
Pause. Breathe. Teach:

The Recharge to Reach Workshop for Faculty

Pune, Maharashtra | 7th May, 2026



On 7th May, 2026, the Guidance and Counselling Department of S.B. Patil Public School organised a faculty development workshop titled, *Recharge to Reach*. The initiative was designed to provide teachers with meaningful strategies for stress management, work-life collaboration, and mindfulness, recognizing that the well-being of educators is central to their effectiveness in the classroom.

The session emphasised holistic approaches to stress management, including a discussion on the locus of control, which encouraged teachers to reflect on how their perception of control influences resilience and coping.



Faculty members experienced guided imagery exercises that promoted relaxation and clarity, while mandala art offered a creative outlet for self-expression and mindfulness. In addition, music therapy was introduced, allowing participants to explore the calming and restorative power of sound in reducing stress and enhancing emotional balance.

The workshop created a safe and reflective space where teachers could pause, recharge, and reconnect with themselves. By combining creative, therapeutic, and psychological practices, the program offered practical tools that can be integrated into daily life, strengthening both personal well-being and professional effectiveness.



The Recharge to Reach initiative highlighted the department's commitment to building a culture of well-being among educators, ensuring they are supported holistically and empowered to bring renewed energy, empathy, and balance into their classrooms.