

## REPORT-WORKSHOP ON MINDFULNESS

Being mindful means having your mind on what you are doing. To understand the same, an offline workshop on Mindfulness was conducted for the teachers of Middle Wing on 14th March 2023.

Teachers were engaged in innovative activities. They were asked to introduce themselves in an interesting way. Thereafter, they were asked to walk at a different pace and follow instructions such as giving high five, freezing, making groups etc simultaneously. Teachers were then divided into groups of two and were asked to interview each other. The idea was to identify each other's strengths and appreciate each other in a professional scenario to create a positive environment at workspace.

The workshop focused on self-respect, self-care, self-awareness, self-discipline among other topics resulting in stress-free life in school.

It was an interactive and enriching session that developed a feeling of positivity among the teachers.

