



Dr. Huma Naz

Dr. Huma Naz currently working as a Faculty in Department of Education Integral University, Lucknow is a professional trained educationist and holds the degree of M.Sc. (Industrial Chemistry), M.Ed. and Ph. D (Education) from Integral University, Lucknow. She has 11 years of teaching experience and six year of research experience. Her area of expert is Educational Technology and Research in Education. She did her research work on Artificial Intelligence in Education. Dr. Huma Naz has published numerous articles and research papers in reputed national and international journals. She has published eight chapters in edited book. She has attended more than 15 National and International conferences and workshops.



Dr. Mehwish Siddiqui

Dr. Mehwish Siddiqui is currently serving as an Assistant Professor in the School of Education, Babu Banarasi Das University, Lucknow. She holds a degree in M.Sc. (Chemistry), M.Ed., has qualified UGC-NET/JRF, and earned her Ph.D. in Education. She possesses 4 years of teaching experience and 5 years of research experience. Her area of expertise lies in Educational Technology and the Philosophical & Sociological Foundations of Education. Dr. Siddiqui has published 7 research papers in reputed national and international journals, contributed 4 chapters in edited books, and actively participated in more than 20 workshops, seminars, and conferences.


BOOK RIVERS
WE CREATE READERS



The Happy Learning Revolution: Building Joyful, Mindful, and Future-Ready Education

The Happy Learning Revolution:

Building Joyful, Mindful, and Future-Ready Education



Joyful



Mindful



Innovative



Future-Ready



Dr. Huma Naz
Dr. Mehwish Siddiqui

The Happy Learning Revolution: Building Joyful, Mindful, and Future-Ready Education

Edited By

Dr Huma Naz

Assistant Professor

Dept. of Education

Integral University, Lucknow

Dr. Mehwish Siddiqui

Assistant Professor

School of Education

Babu Banarasi Das University Lucknow



BOOK RIVERS
WE CREATE READERS

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

Published by: - Book Rivers

Website: - <https://www.bookrivers.com>

Email: publish@bookrivers.com

First Print Edition - 2026

Copyright©: Editors

**Title: The Happy Learning Revolution: Building Joyful, Mindful,
and Future-Ready Education**

Editors: Dr Huma Naz, Dr. Mehwish Siddiqui

All Rights Reserved

ISBN: 978-93-7837-312-1

MRP: 499 /-INR

(Printed in India)

Index

Chapter 1	1 - 20
Language, Literature, and Communication for Global Citizenship	
Dr. Amit. Y. Kapoor	
Chapter 2	21 - 39
Joyful and Mindful Approaches to Drug Discovery Education: Future-Ready Skills	
Dr. Widhilika Singh	
Chapter 3	40 - 55
Nutraceuticals and Preventive Health: Rethinking Wellness for the 21st Century	
Ambareen Fatima Ahmed	
Chapter 4	56 - 65
Developing Global Citizenship via literature and language	
Afreen Bano	
Chapter 5	66 - 81
Artificial Intelligence for Joyful, Mindful, and Future-Ready Learning: A Human-Centered Approach to Educational Technology	
Dr. Shaista Ateeque	
Chapter 6	82 - 97
Promoting Global Citizenship through Urdu Language and Literature: A Sustainable Development Goals Perspective	
Saba Parveen	

Chapter 7	98 - 113
Yoga in Education: A Path to Happy Learning	
Dr. Anamika Sahani	
Chapter 8	114 - 130
The 21st-Century Revolution in Joyful Learning and Global Citizenship: Concepts, Challenges, and Political Perspectives	
Dr Anil Kumar Singh	
Chapter 9	131 - 147
Inclusive Education and Diversity Studies: Advancing Equity, Participation, and Social Justice in Contemporary Education	
Dr. Priyanshi Gupta	
Chapter 10	148 - 157
Inclusive Education and Diversity Studies	
Ms. Shubham Rai	
Chapter 11	158 - 169
STEM/STEAM Education for Future Innovation	
Alvirah Taj	
Chapter 12	170 - 185
Innovative Approaches to Teaching with Smart Classrooms and Online Learning	
Arshiya Idris	
Chapter 13	186 - 202
Innovative Strategies for Nurturing Life Skills Through Education	
Devvrat Misra & Prof. Payal Gupta	

Chapter 14	203- 210
-------------------------	-----------------

**Gamification and Immersive Learning:
Transforming Student Engagement through
AR, VR, and Gammabased Education**

Dr. Neha Gupta & Mr. Shakti Singh

Chapter 15	211 - 220
-------------------------	------------------

**Sustainable Education for Future
Generations: Integrating Green Skills and
Climate Literacy in Schools**

Mr. Vivek Narain & Aamir

Chapter 16	221 - 237
-------------------------	------------------

**Reimagining Teacher Education: Research
and Innovative Practices for Joyful, Mindful,
and FutureReady Classrooms**

Dr. Huma Naz

Chapter 17.....	238 -259
------------------------	-----------------

**Global Citizenship and International
Collaboration**

Dr. Rakesh Kumar

Chapter 18.....	260 - 288
------------------------	------------------

**Innovate, Imagine, Inspire: STEM/STEAM
Education for Future-Ready Learners**

Dr. Sadia Shakeel

Chapter 19.....	289 - 296
------------------------	------------------

**डिजिटल संसाधनों के उपयोग का विद्यार्थियों के अधिगम
पर प्रभाव: एक अध्ययन**

विष्णु प्रताप सिंह

Chapter 20..... 297 - 302

भविष्यगत नवाचार हेतु स्टेम / स्टीम शिक्षा

नीलिमा चौधरी

Chapter 21..... 303 - 314

**नवाचार प्रबंधन एवं नेतृत्व कौशल: सगठनात्मक विकास
का एक अध्ययन**

नीलम पाण्डेय