



ARMY INSTITUTE OF EDUCATION

Plot M-1, Pocket P-5, Sec. CHI, Greater NOIDA

(Affiliated to GGSIP University, Delhi)

NAAC ACCREDITED & ISO 9000:2015 CERTIFIED INSTITUTE

AIE PARTICIPATES IN 'WORKSHOP ON MINDFULNESS' ORGANIZED AT SCHOOL OF EDUCATION, GGSIPU DELHI

One day workshop on 'Importance of Cultivating Mindfulness in Education' was organized by School of Education (SoE), GGSIP University, New Delhi in association with 'Ahimsa Trust' on 18 September 2018 from 10:00 am to 4:00 pm. Ten student-teachers (Deepshikha Sharma, Awantika Yadav, Sandeep Yadav, Amit Krishna, Situ Kumari, Saraswati Sharma, Sudiksha Gurang, Ganga Rawat, Satinder Kaur and Rahul) of AIE along with Dr. Jyoti Tiwari, Assistant Professor, AIE attended this workshop at the University.

The aim of the workshop was to spread the ethics of peace and non- violence through alliances and programmes in the area of mindfulness in education. This programme was especially for the B.Ed. and M.Ed. students as well as the faculty members to practice mindfulness so that the potential educators are able to understand the importance of the continuously nourishing the mind in order to bring about equanimity in their dealings and make way for social – emotional learning in their classrooms. They taught us about the different meditations like phone meditation in which we have to do three things – stop, breath and smile, another one was walking meditation in which we have to walk silently and feel our breathing while walking. Last one is eating meditation where we all had our food together in a circle and ate without talking. They told us that always keep smiling because smile is a key to happiness. By doing these meditations we can train our mind to be calm and peaceful in every situation. It helps the teachers to stay energetic during their work and in their lives as 'happy teachers will change the world '. It was the wonderful experience for all of us to be a part of this workshop.



AIE Students at GGSIP University to attend mindfulness. the workshop.



Members of Ahimsa Trust Explaining



Dr. Jyoti Tiwari along with students near the tag Line "Happy Teacher Will Change the World".



AIE Students posing with Buddhist Monks.