



**MBS INTERNATIONAL SCHOOL**  
**WORKSHOP FOR TEACHERS**  
**SESSION 2018-19**

**TOPIC: MINDFULNESS**

**DATE: SEPTEMBER 4<sup>TH</sup>, 2018**

**ATTENDED BY: MS SHINY BENJAMINE, MS NEETU VERMA AND MS RISHU KAUL**

**VENUE: BRITISH COUNCIL**

**RESOURCE PERSON: MS JAYSHREE**

The teaching learning process is a very dynamic one and calls for a continuous refurbishment of already learnt concepts and learning new ones. With this aim in view, the faculty members of MBS International School, had an opportunity to attend an interesting workshop on 'Mindfulness' organized by British Council on September 4, 2018.

Ms. Jayshree, facilitator, Story Teller's Club, British Council, addressed the teachers on issues pertaining to mindfulness, coping with stress, better communication

and healthier relationships. The event was attended by educationists from different schools across Delhi who participated actively in brainstorming, role play and group discussions. The rich content and context of the session fortified the fact that *excellence is a matter of training and habituation*.

### **GLIMPS FROM THE WORKSHOP**

