

**A brief report on the Mindfulness workshops and retreats by the monastic and lay teachers from the tradition of Thich Nhat Hanh in Delhi in October 2014.**

During the month of October, 2014 Ahimsa Trust organised events, in coordination with monastics and lay teachers in the tradition of Zen Master, Thich Nhat Hanh, at various schools and colleges in Delhi & Dehradun, India. The focus of these events was to teach practical mindfulness tools in order to cultivate personal practices for teachers, students, parents and young people. These events are a continuation of initiatives started by Ahimsa Trust over 12 years ago that got a strong endorsement when Thich Nhat Hanh visited India in 2008 and another visit by the monastics and lay teachers in 2010 & 2012.

The 2014 tour is connected to two of Thich Nhat Hanh's initiatives, one being "Applied Ethics", an initiative to bring mindfulness into class rooms around the world ([mindfulnessedu.org](http://mindfulnessedu.org)) and the second being "Wake Up", an initiative to bring the practice of mindfulness into the lives of young adults ages 16-35 ([wkup.org](http://wkup.org)).

The specific focus of these workshops was to teach tools of mindfulness and applied ethics that teachers, administrators, parents and students could use in their everyday lives to cultivate their ability to be calm, handle strong emotions such as anxiety and stress, while also developing skills to heighten their awareness, concentration and critical thinking. A pedagogical approach that places an emphasis on self awareness and awakening.

The events started off with "An Evening of Mindfulness" on 2<sup>nd</sup> October 2014 at The Doon School which was attended by teachers and local people and children from Dehradun, Mussoorie and other parts of India. This was followed by the retreats:

- 1. Mindfulness in Education Retreat, The Doon School, Dehradun  
(2<sup>nd</sup> to 5<sup>th</sup> October 2014)**
- 2. Mindfulness in Education Workshop, Step By Step School, Noida  
(9<sup>th</sup> to 10<sup>th</sup> October 2014)**

The retreat in Dehradun was attended by about 150 teachers, including government teachers from Uttarakhand. An evening of mindfulness was also organized for students and teachers of Woodstock School, Mussoorie. The Noida retreat had 180 teachers, students and parents respectively.







### **Comments**

**Saloni Gupta – Teacher:** The workshop brought me closer to myself. I am taking back many useful tips which will certainly prove to be really fruitful for me, as well as for everyone around me. Thank you !

**Hima Arora – Teacher, Shiv Nadar School Noida :** My experience so far has been very joyful with lots of awakening moments. I have realized that the power of being happy and contented can be accomplished by making minor changes in our attitude and being mindful in the present moment. Thank you for providing me with this tool for happiness. I being a teacher, want to transmit this positive energy to the people and my students to facilitate learning better and it is rightly said “Happy Teachers will change the world”.

**Bhawna Mawaktala – Homemaker:** THANKS A TON for giving us the opportunity to be part of this. It’s a big learning process for me. After listening to the Brothers and Sisters, I realise little changes in me can bring a lot of positive change in my family and society. Believe me, this programme is very enjoyable I am seeing confidence in my daughter, thanks to Sister Giac Nghiem.

**Ruchika Kansal – Student:** This was a golden opportunity for me. I enjoyed this seminar very much. All Brothers and Sisters are like God for me who teach me how you can manage your life and your personality. I think this seminar should be done in all the school s– colleges – Gurukuls – and should be for all civilized persons in all categories as everyone needs to learn the right way and right conditions.

So I thank you very much for this beautiful workshop which gave me lots of memories, good friends and life time long golden advantages. I will not forget these Gurus every in my life. Thank you.

OCTOBER 2014

## Workshop/Retreat on Mindfulness

Ahimsa Trust with the monks, nuns and lay teacher's from Thich Nhat Hanh's Tradition

2nd October 2014

### 'An Evening of Mindfulness'

Open to all (including a separate Children's programme for ages 6 – 12 years).

**Venue:** The Doon School,  
The Mall, Dehradun

**Time:** 3:00pm to 6:30pm

**No charge.**

**Registration required.**

2nd – 5th October 2014

### 'Cultivating Mindfulness in Education'

Open to the public: 1st preference to Educators/ Students (over 18 years)

**Venue:** The Doon School, The Mall, Dehradun

**Registration required.**  
**4 day workshop retreat**

9th – 10th October 2014

### 'Cultivating Mindfulness in Education'

**Venue:** The Step By Step School, Taj Expressway,  
Noida – 201303

**Registration required.**

**4 day workshop retreat**



Please register with us and send an email to [ahimsa.trust@gmail.com](mailto:ahimsa.trust@gmail.com)

For more information refer to our website [www.ahimsatrust.org](http://www.ahimsatrust.org) or call us at 0120-2511633 (10:00 am to 3:00 pm)