

WORKSHOP REPORT

DATE : 21-APRIL-2025
VENUE : SCHOOL AUDITORIUM
ORGANISED BY : BAL BHARATI PUBLIC SCHOOL, NOIDA

PAUSE AND REFLECT: THE POWER OF STILLNESS

Bal Bharati Public School, Noida, successfully conducted a Meditation Workshop on 21st April 2025 for the students of class VIII. The session was led by Mr. Gaurav Goswami, the school's Yoga teacher, who guided the students through a series of mindfulness and breathing exercises aimed at promoting overall mental well-being.



The primary objective of the workshop was to introduce students to the concept of mindfulness and meditation, enabling them to develop techniques for managing stress, enhancing concentration, and fostering emotional balance. In today's fast-paced and demanding academic environment, it is essential for students to cultivate inner peace and mental clarity—skills that meditation helps to nurture.

During the session, Mr. Goswami taught a variety of simple yet effective breathing techniques, including:

- Diaphragmatic Breathing – Encouraging deep belly breathing to activate the body's relaxation response.
- 5-5-5 Breathing Technique – Involving a pattern of inhaling for 5 seconds, holding for 5 seconds, and exhaling for 5 seconds to calm the mind and body.
- Alternate Nostril Breathing (Nadi Shodhana) – A traditional yogic practice known to balance energy channels, improve focus, and reduce anxiety.



To enhance the experience, soothing background music was played during the session, helping to create a peaceful and immersive environment that encouraged self-reflection and calmness.

The workshop received a highly positive response from the students, who found the session relaxing, engaging, and insightful. Many expressed interest in incorporating these techniques into their daily routines to help them cope with academic stress and emotional challenges.



Conclusion:

Overall, the meditation workshop proved to be a highly beneficial initiative, equipping students with practical tools for self-regulation and mindfulness. Such events are a vital part of the school's holistic approach to education, aiming not just at academic success but also at nurturing a healthy, balanced, and emotionally resilient student community.

Prepared by
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