

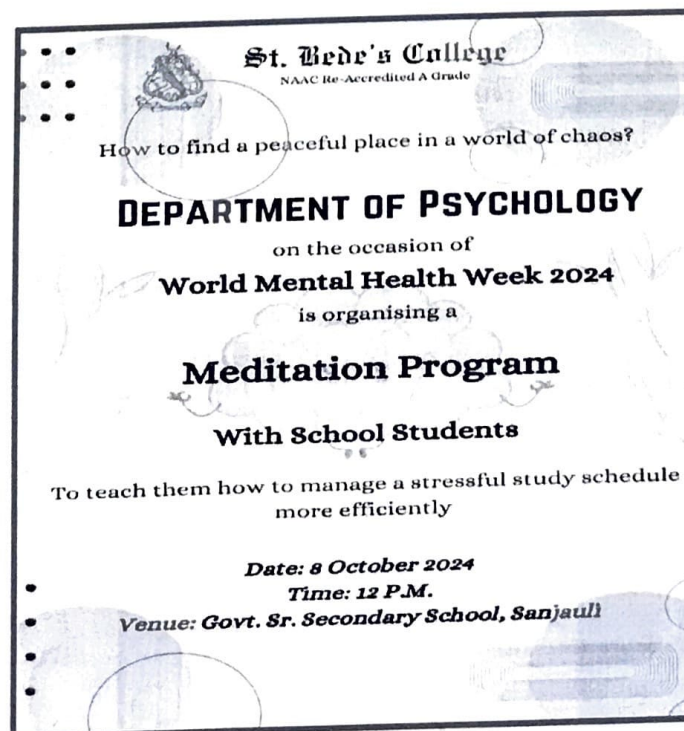


## **SPECIAL SESSION ON MEDITATION WITH SCHOOL STUDENTS**

**Objective:** The objective of this program was to educate students about mindfulness meditation to manage study related stress.

**Description:** The Department of Psychology, St. Bede's College, Shimla, organized a special session on October 8, 2024, in celebration of "World Mental Health Week", aimed at educating students about mindfulness meditation and its benefits. Four B.A. Psychology Honours students—**Aishna Mittal, Himanshi Prashar, Jahnvi Wali, and Kashish Shakhya**—along with Ms. Pratiksha Tomar, Assistant Professor in the Psychology Department, facilitated this session at GSSS, Sanjauli. The target audience for this workshop was 9th and 10th grade students. The session began with simple games and exercises to allow the students to engage in physical activity before moving on to meditation techniques. The games included Dance Freeze, Simon Says, and Jumping Jacks. Following these activities, the students were introduced to basic meditation techniques that they could practice independently and regularly. These techniques included breathing exercises such as **Anulom Vilom** and **Kapal Bhati**. The school students were highly engaged throughout the session and actively interacted with the facilitators. They provided positive feedback on the mindfulness meditation techniques and reported feeling the benefits of these practices. Overall, the program received encouraging responses from the students.

**Outcome:** The session successfully increased students' awareness of mindfulness meditation and provided them with practical techniques for managing stress. Feedback indicated that the students found the activities engaging and expressed a desire to incorporate these practices into their daily routines.

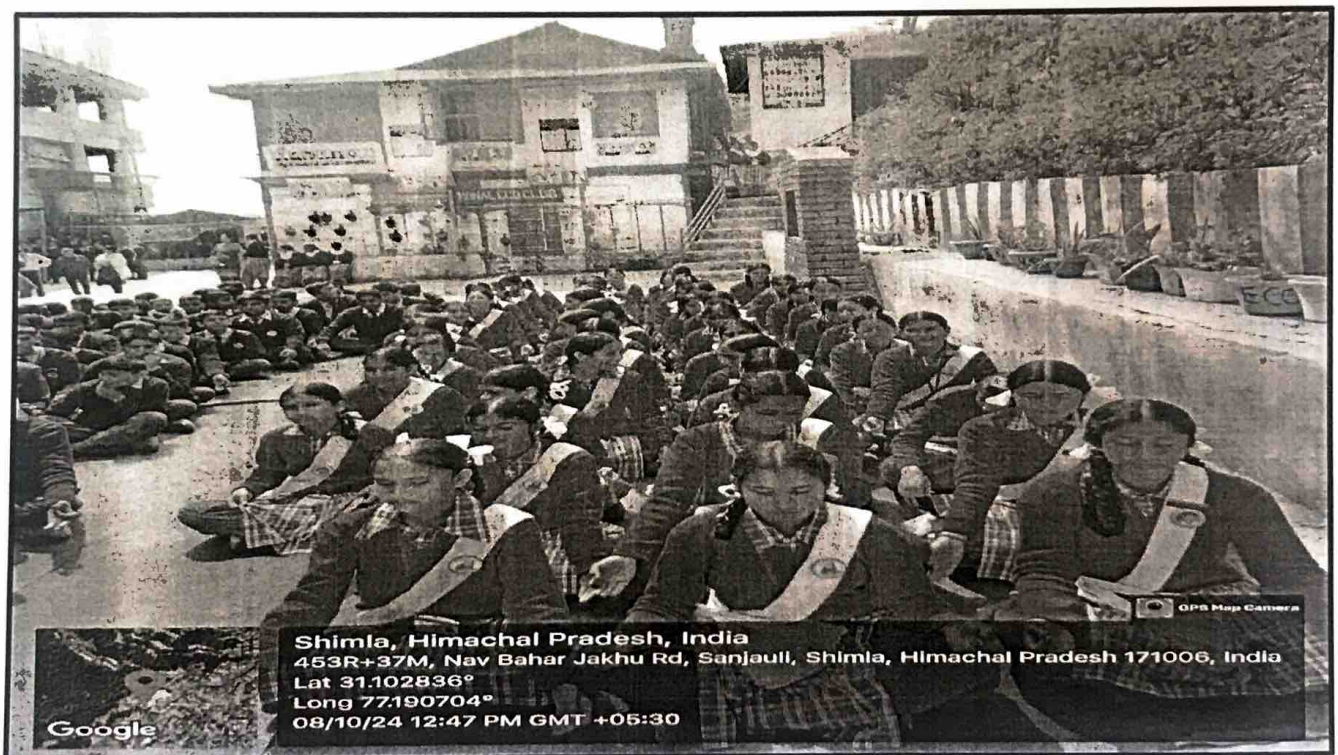
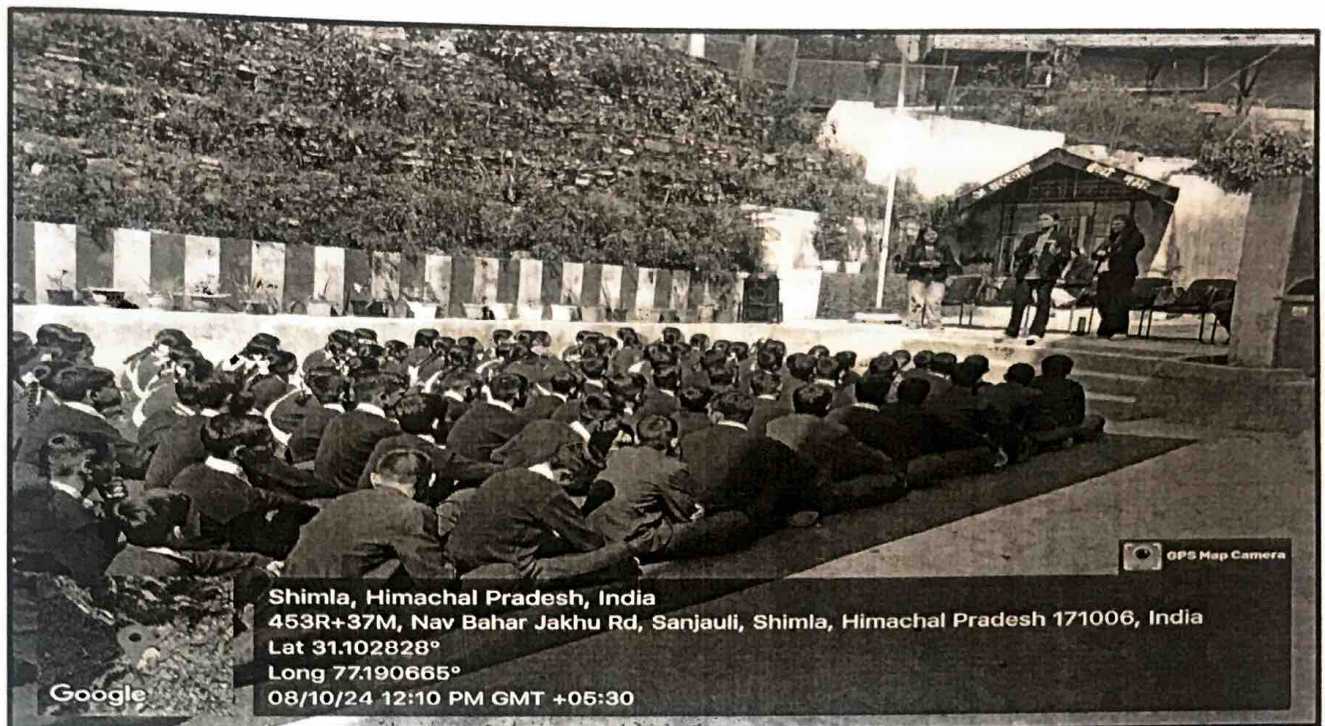


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*Empowering Young Minds through Mindfulness: A Celebration of Mental Health at GSSS, Sanjauli*