MINDFUL REFLECTING -A Session on how to write reflective journal: 29th June, 2024



I. BASIC DETAILS

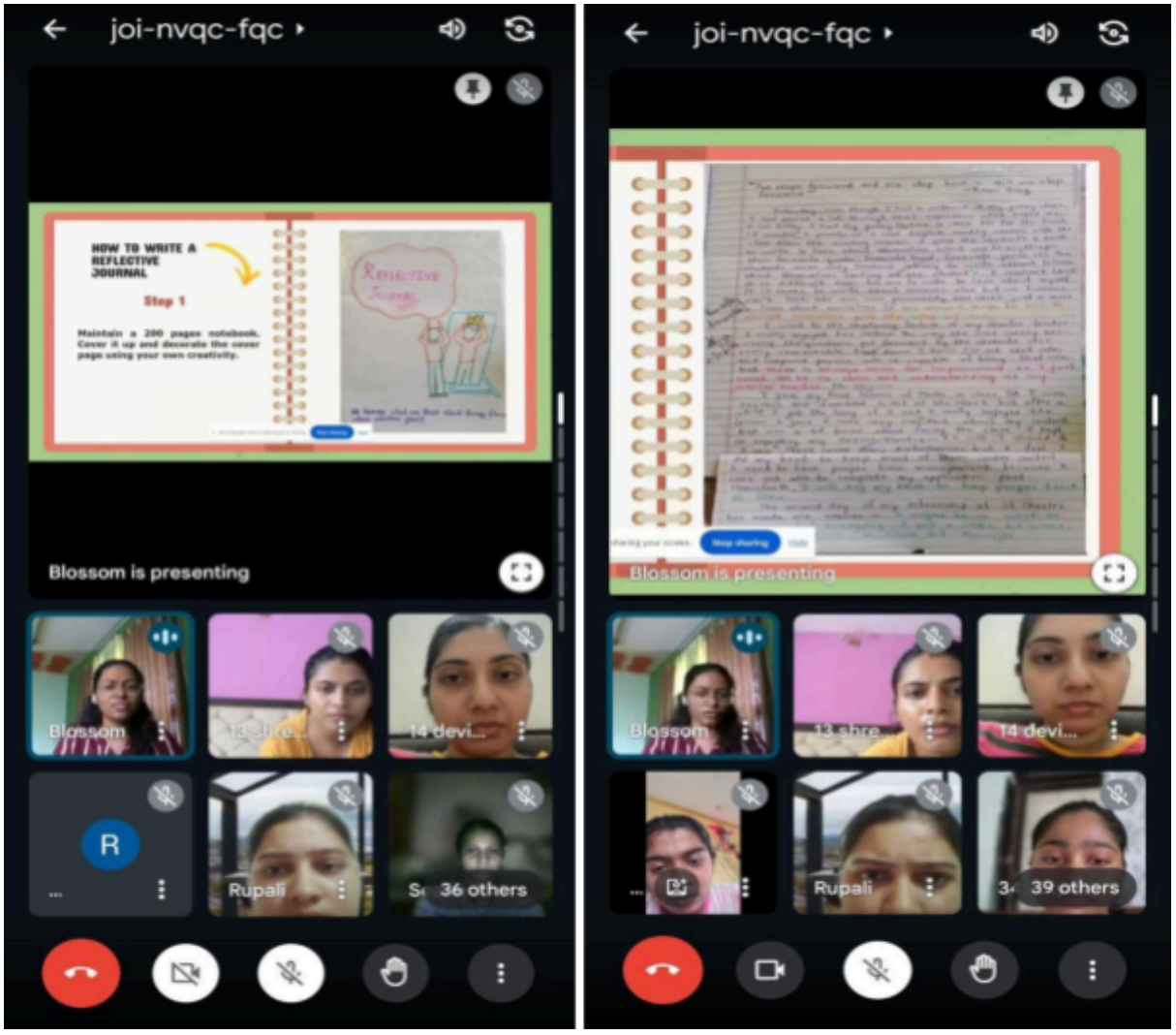
Date	**Faculty**	**Department/Committee**	**Co-ordinator**
29th June 2024	Arts	Education	Dr. Joan Lopes
Time	**Venue**	**Total Number of Attendees**	**Nature**
1: 30-2:30 pm	Online	F.Y B.Ed. – 49 students	Indoor
Name and details of Resource Person			
Ms. Blossom Pereira			

II. BRIEF INFORMATION ABOUT THE ACTIVITY

Activity	Workshop on Mindful Reflection
Objectives for conducting Activity	• To introduce students, the basic techniques of writing a reflective journal. • To elaborate the importance of writing a reflective journal
Methodology	i. Students were given guidelines for writing the reflective journal ii. Students were explained using examples iii. The workshop emphasized on being honest with oneself and also showed the importance of documenting our experiences

Outcome	i. Participants learnt how to write the reflective journal effectively ii. Participants learnt the various techniques used to write the reflective journal iii. Participants developed presence of mind and creative skills

III. PROOFS ATTACHED



Giselle D'souza

Prof. Dr. Giselle D'souza
Principal In-charge
St. Teresa's Institute of Education
Santacruz West, Mumbai – 400054

ST. TERESA'S INSTITUTE OF EDUCATION MUMBAI-54