

Report

"Mindfulness in the Classroom" Workshop

Event Category: Practicum related workshop

Topic: "Mindfulness in the Classroom"

Date: 21st November 2024

Time: 2:30-3:30 PM

Venue: B.Ed. Department

Beneficiaries with numbers: 13

Faculty - 02

Students - 11

Faculty Coordinator: Dr Abha Gupta

Learning Objectives:

1. To develop self-awareness and mindfulness techniques among future educators.
2. To equip students with tools to manage stress and enhance classroom interactions.
3. To explore yoga and meditation as practical approaches to mindfulness in teaching.

Report:

The B.Ed. Department successfully conducted a workshop on *Mindfulness in the Classroom* on 21st November 2024. The event was aimed at introducing mindfulness practices to enhance focus, emotional regulation, and overall well-being among students.

Content:

The B.Ed. Department successfully conducted a workshop on *Mindfulness in the Classroom* on 21st November 2024 at 2:30pm. The workshop involved a series of yoga asanas and meditation sessions designed to promote mindfulness.

These activities included:

1. Yoga Asanas

- o **Tadasana (Mountain Pose):** To improve posture and instill focus.
- o **Vrikshasana (Tree Pose):** For balance and concentration.
- o **Bhujangasana (Cobra Pose):** To relieve stress and energize the body.
- o **Shavasana (Corpse Pose):** For complete relaxation and mindfulness.

2. Meditation Practices

- o **Breath Awareness Meditation:** To anchor attention on the present moment.
- o **Body Scan Meditation:** To develop body awareness and release tension.
- o **Gratitude Meditation:** Encouraging positive thinking and emotional well-being.

The students actively participated and showed keen interest in understanding how mindfulness can be integrated into the teaching-learning process. The event was well-coordinated by student leaders Aditi and Teena, ensuring smooth execution of activities. Dr. Abha Gupta, the event organizer, shared insights on the importance of mindfulness in education, emphasizing how these practices can create a harmonious classroom environment.

Conclusion:

The *Mindfulness in the Classroom* workshop was a fruitful initiative that provided the students with valuable strategies for self-care and professional development. The integration of yoga and meditation into daily life was highlighted as a means to enhance their effectiveness as future educators. Participants expressed that the workshop was both engaging and insightful. They felt more relaxed and understood the practical applications of mindfulness in classroom settings.



Meditation



Performing Vrikshasana



Performing Tadasana



Back Exercise

Faculty Coordinator
Dr Abha Gupta

HOD
(Prof.) Dr. Rekha Mahajan