



WELHAM
BOYS' SCHOOL



AHIMSA
TRUST

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Dear Head of School,

Ahimsa Trust, Welham Boys' School and Pathways World School, Aravali would like to invite you, your teachers and administrators to attend a retreat/workshop on Cultivating Mindfulness in Education this October and November.

We are planning to hold two retreats on Mindfulness in Education:

- ❖ "Be Still and Know" at Welham Boys' School, Dehradun, 13th - 15th October 2017 (Fri – Sun)
- ❖ "Open Mind, Open Heart" at Pathways World School, Aravali, Gurugram, 6th - 8th November 2017 (Mon - Wed)



Mindfulness is the energy of being aware of what is happening inside and around us in the present moment. It is increasingly being recognized as an essential support for students, teachers, school administrators and parents. There is considerable research being done by the international medical community that has provided a scientific basis for these findings. **Mindfulness is known to:**

- increase attention and concentration
- develop emotional and cognitive awareness and understanding
- develop interpersonal awareness and skills
- decrease stress, attention deficiency, depression, anxiety and hostility and enhance inner resilience
- promote a sense of well-being



The retreat for Cultivating Mindfulness in Education will focus on bringing practices to educators so that they can use it in their own lives and based on their experience, share it with their students. The workshop will include talks, questions and answers, group discussions, guided meditations, exercises in stress reduction and relaxation, mindful-consumption, and practices to restore and maintain good communication. These workshops stand alone, but can also be treated as part of a certified Teacher's training programme in Mindfulness.

Some of the areas of focus would be:

- Mindfulness in everyday life
- Transforming stress and pressure at work
- Deep listening and compassionate speech
- Reconciling difficult relationships
- Cultivating joy and happiness in daily life
- Helping children deal with strong emotions
- Mindful songs and games for all ages
- Making the classroom and the school a family

We recognize the importance of creating sustainable programmes in schools that support the well-being of teachers, administrators, students and parents; to nourish educational communities that excel in social emotional learning, ethical education and experiential learning. In doing this the classroom and school become a cooperative family environment, enabling participants to lead happy, healthy, and meaningful lives, and successfully addressing behavioral issues. We are dedicated to bringing these benefits to the field of education as a service to the country.

These retreats follow up on the successful National Retreats for Educators, in 2008, 2010, 2012, 2014 and 2016 in schools and colleges such as The Doon School, Vasant Valley School, Sanskriti School, Step By Step School, Genesis School, Bluebells School, Lady Sriram College and Ambedkar University. **These have been led by teachers in the tradition of Nobel Peace Prize nominee, Venerable Zen Master Thich Nhat Hanh.**

Do watch a documentary on Wake Up Schools in India on <https://vimeo.com/98830096> If you would like more information on the international movement of Wake Up Schools please visit www.wakeupschools.org

Please find the Registration form and Logistical information attached. Kindly indicate which retreat you would be attending and fill in the attached registration form and send it by post or email to ahimsa.trust@gmail.com.

Sincerely,

Ms. Gunmeet Bindra
Principal, Welhams Boys' School,
Dehradun

Dr. Sarvesh Naidu
School Director, Pathways World School,
Aravali

Dh. Shantum Seth
Mindfulness Teacher, Ahimsa Trust