



GITARATTAN INSTITUTE OF ADVANCED STUDIES & TRAINING ROHINI , DELHI-110085

EXTENSION WORKSHOP: MINDFULNESS IN CLASSROOM

MINDFULNESS IN CLASSROOM

EXTENSION WORKSHOP

9:30 AM TO 10:30 AM

03 MARCH

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**GAURAV
CHANDNA**

PHYSICAL EDUCATION
TEACHER AT RENOWNED
CBSE SCHOOL



INTRODUCTION

Mindfulness is about learning to train your attention to the present moment without dwelling on what has happened in the past or worrying about the future. Mindfulness provides many physical and psychological benefits. To reflect more on this concept, Students of B.Ed. (the year I) of Gitarattan

Institute of Advanced Studies and Training attended an extension workshop presented by Respected **GAURAV CHANDNA**, The Physical Education Teacher at renowned CBSE school.

SESSION

The students of B.Ed. 1st year were taken to the sports ground and were assembled on asanas in a disciplined manner with proper distance. Firstly, Students were informed about "Yoga and Meditation" and their importance in our life. Yoga and Meditation practice breathing can help improve a

person's mental well-being. "Regular yoga practice creates mental clarity and calmness, increases body awareness, relieves chronic stress patterns, relaxes the mind; centers attention and sharpens concentration." Then Sir began the yoga session with a few warmup exercises that are leg bends, leg swings, shoulder/ arm circles, jumping jacks, slow jog, etc. Then firstly we began with Surya Namaskar, it is known to revitalize the body and bring a refreshing effect on the



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mind, performed early in the morning. After this, Vrikshasana or Tree Pose (a balancing asana) helps improve balance, gives the body a proper posture, and boosts concentration. It was followed by Trikonasana or Triangle pose, this asana activates the core muscles that stretch and lengthens the spine. This pose can reduce stiffness in the spine and back. Then the students followed by meditation; chanting of "Om" mantra, Gayatri Mantra, and many more meditation exercises.

The students were filled with peace and bliss. It purified us and created positive energy that made us feel happier and stress-free.

CONCLUSION

The session was extremely soothing and gave a very positive and good vibe. Further even the various other asanas and meditation practiced during the session proved very helpful and it rather seemed like a good break from the academic pressure and a correct alternative or a correct measure to overcome the academic stress and anxiety. It was a great session for all. We felt deep and calm, just the blissful inner peace.