



BIRLA PUBLIC SCHOOL GANGANAGAR

(A UNIT OF BIRLA EDUCATION TRUST PILANI)



Session 2023-24

CBSE AFFILIATION NO. 1730974

CIRCULAR

Class – XI

Workshop – Mindfulness “Be present at the moment”

Dear Parents/Students
Greetings!

“Mindfulness is the practice of being present and fully engaged in the current moment, without judgment or distraction”.

BPSG focuses on teaching how students can experience the benefits of mindfulness and unlock a happier, healthier you.

DATE- 17/11/23

DAY- Friday

Objectives of the workshop

- Learning about present-focused awareness.
- Learning about an accepting or open attitude.
- Learning about a no judging approach.
- Learning about compassion for self and others.
- Learning about the energy of mindfulness.

Regards

BPSG

ESTD. 2019