

**REPORT ON THE 3 DAYS WORKSHOP**  
**'CULTIVATING MINDFULNESS IN EDUCATION' [7<sup>TH</sup>, 8<sup>TH</sup> & 9<sup>TH</sup> Oct. 2016]**



Ahimsa Trust and Genesis Global School had organized three days' workshop i.e. from 7<sup>th</sup> to 9<sup>th</sup> October 2016 on the theme 'Cultivating Mindfulness in Education'. As the concept Mindfulness is the part of B.Ed. Curriculum, Paper code 155, Practical subject 'Understanding the self' So We got an opportunity from IP University itself. They recommend our faculty and students to attend the same. The concept Mindfulness is actually the Energy of being aware of what is happening inside and around us in the present moment. The main focus of the retreat was on bringing practices to Educators so that they can use it in their own lives and based on their experience, share it with their students. The workshop included talks, question and answers, group discussion, guided meditations, exercises in stress reduction and relaxation, mindful consumption and practices to restore and maintain good communication. This was actually a certified Teacher's Training Programme in Mindfulness. Some of its areas were like Mindfulness in everyday life, Deep Listening and compassionate speech, Mindfulness songs and games for all ages and Cultivating joy and happiness in Daily Life. For all the three days, the practices of mindfulness were made and at last at the time of closing ceremony, certificates were distributed. Well said that a happy teacher can only spread happiness, so in the Journey towards understanding the self, the workshop was proved very helpful. I and my students are really delighted and thankful to our director sir and principal ma'am for providing such a wonderful opportunity.