

## **SKILL ENHANCEMENT SESSION**

### **Maximizing Learning Potential: The Skill of Mindful Reading**

Date: 6<sup>th</sup> November, 2023

Venue: Mata Gujri Hall

The Department of Economics, Arthavristi in collaboration with Department of BA Programme, Advait, recently organized an insightful session focused on enhancing learning capabilities through the practice of mindful reading. Conducted on 6<sup>th</sup> November, 2023, the session aimed to equip students with strategies to maximize their learning potential by fostering a mindful approach to reading. The session commenced with an engaging introduction to the concept of mindful reading, emphasizing its significance in comprehending complex academic texts and retaining information effectively. Attendees were guided through various mindfulness techniques tailored for reading, encouraging them to cultivate a focused and attentive mindset.

The facilitator, Ms. Mukta Bhatt, Deputy Executive Director, Foundation For Effective Education, India, expertly navigated the discussion by illustrating practical methods to integrate mindfulness into reading habits. Participants learned to employ techniques such as focused breathing, active engagement with the text, and deliberate pacing to enhance comprehension and retention.

Interactive exercises allowed students to put theory into practice, enabling them to experience firsthand the benefits of mindful reading. Attendees actively participated in group discussions and shared their experiences, fostering a collaborative learning environment.

The session concluded with a recapitulation of key takeaways and actionable steps to incorporate mindful reading into daily study routines. Participants left the session equipped with valuable tools to optimize their learning experience and improve academic performance through the skill of mindful reading. Overall, the event was met with enthusiasm and appreciation, resonating positively with all attendees.