Report on

Mindful Living: Cultivating Inner Strength and Resilience

Date: Friday, 14th February 2025

Venue: C302, C Block, SOAS, KRMU

Event Type:

Mode of Activity: Offline

Target Group: Students of SOAS

Resource Person: Ms. Kashish Pandey, Assistant Professor, SOHS

Coordinator: Dr. Neha Sharma, Dr. Anjali Tomar

Convener: Dr. J. S. Yadav, Dean SOAS

Organized by: School of Agricultural Sciences

Number of Students:

Introduction

The event "Mindful Living: Cultivating Inner Strength and Resilience" was successfully conducted on 14th February 2025 from 2 PM onwards. The session was organized to emphasize the importance of mindfulness in daily life and to equip students with strategies to enhance inner strength and resilience. The event aimed to provide students with practical tools and techniques to manage stress, improve focus, and develop emotional well-being through mindfulness practices.

The resource person for the event was Ms. Kashish Pandey, Assistant Professor at the School of Humanities (SOHS), K.R. Mangalam University, and a mindfulness trainer. She has extensive experience in the field and has conducted several workshops and training programs on mindfulness and mental well-being. Her expertise in the field provided valuable insights into mindfulness practices and their benefits for mental well-being. She discussed the scientific basis of mindfulness, its impact on the brain, and how consistent practice can lead to better emotional regulation, reduced stress, and improved overall well-being.

The session was attended by students of SOAS, who actively participated in the discussions and mindfulness exercises conducted during the event. The interactive nature of the session made it highly engaging and beneficial for all attendees. Ms. Kashish Pandey conducted practical

mindfulness exercises, such as guided meditation, breathing techniques, and body scan exercises, which allowed students to experience the immediate effects of mindfulness. The students also had the opportunity to ask questions and share their experiences regarding mindfulness practices.

The Dean of SOAS graced the occasion with his presence and shared his insightful views on the significance of mindfulness in academic and personal spheres. He highlighted the relevance of mindfulness in today's fast-paced world and encouraged students to incorporate mindfulness techniques into their daily routines. He also presented a memento to the resource person as a token of appreciation for her contribution to the event.

The event was coordinated by Dr. Neha Sharma, Assistant Professor, School of Agricultural Sciences (SOAS), and Dr. Anjali Tomar, Assistant Professor, SOAS. Their efforts ensured the smooth execution of the session and active engagement from the students. The coordinators played a crucial role in organizing the event, ensuring that all logistical arrangements were in place, and facilitating interaction between the speaker and the attendees.

Overall, the event was well-received and proved to be an enriching experience for students, equipping them with practical tools to develop resilience and enhance their well-being through mindful living. The session concluded with positive feedback from students, many of whom expressed a keen interest in further exploring mindfulness practices and incorporating them into their daily lives. The event successfully created awareness about the importance of mental well-being and provided students with actionable strategies to lead a more balanced and mindful life.

Pictures from the event



Photo 1: Ms. Kashish Pandey addressing the students during the session



Photo 2: Ms. Kashish Pandey interacting with the students during the session



Photo 3: Ms. Kashish Pandey teaching mindfulness exercise to the students during the session



Photo 4: Ms. Kashish Pandey answering doubts from the students during the session



Photo 5: Ms. Kashish Pandey answering doubts from the students during the session



Photo 6: Dean SOAS along with faculty members SOAS honoring Ms. Kashish Pandey with a

momento

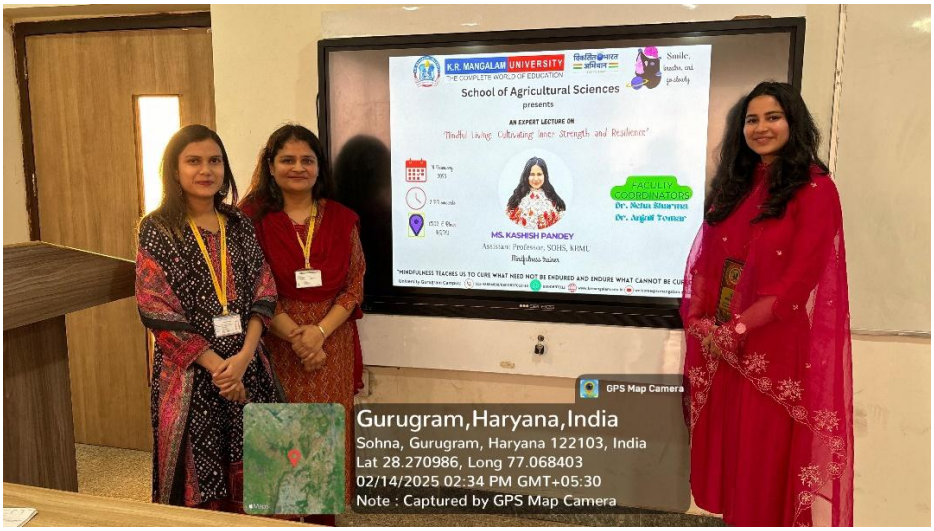


Photo 7: Ms. Kashish Pandey along with the faculty coordinators of the event during the session