

Report - Mindfulness

“Each morning we are born again. What we do today is what matters the most.”

- Buddha

Mindfulness is a practice of purposely bringing one's attention in the present moment. It is the basic human ability to be fully aware of where one is and what one is doing, a skill which can be developed through meditation. Keeping the same in mind, a workshop was conducted in DPS, Sec 45, Gurgaon, for the class teachers of the Middle Wing on 5th September 2022. It aimed at creating awareness and acceptance, which can help understand and cope with uncomfortable emotions, allowing to gain control over one's thoughts.

The session commenced with a warm up activity. Teachers were asked to walk at different paces and at the same time were expected to respond to the commands given showcasing their mindfulness and attentiveness. This was followed by another activity, wherein they had to close their eyes and try to free themselves from the distraction, stress and all the problems that keeps lingering in mind. These activities helped the teachers to feel connected with their own selves.

Teachers were further guided to live in the moment rather than dwelling on the past or anticipating the future. Through this fruitful and enriching session, teachers learnt that mindfulness can be a very effective tool to help reduce anxiety, depression and pain.

