

Workshop on Mindfulness and Emotional Resilience



I Basic Details

Date	Faculty	Department/Committee	Co-ordinator name & Phone Number
14 th February, 2025	Understanding of the self	Understanding of the self	Principal In-charge - Prof. Dr. Giselle D’Souza
Time	Venue	Activity for Class/Group with Total Number of Attendees	Nature:
9.00 a.m. – 3.00 p.m.	St. Teresa’s Institute of Education	52 Members	Indoor
Name & details of Resource Person		Names of Staff Members who supported	Names of Students who Supported
Dr. Megha D’souza (Kapila Khandvala College of Education)		Principal In-charge - Prof. Dr. Giselle D’Souza	Ms. Priyanka Kandari Ms. Melisha Ganesh

II Brief Information about the Activity

Topic /Subject of the Activity	Workshop on Mindfulness and Emotional Resilience.
Objectives for conducting the Activity	<ul style="list-style-type: none">- To introduce participants to the principles of mindfulness and emotional resilience.-To enhance self-awareness and emotional regulation through mindfulness practices.-To equip participants with strategies to manage stress and build resilience in challenging situations.- To promote emotional well-being and improve focus, empathy, and decision-making skills.-To encourage the development of a regular mindfulness routine for long-term mental and emotional health.
Methodology	<ul style="list-style-type: none">- The concept was introduced through interactive lectures and multimedia presentations to facilitate better comprehension.- Group Discussions to share insights and reflect on their emotional responses.- “Mindful Pause Activity” was conducted. Students were taken to the grounds and instructed to focus entirely on the present moment. They were encouraged to clear their minds and observe their surroundings mindfully.
Outcomes	<ul style="list-style-type: none">- Participants gained a clear understanding of mindfulness and emotional resilience concepts.- Students experienced improved focus and awareness through guided mindfulness exercises.-The session helped reduce stress levels and promoted a sense of calm among participants.- Participants expressed greater self-awareness and a willingness to apply mindfulness in daily life.



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