

## Session on Mindfulness Positivity Program : 8/04/2019



### I Basic Details:

Date	Faculty	Department/Committee	Co-ordinator name
8/04/2019	Arts	Education	Dr. Giselle D'souza
Time	Venue	Activity for Class/Group with Total Number of Attendees	Nature: Indoor/Outdoor
9.00 A.M. to 4.00 P.M.	St. Teresa's Institute of Education – Lecture Hall	Organised for the student-teachers of both B.Ed. batches and Faculty Total number of participants - 98	Indoor
Name & details of Resource Person		Names of Staff Members who supported	Names of Students who Supported
Dr. Megha D'souza	Assistant Professor, Kapila Khandvala College of Education, Santacruz West, Mumbai.	Teaching Staff of St Teresa's Institute of Education	90 B.Ed. student teachers of both the B.Ed. batches.

## II Brief Information about the Activity

<b>Topic/Subject of the Activity</b>	<b>Session on Mindfulness – Positivity Program</b>
<b>Objectives for conducting Activity</b>	<ul style="list-style-type: none"><li>• To foster resilience in the student-teachers.</li><li>• To initiate the journey of self-discovery and self-realisation.</li><li>• To instill the habit of mindfulness in student-teachers.</li></ul>
<b>Methodology</b>	<p>The program consisted of 2 Interactive Sessions of 3 hours duration each. The methodology included the use of Presentations, Games, Meditation exercises and Simulation techniques. Worksheets were provided for self-reflection.</p> <p>Topics included: Life skills such as building Resilience, Mindfulness and Positivity.</p>
<b>Outcome</b>	<ul style="list-style-type: none"><li>• Student-teachers developed a better understanding of self.</li><li>• Student-teachers showcased greater resilience.</li><li>• Student – teachers were oriented towards positive thinking.</li><li>• Student-teachers exhibited greater mindfulness in their personal and professional activities.</li></ul>

## III Proofs Attached:

