

Workshop at Sri Sri Academy



A workshop on brain gym was conducted at SSA, Kolkata, on October 7 by Arveen Singh, a brain gym and double doodle play instructor. It was conducted in separate two-hour sessions for all teaching staff. Around 70 junior school and 80 senior school teachers attended the sessions. Brain gym is a movement based program which helps address attention, balance, reading, writing and emotional regulation issues amongst children and adults. It was an engaging and enriching session where teachers not only learned about the concepts of brain gym but also experienced how these simple movements could bring about a positive shift in their own physical and mental state.

It was organised by Divya Dubey, who heads the special needs department (SEN) at the school.

Arveen, the instructor, shared, "My sincere thanks and gratitude to Gargi Banerjee, principal Sri Sri Academy, Kolkata, and Divya Dubey, HOD (SEN) for inviting me to conduct a brain gym workshop for their entire teaching staff. It was indeed a very enriching experience interacting with such enthusiastic participants."



The teachers experienced the brain gym movements themselves and were amazed to discover the shift in terms of

ease in doing tasks, following instructions, focusing, communicating, listening, organising thoughts, self expression, and being coherent.



Stressing on the importance of staying updated with the latest trends and being open to learning things, Gargi Banerjee, the principal of the school said, "We must be open to bringing in new techniques and tools in school. Brain gym is a simple and effective tool that I wanted teachers to learn, for themselves as well as students. I am glad that the teachers found it useful. I am hopeful that they will implement the learning in their classrooms."