

See discussions, stats, and author profiles for this publication at: <https://www.researchgate.net/publication/386094560>

# Redefining Education through Resilience- Post COVID-19

Chapter · December 2023

---

CITATIONS  
0

2 authors:



**Shagufta Ansari**  
Integral University

11 PUBLICATIONS 29 CITATIONS

SEE PROFILE



**Manisha Singh**  
Integral University

10 PUBLICATIONS 0 CITATIONS

SEE PROFILE

# Academic Resilience

Issues, Challenges  
and  
Strategies



**Prof. (Dr.) Adnan Khan Lodi**  
**Dr. Geetika Nidhi**  
**Dr. Divya R. Panjwani**

# **Academic Resilience**

## **Issues, Challenges and Strategies**

**Prof. (Dr.) Adnan Khan Lodi**  
**Dr. Geetika Nidhi**  
**Dr. Divya R. Panjwani**

**Nitya Publications**

First Edition 2023

All rights reserved

The characters and events portrayed in this book are fictitious. Any similarity to real persons, living or dead, is coincidental and not intended by the author.

No part of this book may be reproduced, or stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without express written permission of the publisher.

Copyright © Prof. (Dr.) Adnan Khan Lodi

ISBN : 978-93-5857-457-9

Price : Rs. 300.00

Published & Printed by:

Nitya Publications, Bhopal MP India

Web: [www.nityapublications.com](http://www.nityapublications.com)

Email: [info@nityapublications.com](mailto:info@nityapublications.com)

Mob: 9009291840

# INDEX

<b>Sr. No</b>	<b>Title and Author</b>	<b>Page No.</b>
1	<b>Academic Achievement and Resilience</b> Mehwish Siddiqui and Prof. (Dr.) Adnan Khan Lodi	01
2	<b>Artificial Intelligence and Education Resilience</b> Prof. Mohd Haroon, Dr. Muhammad Kalamuddin Ahmad, Prof. Shish Ahmad and Prof. Manish Madhava Tripathi	06
3	<b>Empowering Pupil Teachers: Promoting Human Rights Awareness and Resilience in Education</b> Ms Renu Yadav and Dr. Azkiya Waris	14
4	<b>Bhagvad Gita and Resilience</b> Ms. Manisha Pal and Dr. Smita Srivastava	21
5	<b>Artificial Intelligence and Resilience in Teaching-Learning Process</b> Ms. Huma Naz	29
6	<b>A Review Study on the Influence of Personal Variables on Academic Procrastination among Adolescence</b> Dr. Vivek Rogers	36
7	<b>Islamic Education and Academic Resilience</b> Ms. Shagufta Parveen and Dr. Geetika Nidhi	42
8	<b>Resilience in Teaching Techniques of Commerce</b> Dr. Sadia Shakeel	46
9	<b>Technology and Resilience in Education</b> Ms. Shaista Ateeque and Ms. Saba Parveen	54
10	<b>Barriers to Academic resilience in Persons with Special Needs</b> Dr. Suman Pratikcha Ranjan	62

11	<b>Redefining Education through Resilience- Post COVID-19</b>	71
	Dr. Shagufta Nazneen Ansari and Dr. Manisha Singh	
12	<b>Resilience through Knowledge: The Role of Islamic Education</b>	79
	Dr. Noorain Anas	
13	<b>Adapting to the Unprecedented: Cultivating Student Engagement and Resilience in the Post-COVID Educational Era</b>	84
	Dr. Bushra Sumaiya and Dr. Sania Kulsum	
14	<b>Role of Parental Involvement in Fostering Student Resilience for Academic Success: A Symbiotic Relationship</b>	91
	Dr. Sania Kulsum and Dr. Bushra Sumaiya	
15	<b>Academic Resilience Through Social Capital</b>	99
	Dr. Dhriti Tiwari	

# Chapter 11

## Redefining Education through Resilience - Post COVID-19

**Dr. Shagufta Nazneen Ansari**

Assistant Professor, Department of Education,  
Integral University, Lucknow

**Dr. Manisha Singh**

Assistant Professor, Department of Education,  
Integral University, Lucknow

### ABSTRACT

Resilience plays a very important role in everyone's life and in every organizational climate. Hence, the skill of resilience should be effectively mastered. Resilience has close connection with positive psychology where both aims to look world with a positive approach and promotes "never give up" attitude. Resilience in educational setting plays a very crucial role in life of all major stakeholders. It is through the resilience that education sector survived covid-19 pandemic. Hence, Resilience is the essential skill that students and teachers should learn to master. The chapter will focus on Conceptualization of Resilience in educational setting, specifically in context of students and teachers

Keywords: Post COVID-19, Academic Resilience

### Introduction

Resilience is "the ability to bounce back from adversity, frustration, and misfortune" (Ledesma, 2014). Resilience is described by Greene, Galambos, and Lee (2004) by variety of connotation such as biopsychological and spiritual phenomenon, people's unique coping capacity, encompasses adaptational process of goodness of fit, a continuum opposite to risk etc. Resilience as a concept is not linear and is relative in nature. there are many operational definitions in existence. Resilience theory, according to Van Breda (2018), is the study of the things that make this phenomenon whole. Masten (2018) defines resilience as the capacity of a system to adapt successfully to significant challenges that threaten its function, viability, or development". Resilience plays a very important role in everyone's life and in every organizational climate. Hence, the skill of resilience should be effectively mastered. Resilience has close connection with positive psychology where