

# **ABSTRACT**

## **Background**

Teaching profession is the novel profession who are the social leader and whose main duty is to provide knowledge to upcoming leader of nation that is students. Stress is the uncontrolled speed of mind, which response to the emotional level by the cause of chemical reaction. Scientific literature showed that teaching is a highly stressful occupation, more mental illness problems compared to other professions.

## **Methods and materials**

40 school teachers were participated with age range of 27 to 55 years. They were divided into two group (experiment and control group in equal number of participants. Mindful Attention Awareness scale, Short Depression – Happiness scale, Short Warwick-Edinburg Mental Well-Being scale were assessed at pre and post 12 sessions of MSRT.

## **RESULT**

After one month intervention of Mind sound resonance technique, MAAS ( $p=0.892$ ), SDHS ( $p=0.191$ ), SWEMWS ( $p=0.877$ ) which show there is no any significant change.

## **CONCLUSION**

The present study indicates the potential use of MSRT intervention didn't enhance mindfulness Attention Awareness, depression- happiness and mental well-being. However, these finding need conformation from studies with a large sample size.

## **KEYWORD**

Psychological well-being, mindfulness attention Awareness, depression-happiness, mental well-being, Mind Sound Resonance technique, Teachers.