

Workshop by School Counsellor, Ms. Geetanjali Kalia on “Evolving Mindfully” for Classes VI and VII



A workshop on ‘**Evolving Mindfully**’ was organized on 22nd September 2022 by the school counsellor, Ms. Geetanjali Kalia for the students of Classes VI and VII.

The session initiated with the students rating themselves on feelings followed by a warm-up activity and stimulating ice-breaking questions. Ms. Kalia highlighted that in the process of growing up, becoming wiser is always a choice. She narrated a story of two wolves present within each one of us which aimed at underlining the fact that whatever we focus on grows within us. Conscious efforts bring positive results.

Evolving Mindfully, she said is all about choosing wisely and gradually kindling whatever we wish to ignite in our personality as *whatever we fire, we wire!*

Students were apprised of being in the state of mindful rather than a mind full, she built up on the topic using the **Monkey Mind concept**, explaining that if we are not able to tame our mind well it will keep jumping from one thing to another, one task to another thus losing the focus in the entire process. Being mindful will help us to tame our strongest muscle, the brain, to serve us well. She empowered the children with controlling **ANTS (Automatic Negative Thoughts)** and the process of good decision-making and how the students can evade irrational decisions.

Concluding her workshop, she emphasized that there would be still turbulent times and also shared some healthy strategies and coping skills to be resilient with the students. A motivational video summed up the session that left a strong message with Satyans that the best project they will ever work upon is ‘they themselves’, so it needs to be done happily and mindfully.