

## Workshop on Mindfulness (2023-2024)

### I) Basic Details

Date	Faculty	Department/Committee	Co-ordinator name
4 <sup>th</sup> April 2024	Arts	Education	Prof. Dr. Giselle D'Souza
Time	Venue	Activity for Class/Group with Total Number of Attendees	Nature: Indoor/Outdoor
8:45am to 10:45am	St.Teresa's Institute of Education Multipurpose Hall	49 F.Y.B.Ed. students	Indoor
Name & details of Resource Person		Names of Staff Members who supported	Names of Students in charge:
<b>Name:</b> Dr. Megha D'Souza	<b>Organization:</b> Smt. Kapila Khandvala College of Education	Prof. Dr. Giselle D'Souza Sr. Cheryl Gladis	Serena Dsouza Shreya Falcao
<b>Achievements:</b> <input type="checkbox"/> Doctorate in Education <input type="checkbox"/> Gold Medalist (M.Ed Degree examinatr. University of Mumbai)	<b>Areas of interest:</b> <input type="checkbox"/> Positive <input type="checkbox"/> Education <input type="checkbox"/> Financial Literacy <input type="checkbox"/> Philosophical Foundations of Education		

### II Brief Information about the Activity

Topic/Subject of the Activity	Workshop on Mindfulness
Objectives for conducting Activity	<input type="checkbox"/> To promote the importance of being mindful. <input type="checkbox"/> To help the teacher-trainees reduce stress, anxiety and maintain their emotional well-being by practicing mindfulness. <input type="checkbox"/> To make students aware about the importance of being in the moment and improving concentration by doing each task mindfully.
Methodology	<p>The speaker used lucid examples to demonstrate the importance of having a clear mind by using a jar of water with glitter in it. Brain-storming and self-analyzing questions were asked which made the session interactive and the participants were self-driven to ponder over them. They were made aware of how it is important to do each task mindfully with different activities and stories. Further the students were also briefed upon how they could practice mindfulness in their everyday tasks that they do. This was followed by different games and activities which also involved experiments where students were tested on what was taught in the workshop. Activities included meditation, mindful listening, mindful walking, mindful dancing, stories, activities and experiments. Students were asked reflective questions and were made to think critically. The session was designed in such a way which kept students engaged throughout.</p>

<b>Outcome</b>	<ul style="list-style-type: none"> <li>□ At the end of the session, the participants got a clear picture about being mindful.</li> <li>□ The session made everyone feel accepted with all their flaws and shortcomings.</li> <li>□ It also propagated the fact that it is better to take a pause and then move ahead rather than speeding towards the goal and reaching nowhere.</li> </ul>
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### III. Proofs attached



*Giselle D'souza*

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