

Report on Mindfulness as 21st century critical skill

Organized by Mata Sundri College for Women, University of Delhi

Date:- 30 November 2023

Time:- 1:30 pm to 3:30 pm

Venue:- Room No. 311

Introduction

On 30 November 2023, the Department of Elementary Education of Mata Sundri College for Women (University of Delhi) organized a Seminar, For B.El.Ed. & ITEP students on Mindfulness as 21st Century Critical Skill.

Initially Ms. Japneet Kaur (Academic Enrichment, B.El.Ed.) presented a welcome note and introduced a speaker. The session was open for 2nd year students of B.EL.ED. department & ITEP students.

Session overview

The Speaker, Dr. Savita Sharma began by introducing herself. Then she proceeded to discuss Mindfulness and why it's important for our daily life. To make the session live, the speaker asked about students' views on mindfulness. The majority of the students participated and the session was going on enthusiastically.

Speaker shared her knowledge about mindfulness and shaped her views and understanding on mindfulness. Also students learnt about the mindfulness strategies and how an individual can start with a minimum experiment on mindfulness, happening around each one of us and the speaker as well as students, both had a discussion on their views and thoughts on mindfulness. Students also got to know about a few unique terms like monkey mind, birds eye view and many more.

The session concluded that all the students will use any of the mindfulness strategies shared by the speaker on a regular basis that they will devote at least 5 minutes from their day and it was amazing for us to know that the speaker herself has been doing the same strategies since, last 10 years with full of excitement and joy. We collectively as students are also looking forward to more such helpful sessions.

In summary, the session was informative and highlighted the meaning, importance and significance of mindfulness in students' lives.