

MATA SUNDRI COLLEGE FOR WOMEN
(University Of Delhi)

Workshop on Cultivating Awareness and Compassion in Students

Mindfulness

On 26th September 2022, Tuesday a workshop was conducted for the Department of Elementary Education from 10:00a.m. - 12:00p.m. at Mata Gujri Hall on the topic Mindfulness: Cultivating awareness and compassion in students, which was based on Third Generation Cognitive Behaviour Therapies. The resource person for the event was Dr. Amanpreet Kaur who is a proficient Clinical psychologist. The event was conducted by Dr. Aarti Mathur and Dr. Garima Aggarwal who were the convener and co- convener of the event respectively. The session was attended by the students of B.El.Ed second and third year.

The workshop started with the felicitation of the resource person. Then Dr. Amanpreet Kaur started the workshop by asking some questions on our current stress level on which she talked about Feel, Thought and Body sensations. Then ma'am asked us about our understanding of Self-awareness and we all enthusiastically shared our views. She beautifully shared the basic concept of mindfulness and mindful with us through a picture and also told us the importance of meditation in our lives. After that she shared the contrast between vipassana meditation and mindfulness. She also shared the three basic principles of mindfulness which are Acceptance, Awareness and Attention. She even shared some beautiful quotations that left all of us in awe. Each one of us could be seen enjoying the session.

After that we did a 5-minute mindful breathing practice through which we were able to concentrate more. She even advised us to perform it on a daily basis. She also told us how one should cultivate compassion and kindness towards others. After that she showed us a video on Self compassion by Dr. Kristen Ne. We even performed a ten-finger gratitude exercise in pairs in which we have to share ten things we are grateful for. She also shared the responses of the researchers.

After the presentation we had doubts and questions round with ma'am, where she amicably answered them and pointed us to practice Cognitive Behavioural Therapy if we feel low and ungrateful towards the environment and us. The workshop gave the students an enlightening experience. It was also helpful for students of both years as we will be soon in the field to experience new opinions and views.