

## REPORT ON ASSEMBLY OF MIDDLE SCHOOL - UNLOCKING THE POWER OF MINDFULNESS

**“If you realized how powerful your thoughts are, you would never think a negative thought.”**  
- Peace Pilgrim

Mindfulness is not a practice but a way of life. It is the intentional acceptance and non-judgmental focus on one's positive emotions, thoughts and sensations occurring in the present moment. A class assembly on the topic **“Unlocking the power of mindfulness”** was conducted in all classes of middle school on Thursday 6<sup>th</sup> July 2023. The assembly highlighted the fact that mindfulness is an essential value in our lives.

The assembly started with a prayer and a beautiful thought. Students recited a poem on mindfulness. They also learned the meaning of mindfulness, how to practice it and its benefits. For example, taking a brain break, practicing breathing techniques, using senses to observe objects, taking a walk or listening to music and many more. There was an active participation from students during the assembly. Students shared their summer vacation experiences as well.

Overall, the class assembly was a great learning for everyone. It provided an opportunity for students to develop a deeper understanding of the importance of mindfulness. The assembly concluded with the concept that we should all focus on the present moment, and seize the day.

