



BIRLA PUBLIC SCHOOL GANGANAGAR

(A UNIT OF BIRLA EDUCATION TRUST PILANI)

Session 2023-24 WORKSHOP REPORT

EVENT NAME- Mindfulness

CLASS, DATE AND DAY- XI B and XI C (17/11/23 and Friday)

Objective:

- To learn about compassion for self and others.
- To learn about the present- focused awareness.
- To learn about Positive visualization.

Participants:

- Students of class XI-B Present-08 Absent- 01.
- Students of class XI-C Present- 05 Absent- 0.

Methodology:

In this workshop, the activities were planned in order to help students learn about how mindfulness can improve the overall well-being.

Brief note about the activity:

Students got the opportunity to learn how to be flexible and pay attention in the present moment.

Learning Outcomes:

- Gaining insight into emotional responses in various situations.
- Enhancing self-control.
- Learning to have a positive mindset.
- Learning how to be kind, accepting and optimistic.

Enclosure:

- 1.Circular
- 2.Poster
- 3.Activities done by students



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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 is organizing a workshop on the topic **Mindfulness** which 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

MINDFULNESS

"BE PRESENT AT THE MOMENT"

CLASS - XI

Date- 17/11/23

Day- Friday

HIGHLIGHTS OF THE WORKSHOP

- Understanding the relevance of mindfulness in daily life.
- Guided sessions on deep breathing exercises.
- Understanding others as well as our perspectives
- How mindfulness can positively impact academic success.



ESTD. 2019

Report by :
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