



REPORT ON MEDITATION SESSION

Date: 19th March 2023

Venue: M.P. Hall, Bal Bharati Public School, Neelbad, Bhopal

Resource Person: Ms. Anita Bhargava (Meditation Trainer)

The aim of the session was to impart knowledge about meditation, its importance in daily life, and its specific benefits for teachers, education staff, and students.

Key Points Covered:

Basic Knowledge and Importance of Meditation: Ms. Anita Bhargava provided a comprehensive overview of meditation, explaining its roots, techniques, and significance in daily life. The participants were acquainted with various forms of meditation, including mindfulness, breathing exercises, and guided imagery.

Benefits of Meditation for Teachers and Education Staff: Ms. Bhargava elucidated how meditation can help teachers in managing stress, enhancing focus and concentration, improving emotional resilience, and fostering a positive classroom environment.

Use of Meditation in Teaching-Learning Process: Participants were enlightened about the practical applications of meditation in the teaching-learning process. She highlighted how mindfulness techniques can be integrated into classroom activities to promote student engagement, reduce anxiety, and enhance learning outcomes.

Introduction and Importance of Meditation in the Classroom for Students: Teachers were encouraged to create a conducive environment for meditation in the classroom and to teach simple mindfulness exercises to help students manage stress and improve focus.

The meditation session conducted by Ms. Anita Bhargava proved to be highly informative and enlightening for the teachers and education staff of Bal Bharati Public School, Neelbad, Bhopal. The session concluded with a renewed commitment among the attendees to incorporate meditation into their daily lives and classroom practices for a more conducive teaching-learning environment.

Report Prepared by: Mr. Anil Kumar Tiwari