

2020-21



# K. R. MANGALAM UNIVERSITY

THE COMPLETE WORLD OF EDUCATION

Ref No. KRMU/SJMC/Odd/2020/12

Date: 18/08/2020

## CIRCULAR

**SUBJECT: Webinar on Ergonomics: Dealing with the lockdown and beyond**

It is hereby informed to all the students of SJMC that **Webinar on Ergonomics: Dealing with the lockdown and beyond** is scheduled for August 22, 2020, 09:30am onwards. It is mandatory for all the students of SJMC to attend.

  
Event Coordinator  
SJMC, KRMU

  
Registrar  
K.R. Mangalam University  
Sohna Road, Gurugram, (Haryana)





**K.R. MANGALAM UNIVERSITY**  
THE COMPLETE WORLD OF EDUCATION



ERGOSPHERE  
ERGONOMICS

WEBINAR  
ON

## “ERGONOMICS: DEALING WITH THE LOCKDOWN AND BEYOND”

**DATE:**  
22 AUGUST 2020

**TIME:**  
9:30 AM - 10:45 AM

**Dr. Deepanker**  
*Workplace Wellness Expert*



**Mr. Sanjay Verma**  
*Managing Director  
Ergosphere Ergonomics*



**Ms. Katja Larsen**  
*Head Sales and Marketing  
(Asia Pacific)  
Actiforce*




*Moderator*



**Dr. Mamta Shankar (PT)**  
*Assistant Professor,  
Department of Physiotherapy  
School of Medical and Allied Sciences,  
K.R. Mangalam University*

— INDUSTRY EXPERTS —

Join us on Zoom  
Webinar ID: 953 7267 4917

  
Registrar  
K.R. Mangalam University  
Solely for Educational Purposes



## ERGONOMICS: DEALING WITH THE LOCKDOWN AND BEYOND

22nd August 2020  
Gurugram

K.R. Mangalam University organised a webinar on 'Ergonomics: Dealing with Lockdown and Beyond' with Industrial experts during the two weeks induction programme on 22nd August 2020. Dr. Mamta Shankar moderated the session and gave a brief introduction on work from home routine and introduced students to the panelists for the day.

As the session proceeded, Dr. Deepankar a workplace wellness expert explained the importance of sitting postures during work from home. He mentioned that "sitting hours in a day should not be more than 6 hours". Later in his presentation he also discussed the secret of living pain free. The session was very interactive as Dr. Deepankar made all the attendees do some sort of exercises.

The session was then taken over by Ms. Katja Larsen, Head, Sales and Marketing APAC, Actiforce who talked about ergonomics in a dynamic working condition. She showed the new workstation designs that became an integral part during the pandemic. The last but not the least panelist, Mr. Sanjay Verma, Founder and Managing Director, Ergosphere Ergonomics started with a virtual tour of the office as he showed the types of equipment, comfortable chairs, tables used by every age group to avoid wrong postures while working.

The webinar concluded with interactive session wherein all the first-year students asked their queries from the experts.



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K.R. Mangalam University  
Sohna Road, Gurugram, (Haryana)



## ERGONOMICS: DEALING WITH THE LOCKDOWN AND BEYOND

22nd August 2020  
Gurugram

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The webinar concluded with interactive session wherein all the first-year students asked their queries from the experts.



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Sohna Road, Gurugram, (Haryana)



## The office of the future

The regular office will be a knowledge center as from now. Meaning that people will go to the office for important meetings and for sharing thoughts and then continue their work at their home office. Connect your work life with your home life.

For global conferences, Actiforce has created a new meeting table; The SLS Meeting Basic & Extension. With this meeting table, traveling to other countries won't be needed anymore.



katjalarsen386755's screen

## Active Dynamic Working

actiforce

### Ergonomic tips

- Take short breaks**  
ask yourself: Every 90 min. is time for me also to stretch, walk around, get some light and fresh air, have some water and relax my eye.
- Avoid prolonged sitting**  
When you sit down, the spine creates pressure. As it sits long after lunch, the pressure goes up and you, if the body is too long and the pressure is too high, it creates a lot of back pressure.
- Avoid slouch**  
When you slouch, your spine and shoulder blades are not in a good position. Your spine is not in a good position and your shoulder blades are not in a good position. When you slouch, your spine is not in a good position and your shoulder blades are not in a good position.
- Organize your workstation**  
Think: Organized that you are sitting and that you are not sitting, organizing your workstation is not a good idea. When you are sitting, your workstation is not a good idea. When you are sitting, your workstation is not a good idea.




katjalarsen386755's screen

  
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 K.R. Mangalam University  
 Sohna Road, Gurugram



## Offices



Temperature staff before starting their workday



Installation of disinfectant dispensers and promotion of respiratory hygiene



Keeping a distance between the workplaces;  
Installation of plexiglass screens between each workplace ;  
Only 50% of the staff is working at the same time;



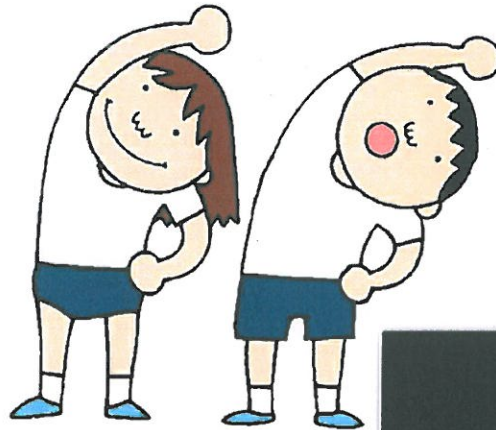
Avoiding unnecessary daily contact in the public areas

katjalarsen386755's screen



## Stretch time

- Hold 10 to 15 seconds each stretch
- Repeat 3- 5 times




Sanjay Ergosphere



Leave

  
Registrar  
K.R. Mangalam University  
Sohna Road, Gurugram, (Haryana)

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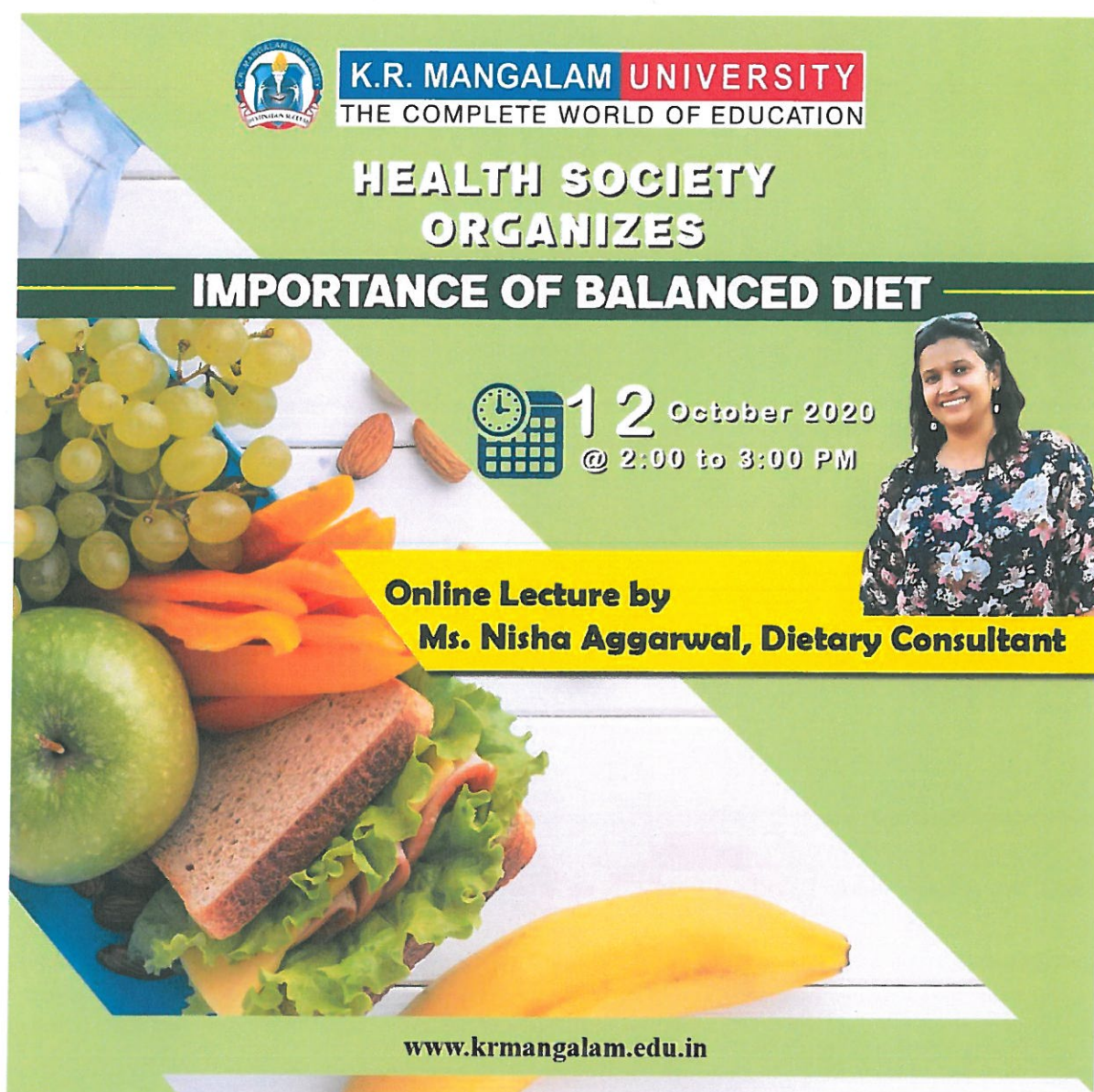
  
  
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**Sohna Road, Gurugram, (Haryana)**




## Health Society Event Diet and Dietary supplements

Event date: October 12, 2020


Time: 2:00 pm onwards




 **K.R. MANGALAM UNIVERSITY**  
THE COMPLETE WORLD OF EDUCATION

**HEALTH SOCIETY  
ORGANIZES**

**IMPORTANCE OF BALANCED DIET**

 **12** October 2020  
@ 2:00 to 3:00 PM


**Online Lecture by  
Ms. Nisha Aggarwal, Dietary Consultant**



[www.krmangalam.edu.in](http://www.krmangalam.edu.in)

A Webinar on the topic “Diet and dietary supplements” was organized by Ms. Nisha on 12th October 2020 at 02:00 P.M on MS Teams platform. The programme started with an opening remark delivered by Ms. Silky Sethy (Health Society Incharge).

She also welcomed the keynote speaker Ms. Nisha. The objective of the program was to create awareness among students on common nutritional problems among students and its management

  
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A healthy diet is a balance of being able to supply your body with the right nutrients. The five essential nutrients are proteins, fats, minerals, carbohydrates, also water and fibre. A healthy diet is crucial for maintaining the health and well-being of your body. Eating healthy can also aid to reduce chronic diseases such as type two Diabetes, Heart conditions and certain cancers). Products sold as dietary supplements come with a Supplement Facts label that lists the active ingredients, the amount per serving (dose), as well as other ingredients, such as fillers, binders, and flavorings. She explained the diet plan for maintenance of good health.

Ms.Nisha an eminent speaker also blessed the audience with her motivational speech. The queries of the participants were clarified very well at the end of the talk. The session ended with a round of discussion and vote of thanks by Ms. Silky Sethy (Health Society Incharge). The webinar was attended by around 66 participants.

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**K.R. MANGALAM UNIVERSITY**  
THE COMPLETE WORLD OF EDUCATION

**SCHOOL OF HUMANITIES**

**ACADEMIC SESSION 2020-21**

**NOTICE**

**Happy Learning and Motivation**

**SOHS/NOTICE/2020-21**

**Date: 23/03/ 2021**

School of Humanities is organizing a workshop on “Happy Learning and Motivation via MS Teams” on 1<sup>st</sup> April, 2021 at 11:00 am.

**Venue:** Online.

**Timing:** 11:00 am onwards

**Faculty In-Charge:**

Dr. Suruchi Singh

Dr. Nandini Biswas

*Suruchi Singh*  
*Nandini Biswas*

Registrar

K.R. Mangalam University  
Sector-10, Gurugram, (Haryana)



**K.R. MANGALAM UNIVERSITY**  
THE COMPLETE WORLD OF EDUCATION

**SCHOOL OF HUMANITIES**  
organises

# workshop on Happy Learning and Motivation

Date: **1-Apr-21**

Time: **11:00 AM onwards**

Venue: **online**

Resource Person:-

**Ms. Shivangi Narula**  
Learning & Development trainer

Faculty Coordinators

**Dr. Suruchi Singh, Dr. Nandini Biswas**  
Assistant Professors, SOHS

University Gurugram Campus: ☎ 011-48884888 / 8800697010-15 📞 8800697012

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# K.R. MANGALAM UNIVERSITY

THE COMPLETE WORLD OF EDUCATION

SCHOOL OF HUMANITIES

ACADEMIC SESSION 2020-21

Report

## Happy Learning and Motivation

Date: 01/04/ 2021

SOHS organized a workshop on Happy Learning and Motivation via MS Teams on 1<sup>st</sup> april, 2021 at 11:00 am. The session was conducted by Speaker Ms. Shivangi Narula, a Learning & Development trainer. The speaker engaged students in various activities in order to involve them in a happy learning process. The students seemed very happy with the program and asked a lot of questions. The session was attended by almost 100 students from all over the university. Overall, the session was interactive and received a great response and feedback. The session aimed at motivating students in these testing times

**Faculty In-Charge:**

Dr. Suruchi Singh

*Suruchi Singh*

Dr. Nandini Biswas

*Nandini Biswas*

*[Signature]*  
Registrar  
K.R. Mangalam University  
Sohna Road, Gurugram, (Haryana)

# DECLAMATION COMPETITION ON

## *Mandatory Covid-19 Vaccination and Vaccine Hesitancy?*



The pandemic is moving like a wave consuming the world since its emergence in December 2019. We are witnessing a recording breaking increase in the number of cases on a daily basis in India, thus with an aim to motivate students to make a difference in the lives of people affected by the coronavirus and approach of people towards vaccination, School of Journalism and Mass Communication organised an online declamation competition on Mandatory Covid-19 Vaccination and Vaccine Hesitancy?

Students from different schools participated in the competition conducted on MS teams and all

the participants enthusiastically presented their thoughts with verified facts related to the vaccination process in India. It was interesting and a learning experience to listen to all the participants. The competition was judged by Dr. Sheelpa Sweety, Assistant Professor, School of Humanities and Ms. Ritika Saxena, Assistant Professor, School of Journalism and Mass Communication where Anisha Sharma, B.Com(H), second year won the competition and secured first position amongst all the participants.

The second position was secured by Harsh Rana , BA(JMC)-I year, who was also the host of the competition and third by Diya. T. Raina, BA(JMC)-I year. The magnificent event was organized by Ms. Mehak Pandit, Assistant Professor, School of Journalism and Mass Communication.

## HAPPY LEARNING AND MOTIVATION

SOHS organised a workshop on Happy Learning and Motivation via MS Teams. The session was conducted by Speaker Ms. Shivangi Narula, a Learning & Development trainer. The speaker engaged students in various activities in order to involve them in a happy learning process.

The students seemed very happy with the program and asked a lot of questions. The session was attended by almost 100 students from all over the university. Overall, the session was interactive and received a great response and feedback. The session aimed at motivating students in these testing times.





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**SCHOOL OF HUMANITIES**  
**ACADEMIC SESSION 2020-21**

**NOTICE**

**Guest Lecture on "Covid and Mental Health"**

**SOHS/NOTICE/2020-21**

**Date: 15/05/ 2021**

We are delighted to announce that Department of Psychology, School of Humanities, at K.R. Mangalam University is organizing a guest lecture on the crucial topic of "Covid and Mental Health." on May 22, 2021 at 11:00 am. In these challenging times, it is imperative to address the psychological impact of the ongoing pandemic, and this lecture aims to shed light on this critical issue. This informative lecture is not limited to psychology students alone; we extend a warm invitation to students and teachers from various departments to join us for this enlightening session. The mental health implications of the Covid-19 pandemic are far-reaching, affecting individuals from all walks of life. By coming together as a diverse academic community, we can better understand and address these challenges.

**Venue:** Online.

**Timing:** 11:00 am onwards

**Faculty In-Charge:**

Dr Rupali Chandola (Assistant Professor, SOHS)

*Rupali Chandola*

**Registrar**

**K.R. Mangalam University**  
Sohna Road, Gurugram, (Haryana)





**K.R. MANGALAM UNIVERSITY**  
**THE COMPLETE WORLD OF EDUCATION**

**School of Humanities**  
(Department of psychology)  
organises

Guest Lecture on

# **COVID & MENTAL HEALTH**

**Dr. Seema Sharma**

Clinical Cum Counselling Psychologist  
Young India Psychological Solutions (YIPS)



**Date & time:**

22 May 2021, at 11:00 am-12:00 pm

[www.krmangalam.edu.in](http://www.krmangalam.edu.in)

follow us  

*Dr. Kamini*  
DEAN  
School of Humanities (SOHS)  
K.R. Mangalam University  
Sohna Road, Gurugram  
Haryana 122103

*Dr. J*  
Registrar  
K.R. Mangalam University  
Sohna Road, Gurugram, Haryana





**K.R. MANGALAM UNIVERSITY**  
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**SCHOOL OF HUMANITIES**  
organises

## **Guest Lecture on Covid & Mental Health**

Date: **22-May-21**

Time: **11:00 AM onwards**

Venue: **online**

Resource Person:-

**Dr. Seema Sharma**  
young India psychological solutions (YIPS)

Faculty Coordinators

**Dr. Rupali Chandola**  
Assistant Professor, SOHS

University Gurugram Campus: ☎ 011-48884888 / 8800697010-15 📞 8800697012  
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# K.R. MANGALAM UNIVERSITY

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## SCHOOL OF HUMANITIES

ACADEMIC SESSION 2020-21

### Report

#### Guest Lecture Report on "Covid and Mental Health" by Dr. Seema Sharma

Date: May 22, 2021

On the 22nd of May 2021, the School of Humanities at K.R. Mangalam University, specifically the Department of Psychology, organized an enlightening guest lecture on the topic of "Covid and Mental Health." The event took place on the online platform of Microsoft Teams, allowing not only psychology students but also students and teachers from various departments to participate.

#### Guest Speaker:

The guest speaker for this insightful lecture was Dr. Seema Sharma, a Clinical cum Counselling Psychologist who holds a Ph.D. in Psychology and is the founder director of Young India Psychological Solution (YIPS). Dr. Sharma's extensive experience and expertise made her an ideal choice to address the crucial topic of mental health during the Covid-19 pandemic.

#### Event Highlights:

##### 1. Welcome and Introduction:

The session commenced with a warm welcome to all attendees, including faculty members and the esteemed guest speaker, Dr. Seema Sharma. An introductory speech about Dr. Sharma was delivered by Khushi Jain, providing context to her qualifications and expertise.

  
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# K.R. MANGALAM UNIVERSITY

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### 2. Meditation and Audience Engagement:

Dr. Seema Sharma initiated the lecture by encouraging all attendees to partake in a few minutes of meditation, promoting a serene and focused atmosphere. She then engaged with the audience through interactive questions, fostering active participation. The audience responded enthusiastically and shared their insights.

### 3. In-Depth Discussion:

Dr. Sharma delved into a comprehensive discussion covering various aspects of mental health during the pandemic. She highlighted the challenges posed by the new realities of remote work, temporary unemployment, homeschooling, and the absence of physical contact with loved ones. She provided valuable guidance on adapting to these lifestyle changes and managing the fear of contracting the virus.

### 4. Strategies for Stress Management:

One of the key takeaways from the lecture was Dr. Sharma's emphasis on stress management. She shared effective strategies to cope with stress, a critical skill in the current times. Her advice was not only relevant to the audience's personal well-being but also applicable to helping others during the pandemic.

### 5. Encouraging Acts of Kindness:

Dr. Sharma inspired the audience to be a helping hand to those in need. She encouraged psychology students to utilize their knowledge to support friends, family, and others. She reinforced this message with the slogan, "Stay Alert, Control The Virus, Save Life!"

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K.R. Mangalam University  
Sector 14, Gurugram, (Haryana)



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## 6. Q&A Session:

The lecture concluded with a lively Q&A session, during which Dr. Seema Sharma addressed questions from the audience. Her responses were informative and engaging, providing further insights into Covid-19 and mental health.

## Conclusion:

The guest lecture by Dr. Seema Sharma was a resounding success, achieving its primary goal of raising awareness about mental health during the Covid-19 pandemic. It was an interactive and enriching session that left a lasting impact on the attendees.

## Vote of Thanks:

A heartfelt vote of thanks was extended to Dr. Seema Sharma for her dedicated efforts and valuable time in conducting the session. The audience was also acknowledged for their active participation and attentive listening, making the event a meaningful and enlightening experience for all.

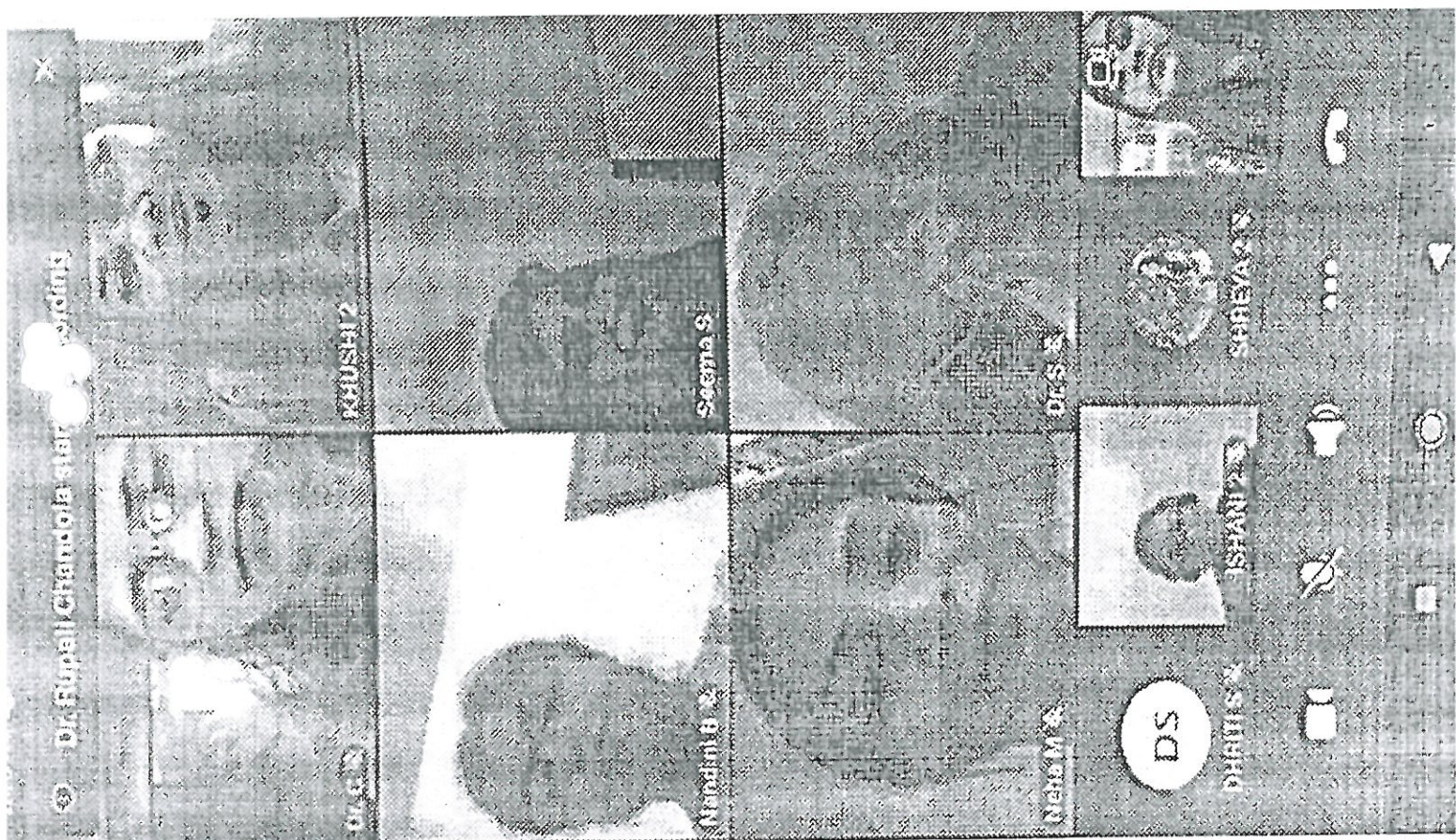
## Faculty In-Charge:

Dr Rupali Chandola

*Rupali Chandola*

*[Signature]*  
Registrar  
K.R. Mangalam University  
Sohna Road, Gurugram, (Haryana)





School of Humanities (SOHS)  
K.R. Mangalam University  
Sohna road, Gurugram  
Haryana 122103

*[Signature]*  
Registrar  
K.R. Mangalam University  
Sohna Road





**K.R. MANGALAM UNIVERSITY**  
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SOED/Notice/2020-21/08

25/05/2021

**School of Education**  
**K.R. Mangalam University, Gurugram, Haryana**

*Organizes*  
**Guest Lecture**

On  
"Role of physical activities in improvement of overall health of the students"  
2<sup>nd</sup> June 2021

**NOTICE**

School of Education, KRMU is organizing a **Guest lecture** for all the School of Education students on  
"Role of physical activities in improvement of overall health of the students" on 2nd June 2021.

**Date: 2nd June 2021**

**Mode: Online**

  
**School Coordinator**  
**Dr. P.C Jena**

  
**Registrar**  
**K.R. Mangalam University**  
**Sohna Road, Gurugram, (Haryana)**



**SCHOOL OF EDUCATION**  
**K. R. MANGALAM UNIVERSITY**

**Report of Guest Lecture**

**Topic: Role of Physical Activities in improvement of Overall Health of the Students**

**Resource Person:** Ms. Deepika Malhotra, Assistant Professor, Department of Curriculum and Pedagogy, SCERT, New Delhi.

**Faculty Members-** Dr. P.C Jena, Dr. Anshul Saluja, Ms. Manju Kundu, Ms. Kanchan Khatreja, and Ms. Vidhi Gaur

**Date & Time:** 02.06.2021 at 11.00 AM

**Venue:** MS Teams

School of Education conducted a virtual guest lecture on Role of Physical Activities in improvement of Overall Health of the Students on 2 June, 2021. The session started with welcome address by Ms. Kanchan Khatreja, Assistant Professor, School of Education. She introduced all the faculty members with the Resource Person- Ms. Deepika Malhotra, Assistant Professor, Department of Curriculum and Pedagogy, SCERT, New Delhi. She is Associated with NCERT in Teachers Handbook on Art Integrated Learning for Elementary Education, Teachers Handbook on Art Integrated Learning for Primary as an expert of Art Integrated Learning (AIL). She worked as core group member in Development of Course Curriculum for D.El.Ed., Govt. of Delhi and Review of Curriculum of Health and Physical Education of D.El.Ed." as per the guidelines of NCTE. She has been a member of Pioneer Project of Art Integrated Learning of NCERT on Implementation of Art Integrated Learning for primary teachers of M.C.D and Directorate of Education. She contributed to Teacher's handbook developed on AIL pedagogy. She has developed six e-books for P.G.T (Physical Education) working in the Directorate of Education, Govt. of Delhi.

The whole session conveyed resourceful ideas to students on how to improve the health, boost immunity, improve concentration, positivity, wisdom and balanced life by engaging themselves in physical activities. The session was attended by 43 students and 5 faculty members, who participated and discussed about the physical activities.

The session was well moderated by Dr. Anshul Saluja, Assistant Professor, School of Education for managing MS Team platform and asked the queries from the students. Ms. Vidhi Gaur,

  
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Sohna Road

Assistant Professor, School of Education captured beautiful moments of the virtual session. The session ended with hearty thanks by Ms. Manju Kundu, Assistant Professor, School of Education.

Dr. P.C. Jena, Coordinator, School of Education also thanked resource person in appreciation for recommending various physical activities while helping at home to keep the students healthy. He thanked the management for providing such platform to organize such lecture. He appreciated students and faculty members for the successful conduction of the event.

  
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K.R. Mangalam University  
Sector 6, Gurgaon, (Haryana)

**Glimpses of Guest Lecture**

**Role of Physical Activities in improvement of Overall Health of the Students**





Guest Lecture (SOED): Role of Physical Activities in Improvement of Overall Health of the Students

01:13:54 Request control

TOSS GAME WITH OLD SOCKS

BALLOON GAME

MAKING BOARD GAME ON FLOOR

STATUE GAME WITH EXERCISE

HOPPING GAME

MAKING OWN BOLWING GAME

DEEPIKA 2011990001

Manju Kundu, Ms. Anshul Saluja, P.C. Jena, Kanchari Khatriya, DEEPIKA 2011990001

12:01 PM 02-Jun-21

Guest Lecture (SOED): Role of Physical Activities in Improvement of Overall Health of the Students

01:40:41

Attendees (41)

MD. PERWIZ ALAM 2011270002

MEGHNA 2011260001

MOKSHITA 2011260005

Ms. Vidhi Gaur

MUSKAN 1911260012

NEERU 2011260009

NEHA KHATANA 2011260010

NEHARIKA 1711260004

NIMISHA KHANDEJA 171126000

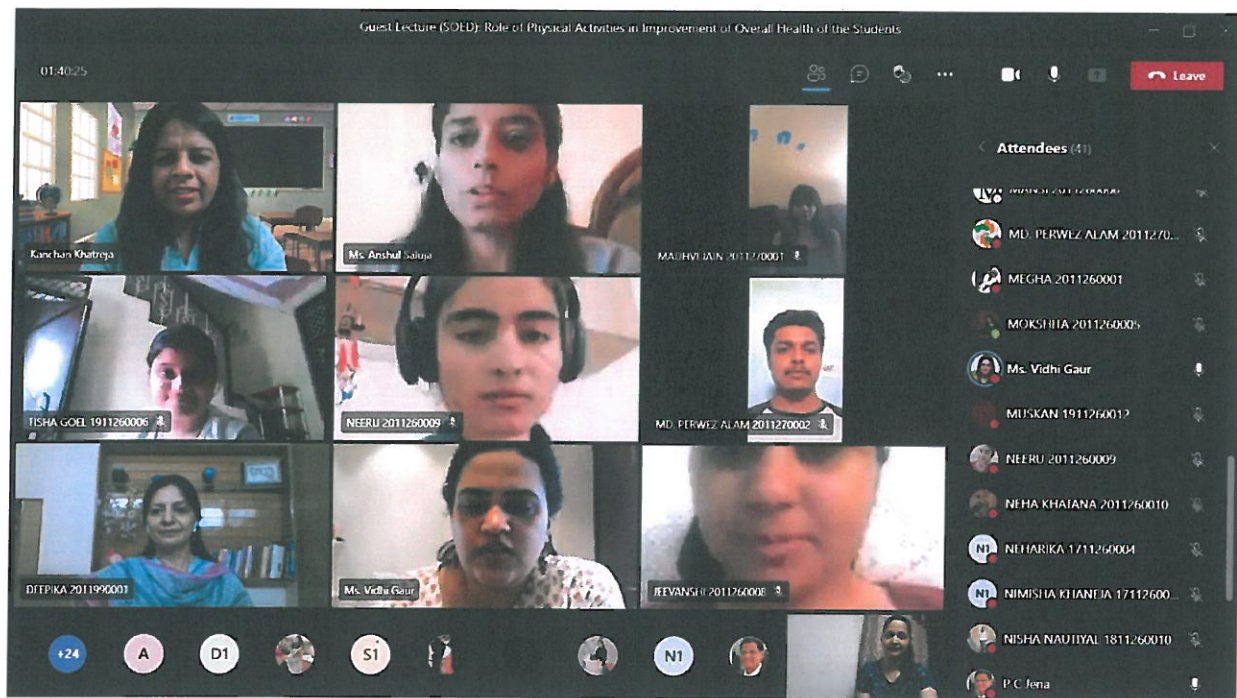
NISHA NAULIYAL 1311260010

P.C. Jena

24, A, D1, S1, N1

*[Signature]*  
 Registrar  
 K.R. Mangalam University  
 Sohna Road, Gurugram, (Haryana)





P.C. Jena

Registrar  
K. R. Mangalam University  
Sohna Road, Gurugram, Haryana



**K.R. MANGALAM UNIVERSITY**  
**THE COMPLETE WORLD OF EDUCATION**

SOED/Notice/2020-21/09

24/06/2021

**School of Education**  
**K.R. Mangalam University, Gurugram, Haryana**

*Organizes*  
**Guest Lecture**  
*On*  
**Guest Lecture on PRACTICING MINDFULNESS IN CLASS**  
**28<sup>th</sup> June 2021**

**NOTICE**

School of Education, KRMU is organizing a Guest Lecture for all the School of Education students on  
“Practicing Mindfulness in Class improvement of Overall Health of the Students” on 28<sup>th</sup> June  
2021.

**Date: 28<sup>th</sup> June 2021**

**Mode: Online**

  
**School Coordinator**

**Dr. P. C Jena**

  
**Registrar**  
**K.R. Mangalam University**  
**Sohna Road, Gurugram, (Haryana)**





**K.R. MANGALAM UNIVERSITY**  
THE COMPLETE WORLD OF EDUCATION  
Gurugram, Delhi-NCR

# SCHOOL OF EDUCATION

*Organizes  
Guest Lecture  
On*

## Practicing Mindfulness in Class

**Date :** 28<sup>th</sup> June 2021 (Monday)  
**Time :** 11:00 A.M.



**Resource Person:**  
**Ms. Amita Bhati**  
Assistant Professor, Centre for Language  
and Communication, SGT University, Haryana

University Gurugram Campus: ☎ 011-48884888 / 8800697010-15 📞 8800697012  
🌐 [www.krmangalam.edu.in](http://www.krmangalam.edu.in) ✉ [welcome@krmangalam.edu.in](mailto:welcome@krmangalam.edu.in)

Registrar  
K.R. Mangalam University  
Sector Road, Gurugram, (Haryana)

## **K.R. Mangalam University**

### **Guest Lecture**

**Topic:** "PRACTICING MINDFULNESS IN CLASS"

**Speaker:** Dr. Amita Bhati, Assistant Professor, SGT University, Haryana.

**Faculty Co-ordinator:** Dr. P.C Jena, Dr. Anshul Saluja, Ms. Kanchan Khatreja, Ms. Manju Kundu and Ms. Vidhi Gaur

**Date & Time:** 28.06.2021 at 11.00 AM

**Venue:** MS Team

A guest lecture on "Practicing Mindfulness in Class" was held on 28<sup>th</sup> June, 2021. The guest lecture has been organized by the School of Education to provide the students with an opportunity to get a bird's eye view on managing emotional balance and self-awareness especially in current situation which is also an important constituent in the Education.

Guest Profile: *Dr. Amita Bhati is working as an Assistant Professor in SGT University, Haryana. She has completed her qualifications in the field of linguistics from JNU, Delhi. She has also been associated with Ambedkar University, Delhi. She has written various research papers on English Language Teaching, ICT, Linguistics and Applied Linguistics.*

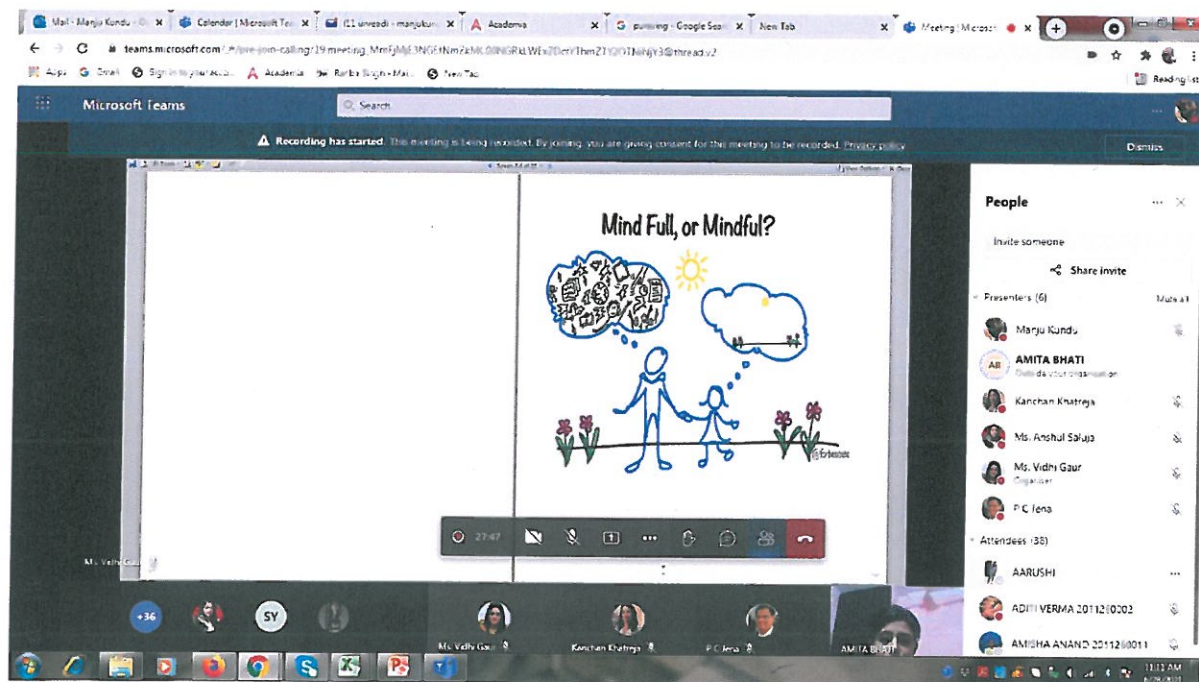
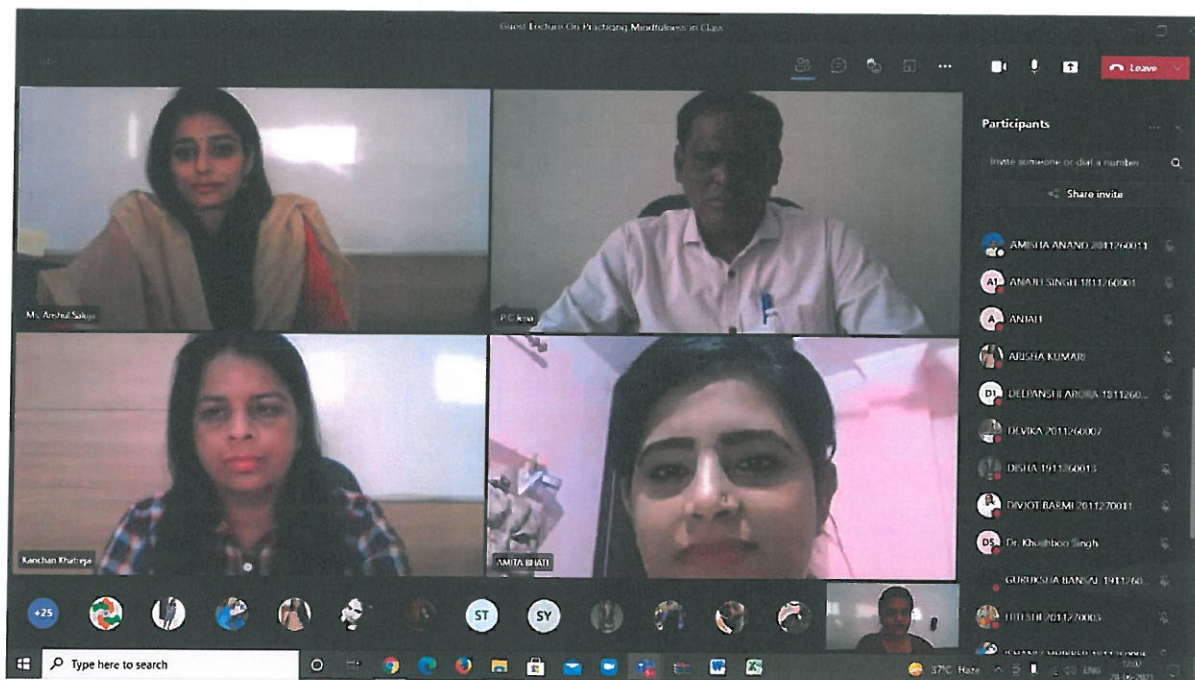
Dr. Amita Bhati explained the various components on mindful-learning and strategies to incorporate it in the teaching learning process. The session was attended by 35 students and 5 faculty members who participated, interacted and discussed their awareness, doubts and queries. The whole session was interactive and a great learning for all.

The session ended by Dr. P.C. Jena in appreciation for taking the time out to educate the students. He thanked the Management for providing the platform to organize guest lecture. He appreciated faculty members, students and other participants for the successful conduction of the event.

  
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K.R. Mangalam University  
Sohna Road, Gurugram, (Haryana)



**Glimpse of Guest Lecture**  
**Topic: Practicing Mindfulness in Class**  
**28-06-2021**



*[Signature]*  
**Registrar**  
**K.R. Mangalam University**  
**Sohna Road, Gurgaon, (Haryana)**

Microsoft Teams

Recording has started. This meeting is being recorded. By joining, you are giving consent for this meeting to be recorded. Privacy policy

Dismiss

The benefits of mindfulness

- Regular practice of mindfulness helps people to control their thoughts and emotions.
- It improves our ability to focus our attention helpful for revising and exams.
- It can stop us reacting to situations.
- It can improve our self-esteem and wellbeing.
- It reduces anxiety, depression, stress and sleep problems.

The Benefits of Mindfulness - For Teachers

- Improves focus and awareness
- Increases responsiveness to student needs and enhances classroom climate
- Promotes emotional balance and stress management
- Supports healthy relationships at work and at home
- Studies show practicing mindfulness not only improves teachers' mental well-being, but makes them more effective in the classroom

People

Invite someone

Share invite

Presenters (5)

Manju Kundu

AMITA BHATI

Kanchan Khatriya

Ms. Anshul Saluja

Ms. Vidhi Gaur

P.C. Jena

Attendees (34)

AARUSHI

ADITI VERMA 2011260002

AMISHA ANAND 2011260011

Microsoft Teams

Mindfulness for Teachers: Research

2013 study by the Center for Investigating Healthy Minds at the University of Wisconsin-Madison

- Randomized, controlled study found that teachers who participated in a modified MBSR program experienced:
  - Reduction in burnout and symptoms of psychological distress
  - Improvement in classroom organization and increased effective teaching behaviors
  - Increased self-compassion
  - Reduction in attentional biases

WHY MINDFULNESS IN THE CLASSROOM?

People

Invite someone

Share invite

Presenters (6)

Kanchan Khatriya

AMITA BHATI

Manju Kundu

Ms. Anshul Saluja

Ms. Vidhi Gaur

P.C. Jena

Attendees (35)

AARUSHI

ADITI VERMA 2011260002

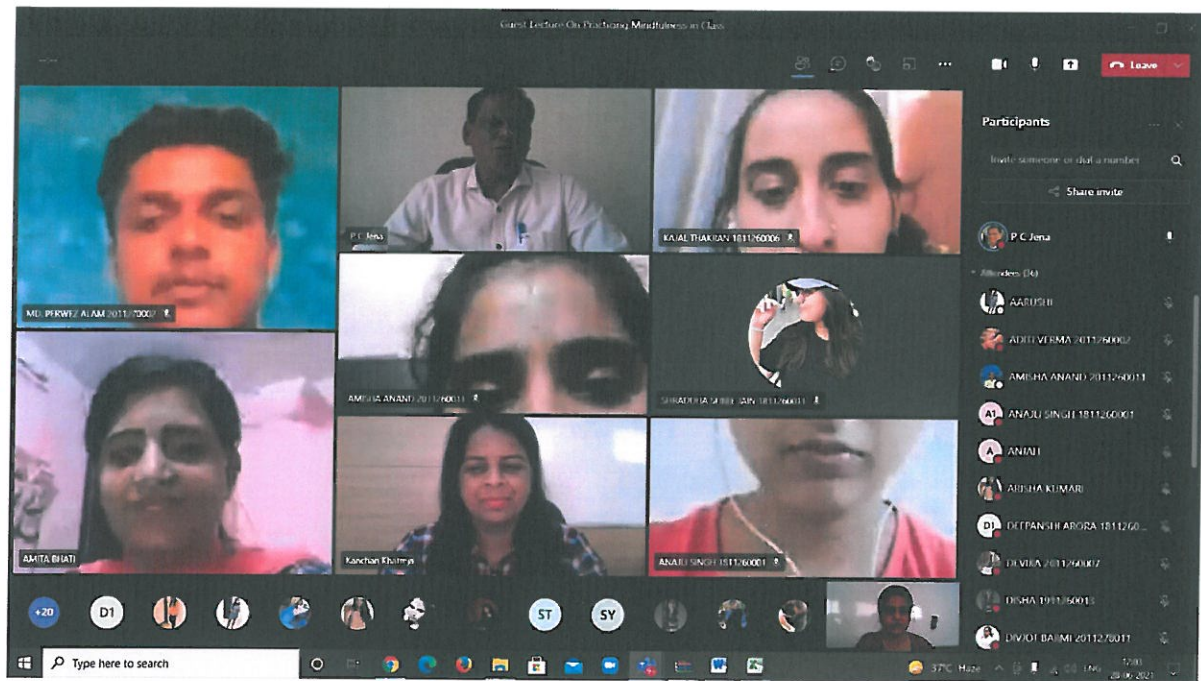
AMISHA ANAND 2011260011

ANAJI SINGH 1811260001

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K.R. Mangalam University  
Sohna Road, Gurugram (Haryana)





Q. C Jena

Registrar  
K.P. Mangalam University  
Sector Road, Gurugram, (Haryana)

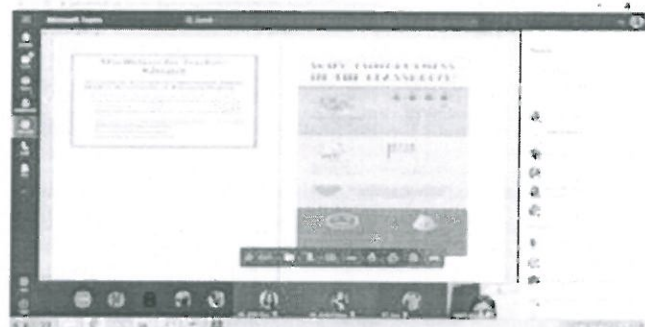
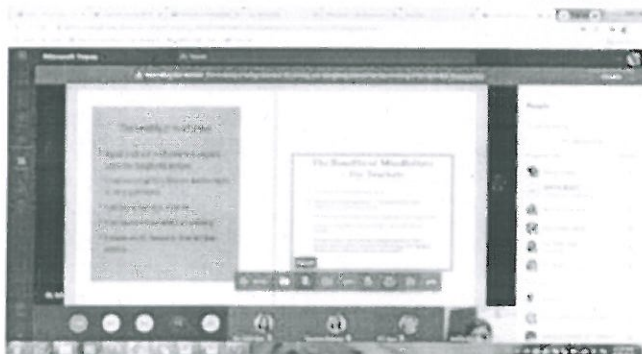
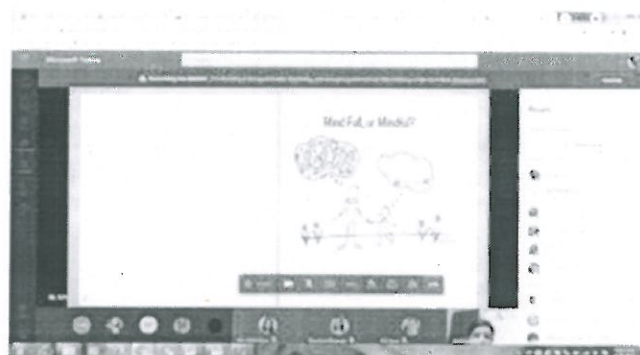
# SOED

## PRACTICING MINDFULNESS IN CLASS

A guest lecture on Practicing Mindfulness in Class was held on 28th June 2021. The School of Education has organized the guest lecture to allow the students to get a bird's eye view on managing emotional balance and self-awareness, especially in the current situation, which is also an important constituent in Education.

Dr. Amita Bhati explained the various components of mindful learning and strategies to incorporate it in the teaching-learning process. The session was attended by 35 students and five faculty members who participated, interacted and discussed their awareness, doubts and queries. The whole session was an interactive and great learning for all.

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Registrar  
K.R. Mangalam University  
Road, Gurugram, (Haryana)