

Detailed Report on Mindfulness Session for Faculty

Organized by: Department of Counselling, New Horizon College of Engineering (NHCE)

Date: 12/02/2025 - 14/02/2025

Venue: Indoor Stadium, Amar Jawan Block

Duration: 50 minutes (3:40 PM to 4:30 PM)

Purpose & Objectives

The primary goal of the mindfulness session was to foster a culture of well-being among faculty members, enabling them to achieve a balanced and productive academic life. The specific objectives of the session included:

1. **Stress Management:** Provided faculty members with techniques to manage work-related stress effectively.
2. **Enhanced Focus and Clarity:** Improved concentration and mental clarity for better teaching and decision-making.
3. **Emotional Well-being:** Promoted emotional resilience, balance, and overall mental health.
4. **Promoted Work-Life Balance:** Encouraged mindfulness practices that contributed to a harmonious integration of work and personal life.

Execution of the Plan

1. Session Details

- Dates: 12th February 2025 to 14th February 2025
- Duration: 50 minutes per session (Daily)
- Session Timing: 3:40 PM - 4:30 PM
- Venue: Indoor Stadium, Amar Jawan Block

2. Mode of Delivery

- The sessions were conducted by in-house trained counsellors from the Department of Counselling.
- The sessions included guided meditation, breathing exercises, and mindfulness activities to foster relaxation and self-awareness.

3. Target Audience

- Faculty members from various departments were invited to participate.
- Participation was voluntary but highly encouraged to ensure maximum benefit.

4. Mode of Participation

- The sessions were conducted in person, ensuring a focused and immersive experience.
- The availability of faculty members and infrastructure was considered for organizing batches where required.

Outcomes

By the end of the mindfulness sessions, faculty members experienced the following benefits:

- A noticeable reduction in stress and anxiety levels.
- Improved focus and mental clarity, leading to enhanced teaching effectiveness.
- Increased emotional resilience and overall psychological well-being.
- A better sense of work-life balance, resulting in greater job satisfaction and personal fulfilment.

Conclusion

The Mindfulness Session for Faculty was a crucial initiative aimed at fostering a supportive and healthy work environment at NHCE. The Department of Counselling successfully promoted mental well-being and professional growth among faculty members through these structured mindfulness sessions. By integrating mindfulness practices into their daily routines, faculty members experienced significant improvements in their personal and professional lives, ultimately contributing to the overall academic excellence of NHCE. We appreciate the participation and support of all faculty members in making this initiative a success.

Prepared by:

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