



**MBS INTERNATIONAL SCHOOL
SECTOR 11, DWARKA, NEW DELHI-110075**

**ACTIVITY REPORT
SESSION: 2026-27**

Name of the Activity : Workshop on Mindfulness
Day & Date : Friday, 18 September, 2026
Speaker : Ms Kavya Sharma

A Glimpse of the Event

Mindfulness Workshop: Nurturing Well-being and Inner Balance

“Mindfulness is not about escaping from the present moment, but about learning to be fully present in it.”

MBS International School organised an enriching **Mindfulness Workshop for teachers** on **18 September 2026**, aimed at equipping educators with practical strategies to cultivate mindfulness, manage stress, and foster a calm and focused classroom environment. The session provided an insightful blend of experiential activities and meaningful discussions, highlighting the importance of teachers' emotional well-being in creating a positive learning atmosphere.

The workshop was conducted by **Ms. Kavya Sharma, Counselling Psychologist**, and **Ms. Sejal, School Counsellor**, who guided the teachers through a series of simple yet effective mindfulness practices that could be incorporated into both personal routines and classroom settings.

The session commenced with an introduction to the significance of **mindfulness in everyday life and teaching**. The facilitators discussed practical strategies for becoming more aware of one's thoughts, emotions, surroundings, and responses. Teachers were encouraged to pause, observe, and respond consciously rather than reacting impulsively, particularly during challenging classroom situations.

One of the key experiential activities was **Box Breathing**, through which teachers learnt a structured breathing technique involving controlled inhalation, holding of breath, exhalation, and another pause. The facilitators explained its usage and advantages, particularly in promoting calmness, improving focus, and helping individuals manage moments of stress or anxiety. Practising the technique together allowed the participants to experience its calming effect firsthand.

The workshop further included a soothing **Guided Visualisation Session**, accompanied by serene music and calming sounds of nature. The tranquil ambience encouraged teachers to slow down, focus their attention inward, and experience a moment of mental relaxation. The activity served as a reminder of the importance of consciously creating moments of stillness amidst the demands of a busy professional routine.

An especially relevant component of the workshop was the introduction of the **STOP Technique**, a simple mindfulness strategy that can be effectively applied in the classroom. Teachers explored how to **Stop, Take a breath, Observe, and Proceed** with greater awareness. The technique was discussed as a practical tool for helping both teachers and students manage emotional responses, regain focus, and approach situations with greater clarity.

The facilitators also introduced various **relaxation techniques** that could be practised during short breaks or incorporated into daily routines. The emphasis remained on simple, accessible practices that do not require extensive time but can contribute meaningfully to emotional balance and mental well-being.

The interactive nature of the workshop encouraged teachers to participate actively, reflect on their own experiences, and consider how mindfulness could become a natural part of their professional and personal lives. The session also reinforced the idea that a mindful teacher can contribute to a more **peaceful, attentive, empathetic, and emotionally supportive classroom environment**.

The workshop concluded with a renewed understanding of the value of mindfulness and the importance of pausing amidst the demands of everyday life. It was a meaningful and rejuvenating experience that empowered teachers with practical techniques to enhance their own well-being while positively influencing the emotional and learning environment of their classrooms.





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