

SALWAN PUBLIC SCHOOL, MAYUR VIHAR

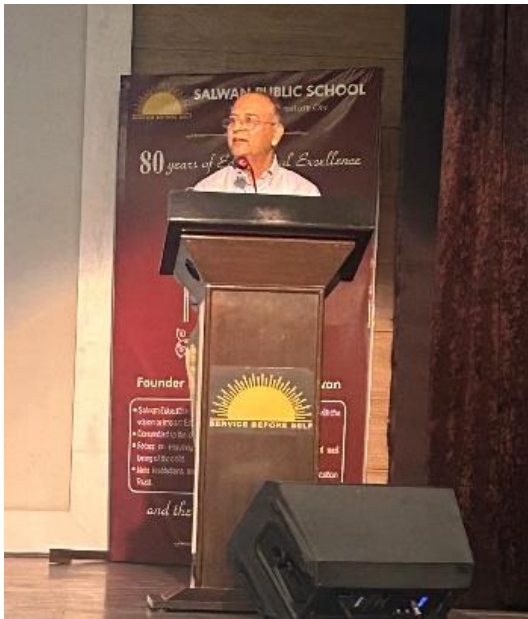
Academic Session: 2024-2025

Report on HELP program by Heartfulness Education Trust

Date : Wednesday, 08 May 2024

Venue : Salwan Public School, Tronica city

Attendees: Smt. Indu Sikri, PGT English, Smt. Bhaskar Valli, PGT Biology, and Smt. Sonam Gupta, PGT Social Science



The Heartfulness Workshop for teachers, spearheaded by Mr. Gyan Sareen, Director of Heartfulness, marked a significant stride in nurturing the holistic development of students in classes XI and XII at SPS Tronica. The initiative, attended by educators from all schools within the Salwan Education Trust, was a collective endeavour towards fostering emotional well-being among students. Mr. Sareen's introduction of the program highlighted its pivotal role in cultivating essential virtues such as calmness and patience.

The workshop emphasised on empowering students to find balance in their lives, enabling them to navigate challenges with resilience and equanimity. By equipping students with these vital life skills, they are better poised to set meaningful goals and make informed decisions that align with their aspirations.



As the program unfolds, it promises to be a catalyst for positive change, instilling not only academic excellence but also fostering a nurturing environment where students can thrive emotionally and socially. The Heartfulness Workshop for Teachers stands as a beacon of hope, heralding a new era in education where the focus extends beyond academics to encompass the holistic development of every student.

