

# Mindfulness and Personal Mastery through Self compassion, Spirituality and Value System :

**13/01/2020 - 15/01/2020**



## I Basic Detail:

Date	Faculty	Department/Committee	Co-ordinator name
13 <sup>th</sup> / 15 <sup>th</sup> January 2020	Arts	Education	Dr. Giselle D'souza
Time	Venue	Activity for Class/Group with Total Number of Attendee	Nature: Indoor/ Outdoor
2.00 P.M. to 4.00 P.M. on both days	St. Teresa's Institute of Education – Lecture Hall	Organised for the student-teachers of both B.Ed. batches and Faculty Total number of participants - 88	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	80 B.Ed. student teachers of both the B.Ed. batches.

## II Brief Information about the Activity

<b>Topic/Subject of the Activity</b>	<b>Mindfulness and Personal Mastery through Self compassion, Spirituality and Value System</b>
<b>Objectives for conducting Activity</b>	<ul style="list-style-type: none"><li>• To foster emotional resilience in the student-teachers.</li><li>• To train student-teachers in different life skills such as positive thinking and managing emotions.</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>	<ul style="list-style-type: none"><li>• 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.</li><li>• Topics included: Mindfulness and Personal Mastery through Self-compassion, Spirituality and Value System’.</li></ul>
<b>Outcome</b>	<ul style="list-style-type: none"><li>• Student-teachers developed a better understanding of self.</li><li>• Student-teachers showcased greater emotional resilience.</li><li>• Students –teachers were oriented towards positive thinking.</li><li>• Student-teachers exhibited greater mindfulness in their personal and professional activities.</li></ul>