



# ONGC PUBLIC SCHOOL NERAVY - KARAIKAL



On 17.06.2023, a Students' Orientation Programme on Mindfulness was organized at our school. The event aimed to introduce students to the concept of mindfulness and its potential benefits for personal and academic growth. The resource person for the program was Smt. Gayathiry M.A., M.B.A., a renowned expert in mindfulness training and a representative from Laurier Consultancy Services LLP.



Smt. Gayathiry M.A. provided an insightful introduction to mindfulness, explaining its origins, key principles, and the science behind its effectiveness.

**Mindfulness Techniques:** The resource person guided students through various mindfulness techniques, including mindful breathing, body scan, and mindful eating. Students were encouraged to actively participate and experience the practices firsthand.

**Practical Applications:** The resource person discussed the practical applications of mindfulness in academic settings, such as improving concentration, memory, and

learning abilities. Students were encouraged to explore incorporating mindfulness into their study routines.

Impact on Students: The Students' Orientation Programme on Mindfulness had a profound impact on the participating students. The feedback received from the attendees indicated the following outcomes:



The Students' Orientation Programme on Mindfulness, led by Smt. Gayathiry M.A., proved to be a transformative experience for the students. The program successfully introduced students to mindfulness techniques, provided practical tools for stress management, and fostered an understanding of the positive impact of mindfulness on various aspects of their lives. The event not only raised awareness about the importance of mindfulness but also equipped students with valuable skills for personal and academic growth. It is hoped that the knowledge gained during this orientation program will continue to benefit the students and contribute to their holistic development.