

REPORT OF WEBINAR ON ‘MINDFULNESS - A ROADMAP TO JOYFUL LIVING’

Internal Quality Assurance Cell (IQAC) of SPES’s Goa Multi-Faculty College in collaboration with Art of Living organised a Webinar on “Mindfulness - A Roadmap to Joyful Living” on 24.11.2020. Session was organised as a part of Value Education Lecture Series for all the students of the college through Zoom platform. Resource Persons for the session were Mr. Santosh Ghodge and Mrs. Suvarna Salunke from Art of Living. Webinar was co-ordinated by Ms. Sonam Gondlekar, IQAC Co-ordinator

Webinar was conducted with an objective to help students be more self aware and discover a better version of themselves. Resource persons highlighted various techniques and processes to improve immunity and energy levels of students. Students were systematically guided as to how to develop their interpersonal skills. Considering various problems shared by students, strategies to improve concentration were also discussed. Besides, some practical inputs on how to handle stress, peer pressure and criticism were also shared with the students. Resource person also demonstrated meditational techniques that students could use to take control of their minds and participants were asked to simultaneously perform them as well. Through medium of activities, functionalities of human mind was explained to students.

Overall, it was a very interactive session full of insightful learnings and applicative techniques. Session received a positive response from students.

Report Submitted By Ms. Sonam Gondlekar, IQAC Co-ordinator on 26.11.2020

