

MEDITATION SESSIONS

To provide an affirmative direction and to help the young children introspect their deeds and thoughts, G.D. Goenka Public School, Dwarka has pioneered meditation sessions for young students.

Taking a deep breath to clear the mind and focusing on the thought process with gentle background music does wonders to tackle myriad problems of young budding minds in schools. These short contemplative sessions have plethora of benefits for school going children:

- These sessions perk up their creativity
- Enhance their concentration
- Reduce anxiety levels
- Cultivate compassionate thoughts and feelings
- facilitate better interaction with peers
- Make children aware of their moment-to-moment experiences; noticing and accepting their thoughts, feelings and emotions.

