

Workshop on Mindfulness Conducted for Teachers of Sat Paul Mittal School



Sat Paul Mittal School, Ludhiana recently hosted a two-day workshop 'Svadhyyaya' focused on mindfulness for the teachers. The workshop, held on 3rd and 4th July 2024, aimed to equip educators with practical techniques to enhance their well-being and effectiveness.

Amita Jaidka, an experienced mindfulness practitioner and educator, Certified Healing Therapist and Meditator, an Osho Facilitator and a Life Coach conducted the workshop that covered various aspects of mindfulness including meditation techniques, stress management, and fostering a positive classroom environment through mindfulness practices. The teachers were engaged in a series of interactive activities, including guided meditation, mindful breathing exercises, and reflective discussions. These exercises were aimed at helping teachers develop greater self-awareness, reduce stress, and cultivate a more focused and compassionate approach to their work. The facilitator, experts in the field of mindfulness, provided personalized guidance and practical insights, ensuring that the attendees could easily integrate these practices into their daily routines.

The initiative underscores Sat Paul Mittal School's commitment to adopting an inclusive and holistic approach to education. By investing in the personal and professional development of its faculty, the school ensures that educators are equipped with the necessary skills to deliver high-quality education while maintaining their own well-being. This approach not only benefits the teachers but also creates a more supportive and nurturing learning environment for the students. The workshop received enthusiastic feedback from the teachers, who expressed appreciation for the school's proactive efforts in addressing their well-being and professional needs.

Sat Paul Mittal School remains dedicated to its mission of providing a nurturing and empowering environment for both educators and students. The mindfulness workshop is one of the many initiatives aimed at promoting a culture of continuous growth, inclusivity, and holistic development. As the school continues to lead by example, it sets a benchmark for educational institutions in prioritizing the well-being and development of their faculty.

