

Name of the event : **Workshop on Mindful Teachers Make Happy Classrooms**

Date : **09/06/2023**

Resource Person : **Ms. Ammara Habib**



A workshop on Mindful Teachers Make Happy Classrooms was conducted by Ms. Ammara Habib, the Co – Founder & CEO of MindOn (a playground for mental fitness for kids) for Teachers from Pre-Primary School to Senior Secondary School. The session was also attended by Ms.

Vinita - Vice Principal,
Pre Primary.

Ms.K C Srivani, Head Mistress - Primary, Ms.Vijaya Durga, Head Mistress -

During the session Ms.Ammara said that mindfulness is paying attention in the present moment, on purpose, non-judgmentally and well-being is essential. Mindfulness Increases Efficiency which in turn Increases Productivity and Enhances Wellbeing & Happiness.

She explained the benefits of mindful classroom for the teachers as well as students. The benefits like Efficient Communication, Positive Attitude, Healthy Climate, Decreased Burnouts, Job Satisfaction etc. would be there for teachers Students would get benefits like Increased Team work, Better Academic Output, Decreased Stress, Decreased Behavioral Problems etc. During the course, Ms. Ammara Habib made the teachers do the “**Leaves on Stream**” exercise which made the teachers feel light and refreshed. Our Vice Principal, Ms. Vinita honoured the guest with a sapling. She said that all the teachers should try to practice what we have learnt today.

