

NATIONAL WEBINAR 'Mindfulness- A way of life' (16-10-21)

To improve the well-being and help people contribute to a satisfied busy lifestyle, Dev Samaj College of Education, 36-B, Chandigarh organized One-day National Webinar on 'Mindfulness- A way of life' on 16th October, 2021. The event was sponsored by Dr. Rupinder Cheema, Liberty Hospital, Mohali. The aim of the webinar was stress reduction and promotion of overall happiness for the people and society. Dr. Shilpa Suri, Positive Psychology Master Trainer & Educator.

The event commenced with a warm welcome extended by Dr. Puneet Kooner, Event Coordinator. The subtle spiritual encounter was done with the college prayer. This was followed by the kind words of Patron, Dr. (Mrs.) Agnese Dhillon, Principal, DSCE, in which she urged the youth to empower themselves with rightful thoughts and to keep refining our priorities with lifestyle shifts. Further, the resource person through her expressional delicacies highlighted the need of relishing and investing in the present, mentioned the seven pillars and core of mindfulness. Additionally, she addressed the participants with certain anecdotes for the non-judgmental and transformational thinking to help the mind with reception of new possibilities, in a very calm and patient manner. The event also observed three-minute guided breath meditation activity set for participants. The interactive question answer tell-tale was also conducted.

The session ended with formal vote of thanks by Dr. Shefali Cheema, Event Co-Convener to the eminent resource person for devoting her precious time and delivering an informative session. Dr. Harpreet Kaur, Event Convener on the behalf of the college thanked faculty members of the college and the participants joined across the nation. The webinar was conducted on ZOOM App and LIVE through YOUTUBE with more than 140 participants. Student organizer, Ms. Vaishali hosted and organized the event wonderfully.



