

**NEW HORIZON COLLEGE OF ENGINEERING**  
**DEPARTMENT OF COUNSELLING**  
**NATIONAL WORKSHOP ON MINDFULNESS**

Dept. of Counselling organized a Half Day National workshop on Mindfulness on 9<sup>th</sup> January 2020 in the falconry seminar hall, NHCE. The objective of the workshop was to help the professionals and degree students to improve their efficiency in their personal and professional life as well as for the degree students in their academic life. A total of 117 delegates participated in the workshop among them 51 were externals from different parts of India and 66 were internals from NHCE.

Ms Deepa, student counsellor emceed the workshop. The workshop was graced with the presence of the Chief Guest, Dr Mahendra Prakash Sharma Prof & Head of Behavioural Medicines Unit, NIMHANS, Bangalore. Workshop was inaugurated with lighting of the lamp by the Chief Guest, Dean Academics and Chief, Dept. of Counselling. Welcome address was delivered by Ms Rosina, student counsellor. Dr Prashanth C.S.R Dean Academics declared the workshop open and addressed the gathering. Chief Guest Dr Sharma also enlighten the gathering with the message to the young generation for being non materialistic.

The first session of the workshop was conducted by Dr Reena Jain, Chief, Dept. of Counselling, NHCE on the concept, practice and techniques of mindfulness. Second session on the benefits and applications of mindfulness was led by Dr Mahendra Sharma Prof & Head of Behavioural Medicines Unit, NIMHANS, Bangalore. Both the sessions were interactive and speakers answered many queries raised by the participants. Some of the activities like mindful eating were enjoyed a lot by the audience. The focus of this workshop was to teach application of mindfulness to students and professionals which can be applied in their everyday lives to cultivate their ability to calm and destress while working and also helped them to heighten their self-awareness, concentration and awakening.

Both the sessions were received very positively by the participants and it was reflected through their body language and the feedback forms. During the valedictory function all the external participants received their certificates. Student counsellor Ms Arghyasri, proposed a vote of thanks. Entire program was well coordinated by the department and supported by the management of New Horizon College of Engineering. Programme was ended with National Anthem.

