

STAR Global Conference 2026

Academic Wellness Ambassador Pre-Conference Training

The Awakened Educator: Inner Wellness for Transformative Education

Date: 10th December 2026

Location: O.P. Jindal Global University, India

About the Programme:

Today's educators work in increasingly demanding environments. Yet they are expected to remain calm, creative, compassionate, intellectually alert and inspiring, often while managing their own stress, anxiety and other life challenges.

It is widely recognized that while curriculum, pedagogy and technology are essential, the quality of education is profoundly influenced by the *inner state of the educator*. This raises an important question: *Who nurtures the inner wellbeing of the person who nurtures everyone else?* The Awakened Educator, an one-day experiential academic wellness programme, based on the *Chakra Awakening Principles*, is designed to explore this question.

About the Facilitator:

This programme will be facilitated by **L P Bhanu Sharma**. He is a spiritual leader, educator, executive life coach, social activist, philanthropist, and the founding guide of the Jeevan Vigyan Foundation. His life's mission is to elevate human consciousness and help individuals realise their highest potential. Read more about him at: <https://lpbhanusharma.com/>

Objectives of the Programme:

This programme will enable participants to:

- Understand wellness as an integrated body–energy–emotion–mind–consciousness process;
- Recognize how stress and anxiety affect different dimensions of human functioning
- Experience practical methods of self-regulation.
- Strengthen resilience, vitality and inner stability
- Explore compassion, relationships and authentic communication as educational competencies
- Cultivate attention, clarity and reflective awareness, and
- Experience meditation as a practical pathway to inner wellbeing and wisdom.

Expected Learning Outcomes: At the conclusion of this one-day session, participants are expected to leave with:

- A holistic framework for understanding educator wellness;
- Practical tools for stress and anxiety management;
- Greater awareness of their own physical, emotional and mental states;
- Techniques for conscious breathing, self-regulation and meditation;
- Deeper understanding of compassionate communication and educational relationships; and
- A simple pathway for integrating inner wellness practices into everyday academic life.

Programme Outline: This programme will progress through *three phases*:

Grounding → Connecting → Awakening

Participants will move from self-regulation and resilience (through emotional intelligence and human connection) toward clarity, self-awareness and inner wisdom. The central premise is simple: *The state of the educator enters the classroom before the educator's words do.* A calm educator creates psychological safety. A compassionate educator creates belonging. A clear and conscious educator creates possibilities for deeper learning. The *purpose of the programme* is therefore not merely educator wellness, but the development of educators capable of bringing greater presence, resilience, compassion and wisdom into education. This will be achieved through the following *three sessions*:

SESSION I: GROUNDING THE EDUCATOR

Stability • Vitality • Personal Agency

Central Question: *How can one remain grounded, energetic and effective amid pressure and uncertainty?*

The first session will cover the foundations of educator wellness by exploring the relationship between the body, life energy, emotional flow and personal agency.

Focal Areas: Lower Three Chakras

1. Stability — **Root Dimension**
2. Vitality — **Sacral Dimension**
3. Personal Agency — **Solar Plexus Dimension**

SESSION II — CONNECTING THE EDUCATOR

Compassion • Relationship • Authentic Expression

Central Question: *How can I create relationships in which people feel seen, heard and valued?*

The second session will focus on empathy, connection and authenticity in educational relationships.

Focal Areas: Fourth and Fifth Chakras

4. Compassion — **Heart Dimension**
5. Authentic Expression — **Throat Dimension**

SESSION III — AWAKENING THE EDUCATOR

Insight • Awareness • Inner Wisdom

Central Question: *Can an educator move beyond managing the mind to understanding the mind?*

The final session will expand wellness beyond regulation toward awareness, insight and inner wisdom.

Focal Areas: Sixth and Seventh Chakras

6. Insight — *Ajna Dimension*

7. Consciousness — *Sahasrara Dimension*

When educators become *more peaceful*, classrooms become safer.

When educators become *more compassionate*, students feel seen.

When educators become *more aware*, teaching becomes more responsive.

When educators discover *inner wisdom*, education acquires deeper meaning.

Perhaps the next revolution in education will not begin with another technology. It will begin within the educator.

Awaken the Educator. Transform Education.