



# MBS INTERNATIONAL SCHOOL

## WORKSHOP FOR TEACHERS/STUDENTS

### SESSION 2020-21

**TOPIC: Mindfulness: Fuelling up Mind and Body**

**DATE: June 27, 2020**

**ATTENDED BY: Representatives of esteemed institutions, parents and teachers**

**VENUE: Zoom, Youtube live, Facebook live**

**RESOURCE PERSON: Ms. Aticka Dhandia**

*“Life is like a dance, in all its magnificence, interspersed with moments of mirth as well as sorrows, and the art of ‘mindfulness’ is witnessing that dance of life, being aware of it and imbibing its very beauty.”*

*MBS International School, Dwarka organised a webinar “Mindfulness: Fuelling up Mind and Body” on June 27, 2020. Close to 200 educators, principals of esteemed institutions and parents gathered for the groundbreaking webinar promoting mindfulness. The aim of the webinar was to help everyone transform their lives through the power of mindfulness. Mindfulness, awareness in the present moment, is increasingly recognized as a powerful tool to promote an individual’s sense of well-being. The webinar was wonderfully conducted by Ms. Aticka Dhandia Transformational Image and personal branding expert, TEDx Speaker, Yoga, Meditation and Wellness Coach. She discussed that the practice of mindfulness decreases stress, attention deficit issues, depression, anxiety, and hostility while simultaneously providing optimal conditions for learning and teaching. The webinar focused on introducing mindfulness practices to educators so that they can utilize it in their classrooms in order to develop skills such as:*

- *attention and concentration*
- *emotional and cognitive awareness and understanding*
- *bodily awareness and coordination*
- *interpersonal awareness and skills*

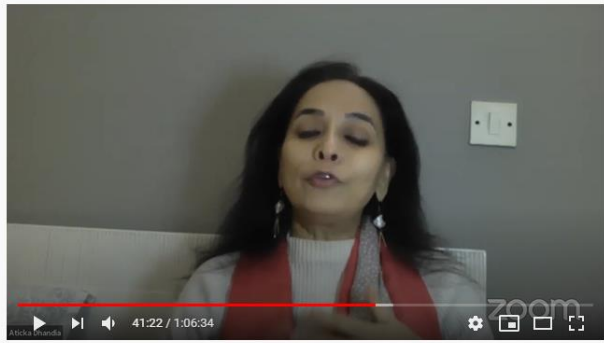
*Ms. Aticka Dhandia discussed that this practice offers powerful lessons for us teachers. It helps the teachers to transform their classrooms into communities of mutual understanding and compassion. If we are to truly pay attention to taking care of our spirits and bodies through practice, then starting our days by dropping our worries, switching off the to do list, and beginning our school days with a guided meditation is an appealing idea. It was highly informative and enriching experience for everyone.*

# Mindfulness: Fueling up Mind,Body & Soul



Top chat replay

- Sukhvinder Kaur ok
- Rajesh Ranjan ok
- D K I am doing
- Arnav Trivedi Yes mam
- Swasti Trivedi Feeling energetic
- Sarika Jaiswal peace
- sarita malviya superb
- SATPAL SINGH NANDA really worked
- D K I am jagvi Swargiary I do
- Prabhjot Kaur Prabhjot Kaur V B
- Arnav Trivedi really nice
- Swasti Trivedi stomach
- Arnav Trivedi chest
- Harbaksh singh hrst



## Mindfulness: Fueling up Mind,Body & Soul

720 views • Streamed live on Jun 27, 2020

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