

MANJARA MCT CHARITABLE TRUST

SMT. SUSHILADEVI DESHMUKH COLLEGE OF ARTS, SCIENCE AND COMMERCE,

Sector 4, Airoli, Navi Mumbai – 400 708

Summary report on Fostering mental wellbeing with emotional intelligence and mindfulness

Smt. Sushiladevi Deshmukh College in association with IQAC Cell has organized a webinar series on 'Fostering mental wellbeing with emotional intelligence and mindfulness' dated 10th August, 2021 (4 weeks = Every Wednesday) at 1.00 pm to 3 p.m in online mode.

The webinar was actually proposed by IQAC cell and there were 3 resource person. Ms. Jaya Rajdev, Dr. Kelkar and Ms. Somita Chaterjee.

The seminar on emotional well-being and mindfulness highlighted the importance of understanding and managing emotions for overall mental health. Participants learned that mindfulness involves being fully present in the moment and observing thoughts and feelings without judgment.

The seminar emphasized that practicing mindfulness can lead to reduced stress, anxiety, and depression. Mindfulness-based interventions, including techniques like meditation and deep breathing, were discussed as effective tools for enhancing emotional regulation and resilience.

Attendees were encouraged to incorporate mindfulness into their daily routines to improve self-awareness and emotional balance. It was emphasized that individual experiences may vary, so finding the right mindfulness techniques that resonate with each participant is essential for achieving optimal emotional well-being.

Program organizer



Principal

Dr. Shalini Vermani


PRINCIPAL

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