

### 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.

ESTD. 2019

Regards BPSG



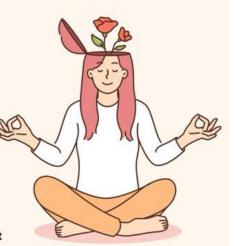
# BIRLA PUBLIC SCHOOL GANGANAGAR (A Unit of Birla Education Trust, Pilani)



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.





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Report by:

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