



GITARATTAN INSTITUTE OF ADVANCED STUDIES & TRAINING

Mindfulness in Classroom

EXTENSION WORKSHOP
MINDFULNESS IN CLASS ROOM

WEDNESDAY
9 NOV 2022

TIME
09.00 AM

With
MR. GAURAV CHANDNA
Resource Person

MS. PRACHI TANWAR
Resource Person

www.glast.org
D block sector 7 Rohini-110085

Activity- Yoga and Meditation

Date- 9th November 2022

Venue- College ground

Time- 9:00-10:00AM

A workshop on “Mindfulness in classroom” was conducted in college premise on 9th November 2022 (Wednesday) at college playground. The experienced resource persons Ms. Prachi Tanwar and Mr. Gaurav Chandna were invited to host the workshop belonging from a renowned CBSE affiliated school. The workshop open new horizon to yoga and Meditation which encouraged the trainees towards adopting healthy lifestyle and to how to manage schedules.

Trainees of both the streams, D.EL.ED and B.ED participated with enthusiasm. The trainees were guided to do different “AASANAS,” for instance, Sukhasana, Virasana, Ardha Matsyendrasana followed by guided Meditation.

A fulfilling and fun workshop was conducted. Feedback of the trainees were positive.