

WORKSHOP

MINDFULNESS

The Workshop on “**Mindfulness**” by **Dr. Sangeet Sharma** was organized 19.9.2019. The workshop addressed several problems faced by the young minds of D.El.Ed and B.Ed.

Starting with clearing the difference between ‘mind’ and ‘brain’ he taught us how to eliminate negative ideas by focusing on the positive or optimistic side of the unpleasant event in our lives.

He underlined on the various ways in which we can master our subconscious mind and deal with situations accordingly. This was done by some mind exercises and techniques. He elaborated how change in body posture can impose effects on our mind and thought process.

The workshop was interesting and informative, as it focuses on training of the mind and dealing with situations.

