

## WORKSHOP

### “MINDFULNESS IN THE CLASSROOM”

*“Our life is shaped by our mind, for we become what we think”*

*-Lord Buddha*

Mindfulness is important in the present scenario as it helps in focusing and concentrating energy where meditation and yoga can be used as an integral part of it. So keeping this in mind, Here in GIAST, a workshop was arranged on the topic “Mindfulness in the Classroom” on **20<sup>th</sup> April’ 2021** on the Google meet for B.Ed first year students. This workshop was taken by Mr. GauravChandna who is Masters in Physical Education. The workshop was conducted keeping in view to fulfill following objectives:

- Individual breathing exercises and self-awareness of body and mind
- Exploring group exercises for mindfulness
- Mindfulness through the day, in classrooms, in stressful contexts
- Mindfulness and Emotional Well-being
- Mindfulness and Decision-Making
- Mindfulness in Cognitive Learning

He has discussed the need and importance of mindfulness in the classroom where teacher can plan an important role in achieving it and developing the habit of it among the learners. He also discussed about the need of the yoga and meditation in our daily life for the healthy well-being. Apart from it, demonstration of Surya Namaskar and different Asanas were given to students with the help of video and he encouraged them to use these Asanas in their daily life. At the end, queries of the students were resolved and students participated with enthusiasm and zeal.







