

Jagannath Institute of Education

JEMTEC, Greater Noida

Workshop on “Mindfulness in the Class Room”

By

Mr. Anand Vardhan, Yoga Expert

In the present scenario it is important for teachers to have reduced level of anxiety and stress, maintain focus, self regulate one self and build a positive learning environment. A workshop on “Mindfulness in the Class room” was conducted by the yoga & consciousness expert Mr. Anand Vardhan.

Mindfulness in the psychological process of bringing ones attention and experiences occurring in the present moment which can be developed through practice of meditation and other training, it is utilized to develop self knowledge and wisdom.

Teacher trainees of B.Ed. are expected to be free from worry and rumination as anxiety and negative emotional states may affect their performance as a teacher.

The students practiced meditation where they sat relaxed with eyes closed and the attention focused on sensations of breathing in the proximity of one’s nostrils or the movements of the abdomen when breathing in and out.

Mr. Anand also taught the students mindfulness through body –scan meditation where attention is directed to various parts of the body, engaging is yoga practices, while attending to movements and body sensation, as well as walking meditation develops mindfulness.

