



# Interdisciplinary Approach to Mindfulness for Education: Conceptualizations, Applications, Challenges and Solutions

On Tuesday, September 19th, 2023, from 14:00 to 16:00 (Japan Standard Time)  
10:30 am to 12: 30 noon (Indian Standard Time).

We invite you to a Mindfulness seminar where we will explore how mindfulness can benefit various research areas and improve the Modern Mindfulness courses and Mindfulness-based interventions, which is based on secular principles and taught in non-religious settings.

- We will be joined by distinguished speakers who will discuss their research projects on mindfulness.
- Lobsang Gnon-na will offer his insights on the challenges and solutions of the Modern Mindfulness courses.
- Lobsang will also guide us through a brief meditation session.
- The event will end with an interactive panel discussion where you can ask questions and share your thoughts on how to integrate mindfulness into education.

1. The speakers for this event are from international organizations and academic institutions. The organizer, Lobsang T. Gnon-na, will give the opening remarks at the start of the event.

**1.1. Nandini Chatterjee Singh** Program Specialist of Science of Learning, UNESCO MGIEP

Theme: *Mindfulness and the Brain: Learning and Education Implications*

To learn about Nandini, visit the <https://tinyurl.com/bzt3ay3c>



**1.2. Lobsang Tshultrim Gnon-na**, Doctoral candidate & Fellow at GSAIS, Kyoto University.

Theme: *Reconceptualization of Modern Mindfulness and its Significance.* Followed by Short guided-meditation.



**1.3. Yuki Imoto**, Associate Professor, Keio University.

Theme: *Decentering Social Emotional Learning - reflections on the implementation of SEE Learning in Japan*

To learn about Yuki, visit the <https://tinyurl.com/53p53vjb>



**1.4. Renuka Rautela**, Associate National Project Officer, UNESCO MGIEP.

Theme: *Nurturing Mindfulness in Young Adolescents through an Online course.*

To learn about Renuka, visit the <https://tinyurl.com/bzt3ay3c>



**2. Panel discussion:** Moderator, Renuka Rautela.

Theme: *How can teachers improve their pedagogical skills in mindfulness education?*

*How to foster a mindful learning environment in the classroom?*

**Co-organizer:** Graduate School of Advanced Integrated Studies in Human Survivability, Kyoto University

**Seminar Format:** Hybrid. (On-site and On-line via Zoom)

**Venue:** 201 Lecture Hall, Higashi Ichijokan Building (2F) Yoshida, Kyoto University.

(seats limited to early registration).

**Language:** English



**Registration:** Free of charge. Click on the following link or scan the QR code to fill up the registration form

<https://forms.gle/wEh3JokWPL1z6qhR6>

**Deadline:** 15<sup>th</sup> September 2023, 17:00 hrs.

**Lobsang's profile:** Lobsang is a former Tibetan monk who studied logic, psychology, philosophy, cosmology, and ethics from the Buddhist perspective, for 18 years and earned the Geshe degree, the equivalent of a doctorate degree in his tradition. He is now a Ph.D. student and fellow at Kyoto University, researching the philosophy of mindfulness and meditation. He has published a paper on this subject, which can be accessed at: [doi.org/10.3390/rel13111057](https://doi.org/10.3390/rel13111057)