

THE NATIONAL COLLEGE, JAYANAGAR DEPARTMENT OF PSYCHOLOGY

WEBINAR REPORT

The Department of Psychology, The National College Jayanagar organized a webinar on July 13, 2021 (Tuesday) at 11am on Mindfulness - Tips and Techniques. The Head of the Department Mrs. Sumedha S welcomed the Principal Dr Y C Kamala, Vice Principal Prof. B V Sreedhar Swamy, resource person Ms. Shilok Mukkati and other participants. Speaker Ms. Shilok Mukkati spoke about the importance of mindful practise in our daily lives as it helps gain insight and focus on doing things in the right and sensible manner. She also did a demonstration of a few techniques for the participants to learn and practise. Ms. Shilok Mukkati also spoke about her personal experience and her journey with mindfulness which inspired the participants to inculcate the practise of Mindfulness in their day to day activities. The webinar was made interactive throughout with participants asking questions and Shilok Responding to their queries. The Vote of Thanks was presented by Prof. Geetha Srinivas and concluded the webinar.

IMAGES FROM THE WEBINAR:



