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Jagannath Institute of Education

JEMTEC, Greater Noida

Report : Workshop on Mindfulness in the Classroom

Date: 8th March, 2022

Venue: MP Hall

Introduction:

The mindfulness in the classroom session on yoga was organized at Jagannath institute of Education, JEMTEC Greater Noida, on 8th March 2022 on the topic “Importance of yoga in concentration, focusing on single task” by . The session started with a welcome address by first year B.Ed department student Ms Himanshi Jaswal.

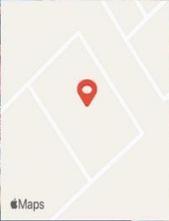
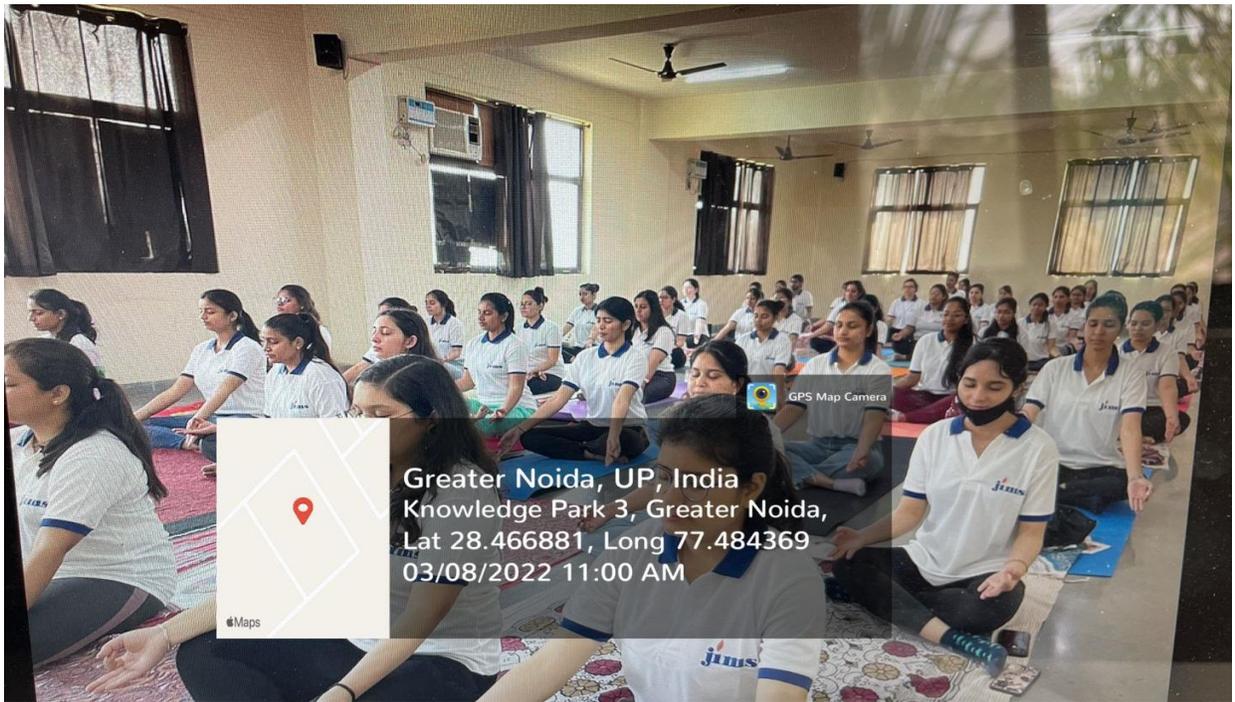
Content:

The session began with the speech from the principal prof. Dr Rekha Mahajan. The programme began with enlightening the students with the topic Importance of yoga in daily life, how to control diseases and how to prevent from getting infected as well. She guided us with different asanas in which the impacts and how and when to be done were clearly mentioned while repeating. Every asana was done thrice and she herself showed the students the postures and techniques to do.

Being International Women's day as well she coordinated with all the chores in day to day life of every woman and how one can tackle with the stress and storm with 2 sitting yoga asanas. Towards the end she made the importance of pranayam and made the students do. She was keenly observing the things the students are correcting the postures whenever needed

Conclusion:

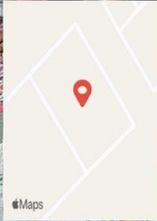
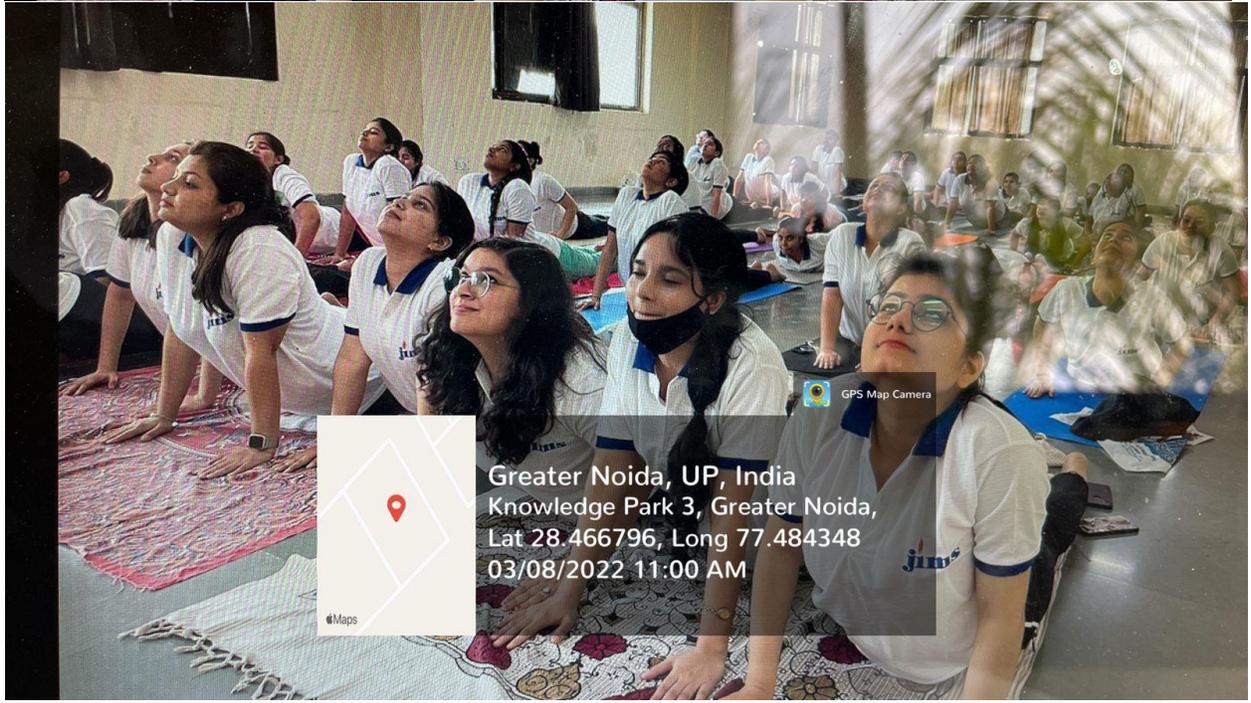
In this digital world, the impact of increased screen time was also addressed by her and the remedial measures which one can do daily to keep oneself healthy. Different



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