

CALMING AND MINDFUL TECHNIQUES

After a long summer vacation all of us (St. Marians) were meeting each other. We were very happy to know for having 3 days workshop(06/07/2017 to 08/07/2017) prior to normal teaching schedule.The day started with Yoga tips and after that we had a session with Ms.Gloria on “Calming & Mindful Techniques” .Ms.Gloria taught us how to release the tension and stress .She also taught different exercises like slow walking and control over breathing for releasing stress .She suggested some exercises that can be implemented on whole school including students that is actually based on ringing of a special bell twice in a day.As the bell will ring ,whole school will stop at their position and place their palms on their stomach one over other and take deep breath in and deep breath out and as the bell will ring again then all will do their normal work. Indeed it was a great exercise for all of us and we hope that in future more workshops like this will be held.



Report by
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