



Accredited with NAAC **A** Grade

12-B Status from UGC

TEERTHANKER MAHAVEER UNIVERSITY

(Established under Govt. of U.P. Act. No 30, 2008)

NH-09, Delhi Road, Moradabad-244001 (U.P) India

Tel.:+91-0591-2360222, 2476801, E-mail: university@tmu.ac.in, Website: www.tmu.ac.in

Activity: Innovative Pedagogy

Faculty of Education at Teerthanker Mahaveer University (TMU) organized interactive Talk Shows designed to enhance the employability, motivation, and emotional intelligence of student-teachers and aspiring professionals. These talk shows are vital for equipping learners with the soft skills and cognitive strategies necessary for personal and academic success, directly contributing to Target 4.4 (skills for work) and Target 4.7 (knowledge and values for sustainable development) of SDG 4.

Talk Show 1: "Inspiring Insights"

On 23rd October 2024, the Faculty of Education, Teerthanker Mahaveer University, organized an enriching talk show titled "Inspiring Insights", featuring Mr. Atul Dayal, Associate Professor and Master Trainer in Soft Skills. Mr. Dayal shared real-life experiences and practical wisdom on how to nurture confidence, values, and goal-setting strategies among youth. The session promoted reflective thinking, emotional resilience, and lifelong learning, which are essential for quality education and professional readiness. Through motivational storytelling and interaction, students were inspired to adopt a growth mindset and focus on holistic development.

**FACULTY OF EDUCATION
PRESENTS**

Speaker:
Mr. Atul Dayal
Associate Professor
Master Trainer-Soft Skills

Theme: Inspiring Insights
On Wednesday, 23rd October, 2024
Time: 11:00 A.M
Venue: L.T. (FOE)
Event Coordinator: Dr. Ruby Sharma

Talk Show Titled "Inspiring Insights at TMU"



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Talk Show 2: "Mind in Motion"

The Faculty of Education hosted another impactful session titled "Mind in Motion", led by Dr. Jasmine Stephen, Chief Trainer, CTLD. This talk show emphasized mental well-being, emotional intelligence, and adaptive thinking, addressing the psychological and emotional dimensions of the teaching-learning process. Dr. Stephen guided participants through stress-management techniques, emotional regulation exercises, and reflective questioning, empowering them with tools for personal and professional balance. The event encouraged teachers-in-training to cultivate empathy, mindfulness, and motivation, which are foundational for inclusive and equitable education.

FACULTY OF EDUCATION PRESENTS

Dr. Jasmine Stephen
Chief trainer
CTLD

TALK SHOW

Theme: Mind in Motion
On Monday, 17 February, 2025
Time: 11:30 A.M
Venue: L.T. (FOE)
Event Coordinator: Dr. Ruby Sharma

Session Titled "Mind in Motion at TMU