

# GURU NANAK COLLEGE OF EDUCATION

B.Ed. Programme

## PERSONALITY DEVELOPMENT ACTIVITIES

### WORKSHOP

Batch: 2022-24

Semester: I

TITLE: Mindfulness

RESOURCE PERSON: Dr. Charu Sethi

DATE: 23.12.2022

TIME: 12:30 pm to 1:30 pm

VENUE: Bala Pritam Auditorium, GNCE



***Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us.***

Through this workshop, our Resource person- Dr. Charu Sethi upheld the significance of mindfulness in a teacher's life. It was admitted that while mindfulness is innate, it can also be cultivated through proven techniques like meditation practiced while sitting, standing or even walking. Towards the end of the workshop, it was agreed by all that when we're mindful, we reduce stress and enhance our performance.

We also gain insight and awareness through observing our own mind, and increase our attention to others' well-being.