

## The Effect of Teaching's Concepts from Yoga Sutra and Bhagavad Gita on Teacher's Mind

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### **Abstract:**

This session explores concepts from the Yoga Sutra of Patanjali and Bhagavad Gita, to understand and improve teacher's state of mind. The smallest disruption in the external world impacts and create fluctuation in our mental state. This creates effects and impressions in our life and our way of being, acting and working. Our mind is disturbed by 6000 thoughts in a day. Without proper discipline and focus we cannot perform at our best at home and at work.

Participants will learn identifying the factors that are influencing current and potential future patterns of thinking, emotion, or behaviour which are impacting their level of energy, humour, motivation, and productivity.

The five types of mindsets will clarify the understanding of the five roots factors that limit the personal and professional growth. Teachers will learn how and what to choose for a better result for themselves and how to respond and not to react.

The session focus on:

1. The learning of new concepts as tri-gunas and 5 types of mindsets.
2. The understanding of ideas as qualities of your nature and state of mind.
3. The transfer of knowledge through the 3 types of reflection: technical, practical and critical; introspection, and discrimination.
4. The session develop a reflective perspective towards knowledge itself.
5. The engaging learning activities are used to assess the understanding of the participants.

A balanced teacher is the perfect teacher, and he will have a positive impact on his environment. A balanced and positive environment is the ground where success and wellbeing grow.

NB The concepts discussed are adaptable to different age groups and programmes which can improve the state of mind of participants, enhance their performance and relations with peers.