esteemed guests by introducing the Bombay Teachers' Training College's accolades and NAAC cycle. She then invited the guests and dignitaries to commemorate the conference on a numinous note by lighting the lamp to mark the beginning with divinity and spirit.

She then invited Dr. Bhagwan Balani to come forth and present the objectives of the conference.

Dr Bhagwan Balani reminisced about his time with each and every guest and their part in his journey to learn and recognise the importance of the SEE learning programme in India. He shared his dreams of "Global Leaders", associations and collaborations that help us learn more.

The need for SEE learning in India as we emerge as a country united, harmony and navigate learning through the multicultural tolerance and social emotional ethical awakening of each and every learner. Education to be rolled out in the classroom and outside the classroom.

The change of assessment in contemporary education with special emphasis on the emotional quotient.

Prof. Dr. Hemlata Bagla, began on a sweet, "Good Morning, teachers." to address the classroom full of budding teachers and senior teachers.

She spoke of "Lifelong learning" and the multiplier effect that teachers tend to create in a good learning environment. She posed some wonderful questions that ignited a great thought in the audience sitting in the room.

"Why is there a need to learn compassion? Compassion is the most inherent human quality"

A story of the Elephant and Elephant tamer was presented as a metaphor to educate the children.

"Innovative Pedagogy" - To ensure the training is done with compassion towards the child and to ensure their attention is not forced but inducted through various strategies.

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Mr, Ryder Delaloyle

Later on Mr, Ryder Delaloyle was called upon to deliver the KeyNote Address. Mr. Ryder , representing the Emory University attended the session on Zoom, whereupon he delivered his part. He enlightened the audience about CBCT which means Cognitively Based Compassion Training. CBCT is an important part of SEE Learning. He also talked about ETSI, which is the Foremost contributor in SEE Learning along with Higher Education in Emory University. The next topic discussed was The Mission of Bombay Teachers' Training College which runs with the vision ' To emerge as a centre of excellence in the world of Teacher Education.' Concepts like Reflective and Constructivist Teaching-Learning approaches and Student Centric Learning were further discussed. Moreover, he spoke about creating a compassionate classroom and science of Co Regulation as well as Adult Social Emotional Learning. The challenge of understanding Educator Burnout was focused upon and then light was thrown upon competencies like CASEL and SEL. Afterwards Mr. Ryder spoke about the role of soft skills and social emotional competencies and the importance of non-cognitive skills. He also touched upon SEE Learning practices and framework, Visual Circuit development and stretched on promoting wellness. He also touched upon cortisol stress and how to relieve it.

After Mr Ryder came Mr Alejandro Barcenas who is the Academic Coordinator for the implementation of SEE Learning in Mexico. He spoke about implementation of SEE Learning in 9 states of Mexico. When he found out that the teachers were stressed by workload and the effects of lockdown he looked upon SEE Learning to promote the well-being of teachers. They started with practice learning with around 4 chapters like Resilience, Resources and Emotional Timeline to create a Culture of Compassion..The Second Practice for the group of professors included compassionate projects of around 32 hours which encouraged students for acts of kindness. A course called L1 Facilitator Course of 18 hours was developed to have at least two Teachers trained in compassion Training. A qualitative data collection drive told them that SEE Learning had a positive impact on the Schools and the well being of a Teacher. Further a video was shown encompassing the nature of SEE Learning in Mexican Schools.

Ms Rajneesh and Ms Nishigandha collaboratively started their speech with a melodious gingle. " I love you, you love me."

They shared their reasons for joining and diving into the SEE Learning. They focused and shed a limelight on their journey and conduct at Akanksha Foundation that primarily works with a lot of schools across a number of cities in India.

They answered in detail two important questions: "Why do we need SEE Learning in our classroom?" and "What SEE Learning looks like for Adolescents?" They shared with the audience about the schedule that they follow in their schools with the students while implementing the SEE Learning curriculum. They start with check in followed by Settling/grounding first and then resume with their regular class.

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Ms Nishigandha shared one of the stories that she had experienced with the children in the Akanksha School of how SEE Learning helped a child create and nurture social relationships and friendships with her classmates.

The speaker also shared the challenges that come along the practising and implementation of SEE Learning with adolescents, which are as follows:

- Creating a safe spaces
- The developmental age of learners.
- Peer pressure and validation
- Choices and decision making
- Being authentic

A few posters were displayed at the screen for the audience that were made by the students of their schools.

The presentation then focused on “What SEE Learning looks like in a Kindergarten Classroom?”

Ms. Rajneesh spoke about a few issues and the reasons from the perspectives of the children that are of a great deal for them.

The presentation focused on the comprehensive insight into the SEE Learning that is practised in their different schools as:

The SEE Learning session is conducted as:

- SEE cycle once a week.
- Daily check-ins are a part of the everyday settling ritual.
- Grounding and resourcing are transitions.

The Implementation of the early elementary curriculum is conducted as-

- One learning experience is covered in 4-5 weeks: Introduction, modelling, group discussion, individual expression enactment and drawing.
- Incorporation of the fun elements like the rhymes, songs, illustrated ppt, drawing and sketching.
- The students are motivated to think and reflect about their past experiences and happenings.

The challenges of implementing SEE Learning:

- Age of the learner
- Curriculum
- Educator’s Bias
- Educators grasp

Ms Nishigandha also detailed the concerns and feedback of the parents that reflected how students are practising the sessions at home like touching the ground, not using plastic for the environment etc which indicated the efficacy of the targeted objective of teaching it to the

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student. Ms Nishigandha played a video of the young learners from the Akansha schools where we found the students singing and enjoying the song.

SEE LEARNING for Adult Learners & in the IB curriculum.

Ms. Mona Servai -

- Think of the words that you think of when you think of IB
- ALIGNED with See Learning mission
- Caring compassion, inquiry, systems thinking.
- IB expands the curriculum breakdown PYP MYP DYP.
- Framework is presented but never tells you HOW.
- Warm student teacher relationships.
- Incorporate different perspectives - International Mindedness
- Embrace differences.
- Capstone Project - Community visits; more learning than what they dedicate
- IB Learner's Profile - SEE Domain and Dimensions
- Enduring capabilities.
- IT IS ASPIRATIONAL.
- Content is important.
- Pedagogical model
- STANDARDS AND PRACTICES - "WELLBEING" IS THE PART OF IT.
- Teacher wellbeing - researched post pandemic, existed pre- pandemic as well
- Implementation of wellbeing through See learning.

Ms Pooja Rao interacted with the audience about the qualities and attributes of the teachers that they love and still remember.

Later she continued on talking about the following aspects related to education aligning it with the SEE Learning curriculum.

Universally accepted elements for Positive Teacher Student Relationship.

1. Empathetic Communication
2. Emotional Safety
3. Mutual trust, respect and feedback
4. Feeling connected and cared for.

Relationship skills in SEE Learning.

Empathic Listening - Focus is more on attentive listening in order to gain understanding of the needs.

Empathic Listening through Mindful Listening

1. Listening with respect.
2. Listening with empathy.
3. No interruptions when listening.
4. No distraction.

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5. No judgements
6. Focusing on the other person, not turning the conversation on ourselves. (No suggestions and advice)

Ms. Pooja Rao displayed a few questions to be practised for Mindful Listening.

1. Enduring Capability

2. Skillful Communication.

Skillful= Compassionate + Empowering.

- Check out Biases.
- Honour multiple perspectives in your classroom.
- Have courageous conversations.
- Shifting the narrative from “she/he/they will not to “She/he/ they cannot.
- Build Settling practices like grounding for a minute.

Ms Pooja Rao ended the idea with a brief summary focusing on the need and importance of the Positive Relationship of Teacher- Student.

Ms. Pooja Singh began with a composing and relaxing grounding practice session instructing the audience with a calming narrative to close their eyes and focus on their senses and breath. The people were instructed to hold on to the practice and position for a few minutes.

Later Ms. Pooja Singh enlightened the audience about their NGO “Kshamtalaya”. She keenly focused on the story and the reason behind the base and start up of the NGO in her speech. The Ngo “Kshamtalay” initiated with the vision of the foundation of (NEP) for the children. The NGO “Kshamtalay” predominantly has its roots and works in the states of Rajasthan, Bihar, and in Delhi. The NGO caters to the children of multilingual and multi dialects backgrounds which compels the founders, teachers and volunteers to take initiatives and plan strategies to treat them equally yet having provisions for their interests individually.

Ms. Pooja Singh illuminated light on the mission of “Kshamtalay”.

‘WELL BEING OF THE CHILD’

Demonstrating — Engagement—Advocacy

Ms. Pooja Singh also shed information regarding the SEE Learning curriculum. The NGO has rigorously extended the curriculum in helping and aiding the development of the learners holistically instead of restricting it to academic curriculum. It was shared in detail that the practices of SEE Learning are incorporated with the various subjects that the students learn in their mainstream school.

There was also a portrayal on the screen about how students articulate kindness from their perspective in hindi script. A video of the students from the “Kshamtalay” was premiered

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that showed the sessions and practice of the SEE Learning which emphasised the fact that the children were engrossed thoroughly in the practise.

The speaker shared values and the culture of Kshamtalay .

- Value alignment
- Integrating practices

Ms. Pooja Singh concluded on how they deal with the issues and situations while dealing with the children. They ask "How are you feeling?" rather than asking "Why isn't it working out?" Which changes the whole perspectives, dynamics and bonds that they share fulfilling the main idea of social, ethical and emotional learning.

Ms. Dimple commenced her talk by sharing it to the audience about Akanksha Foundation, which is a Non Government Organisation that has undertaken various schools, they are currently associated and working specifically in government setups and schools in 26 schools across 3 cities.

Ms. Dimple captured the attention of the audience asking a few thought provoking questions for the a " What value do you hold dear?" and "Who is the person who epitomises that value?"

The speaker then shared the values of Akanksha Foundation that is "Be The Change" which epitomises the importance of "Practising the value you preach or teach" insisting that one should actually be the change that they desire to see around them.

The Journey of Personal Transformation.

1. Personal Knowledge
2. Critical Insight
3. Embodied Understanding

She also elaborated on the values and the vision of the Akanksha foundation to have compassionate schools in the near future

Ms Dimple concluded on the note that educating the mind of the students is nothing without educating the hearts.

The second segment of the program was initiated by dispersing the distinct groups to their respective classrooms for the presentation of their papers. There were 5 distinct locations for the 5 groups in the college building on the 6th , 7th , 8th and 9th floor.

The session resumed with the report reading session by Dr. Neelu verma where she gave an overview of the whole day in brief followed by a valedictory address by Dr. Nharati Chibber.

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Ms. Reni Feancis was called upon the podium to share her experience of the day of attending the international conference. Ms. Reni Francis appreciated the college, staff and students for conducting the program hasslefree in a hybrid mode making it accessible to a larger audience. She was very impressed and appreciated all the papers that were presented.

Dr. Neelu Verma called up Dr. Manjula Bhandari who gave her reflections and she spoke about SEE Learning curriculum focusing on the presentations given by Ms. Mona Serwai, Ms Pooja and the other speakers too. Dr. Bhandari also gave a relevant idea of proposing the SEE Learning curriculum in the B.Ed syllabus.

Dr. Neelu Verma invited the spectators and audience from the online session to give out output through their reflections. Dr. Tripta Parmar gave her valuable feedback about the conference. Dr. Bhagwan Balani was called upon to share his views and enlighten the audience with his speech.

Dr. Neelu Verma read the comments of the audience who gave their reflections online and also appreciated the students coordinators who were the hands behind the organisation and preparation of the event. The conference officially ended by a formal vote to thanks proposed by Dr. Neelu Verma.