

INSPIRE TEACHERS WORKSHOP

On 06 & 07 Jun 2025 @
Navyug Shishu Niketan & NSN International School
Visnagar



Place: Navyug Shishu Niketan, Visnagar

Participants : 39 Teachers

Coordinator : Sis Mitali Chakraborty, Br Akshaya Kumar

Presenters: Sis Mitali Chakraborty, Sis Mona Kansara, Sis Vinita Mandore

A 02 Day INSPIRE Teachers Workshop was conducted for nearly 39 teachers from both schools; Navyug Shishu Niketan and NSN International School, Visnagar on 06 & 07th June 2025. All Teachers in which 04 of them were principals, heartily participated altogether in very joyful atmosphere.

FLOW OF PROGRAMME:

Day - 1: Session started with the briefing of two days session and a Meditation Session conducted by Sis Mitali Chakraborty.

Next session was taken up by Sis Mona Kansara on “Heartful Teacher” in which she introduced the key skills of a Heartful Teacher.

3rd session conducted by the Sis Mitali Chakraborty on “Facilitation Skills” in which she described how can a teacher be a good facilitator and a role model for the students.

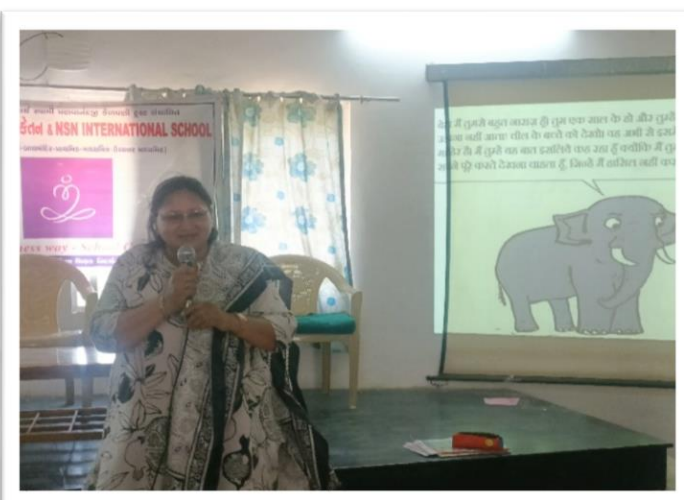
In the last and concluding session of Day – 1 Sis Mona Kansara taken on “The Heartfulness Way Curriculum” and presented the demo of the Class.

All the session was kept fully interactive and the teachers participated very joyfully.





Day – 2: Debriefing of Day 1 sessions given by Sis Mona Kansara and for making the connection she made the teachers to do centering, after this Meditation was conducted by Br Akshaya Kumar.



In the next session Practical Workshop on “The Heartfulness Way Curriculum” was conducted. Teachers were distributed in 04 groups and provided with a separate lesson to each group to prepare and to present their views on charts and each group has been given time to present how they will conduct their Classes. In this activity each teacher including Principals participated very enthusiastically.

Closing of two day’s session was done by taking Feedback for the workshop. Smt Trusha Madam facilitated to The Heartfulness presenters Team and INSPIRE Certificate were distributed to the teachers and Principals Jointly by the Trusha Madam and Heartfulness Team.

THANK YOU