

Workshop on Mindfulness for Teachers

A mindfulness workshop facilitated by the school counsellor was conducted for teachers in the school auditorium on 18 August 23. The primary objective of the workshop was to introduce mindfulness techniques to teachers and provide them with first-hand experience of incorporating mindfulness into their daily lives and teaching practices.

Introduction to Mindfulness: The workshop commenced with an introduction to mindfulness, highlighting its benefits and relevance in promoting mental well-being. The school counsellor explained how practicing mindfulness can positively impact both personal and professional lives.

Mindfulness in Raag: Teachers were engaged in an interactive session wherein they were taught the basic principles of mindfulness through the soothing melodies of Indian classical music. The counsellor played a specific Raag, known for its calming effect, and guided the teachers to focus their attention solely on the music. The objective was to help participants experience the present moment and become more aware of their surroundings.

Mindfulness in Sounds of Water: In this session, teachers were guided through a mindfulness exercise that involved listening intently to the sounds of water. The counsellor played the flowing rivers sound while encouraging teachers to immerse themselves fully in the auditory experience. This exercise aimed to increase their focus, promote relaxation, and reduce stress levels. The practical exercises allowed them to witness the immediate effects of mindfulness, fostering a deeper understanding of its potential for personal and professional growth.

The teachers particularly appreciated the sessions involving Raag and the sounds of water, as these activities effectively demonstrated the power of mindfulness in a sensory manner. They expressed their surprise at how these simple techniques could create a sense of calmness and enhance their overall focus.

Overall, the workshop served as a valuable platform for teachers to explore mindfulness as a tool for self-care, stress reduction, and personal growth. It is crucial for educational institutions to continue supporting such initiatives that promote the holistic development of both teachers and students.



