

CENTRE FOR MINDFULNESS AND WELL-BEING

(2023-24)

At present, we live in a world of dwindling resources, tottering economies, cut-throat competition, conflict, lawlessness, violence and environmental disasters. As a result, life is a constant struggle, ridden by stress, anxiety and disharmony. Hence the need for a sound, holistic education that not only teaches professional skills but also imparts valuable life-skills, including wholesome ways of dealing with negative emotions such as anger, fear, sadness, jealousy etc. 'The Centre for Mindfulness and Well-being' hopes to address the latter need and help learners relate meaningfully to themselves as well as the world.

ACTIVITY 1: INDUCTION PROGRAM

The Centre for Mindfulness and Well-being conducted the Induction Program for the First year B.A, B.Sc and the M.Sc and M.A courses. This program was conducted with the help of Heartfulness Campus and AICTE.

This Induction program is based on the model developed by the Heartfulness Campus to help the young adolescents to understand themselves and use meditational practices for spiritual development.

The three- day program aimed at bringing about awareness and experience of Meditation and importance of connection with the inner spiritual self.

Day 1 (13th July 2023) of the Induction Program involved introducing the students to the state of Relaxation through guided meditation by Mr. Tushar Pradhan.

Day 2 (14th July 2023) involved helping the participants to rejuvenate physically and psychologically through a guided procedure by Mr. Tushar Pradhan.

Day 3 (15th July 2023) of the Induction program extended the journey of understanding of self through development of connection with the inner self. This was done by Mr. Sridhar Thoda.

In all 752 students (459 Females and 293 Males) attended the program.

DATES:

FYBA/ B.Sc./ B.M.M. --13th, 14th and 15th July 2023

M.A./ M.Sc – 21st and 22nd July 2023

(2) WORKSHOP ON ACCEPTING IMPERFECTION

Title: 'Perfectly Imperfect: Navigate Life Beyond The Pursuit of Perfection'

Date of workshop: 19/1/24

The workshop was conducted by a team of 8 students from the TYBA Psychology dept. of Ramnarain Ruia Autonomous College. The workshop aimed at helping participants explore the uniqueness that lies in our flaws & the importance of accepting them. The workshop also

made them understand the need to strive for self-improvement & focus on things that are in their control rather than those beyond their control.

This workshop enabled participants to look at their imperfections from an acceptable perspective. It enabled them to feel less anxious about being imperfect and work on their flaws.

ACTIVITY 3: EXHIBITION ON MENTAL HEALTH

The Centre for Mindfulness and Well-being along with the Department of Psychology celebrated the World Mental Health Day on the 10th of October 2023 by organizing an exhibition about Mental Health.

The exhibition involved putting up posters and giving information about different common mental health issues like Internet addiction, Self-esteem, Emotional management.

This exhibition played an important role in helping the students of the college in understanding the factors underlying different problems and taking measures to deal with the different mental health issues.

COORDINATOR

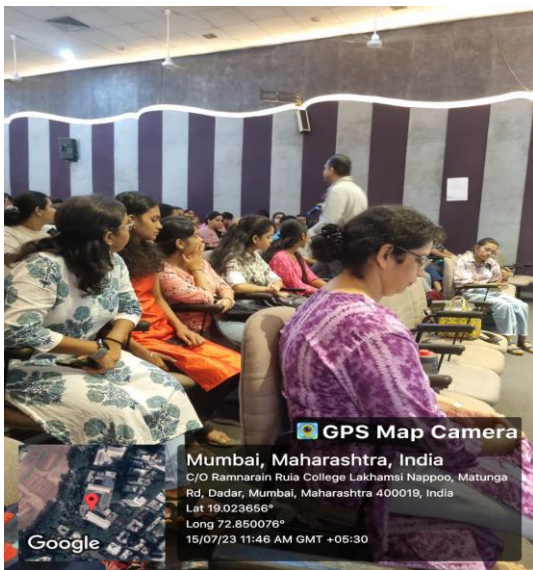
Dr. Sangeeta Kamath



Mental Health Exhibition



Mental Health Exhibition



Induction Program



Induction Program

