



### Meditation and Goal Setting

**Date: 29<sup>th</sup> January, 2019**

**Venue: Classroom, SFSCollege**

**Conducted by: Prof. Geeta Menon**

**Attended by: UG students – B. Com 4th Semester**

**Organized by: St. Francis de Sales College, Electronic City, Bengaluru**

On 29<sup>th</sup> January, 2019, during the Club Activity hour, a "**Reward and Recognition**" (**R&R**) program was organized to honor those students who took initiatives towards college activities. Rakshitha, Anusha, Praveen and Vidya were felicitated with small gifts from their mentor, Prof. Geeta Menon. Shruthi of B.Com 1<sup>st</sup> year 'A' was felicitated for rightly answering the quiz questions on Makara Sankranthi which was displayed on the Notice Board. This was done with the hope that it would inspire everyone to be more enterprising and become all-rounders.

The aim of this program is to improve focus, concentration and memory amongst students.

Ms. Vidya conducted a **Meditation Program** for the students. She is presently working part-time (Sales and Operation Manager) in an institute at HSR Layout which conducts meditation programs. She is undergoing the meditation course (Vigrahavinyasa yoga cum cyclic meditation) and will be shortly completing it.

Ms. Vidya tried to make them relax and keep the mind blank. After some time, the students were asked to narrate their experiences and also about what crossed their mind when they were asked to sit still. While some students mentioned that they heard sounds around them, Felix mentioned that his thoughts raced about past events.

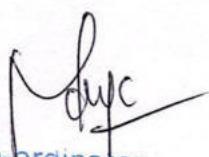
Thereafter, Vidya asked Sandhyashree to count numbers backwards from fifty to One. Sandhyashree tried doing that but faltered in between. This was repeated with Jennifer, who accomplished the task successfully. Later, Vidya asked volunteers to read alphabets backwards (Z to A). Many of the students vehemently refused to do so saying that it was difficult. However, some students tried memorizing the same and finally Bhavyashree managed to say the same.

Mindfulness can be described as the practice of paying attention in the present moment, and doing it intentionally and with non-judgment. Mindfulness meditation practices refer to the deliberate acts of regulating attention through the observation of thoughts, emotions and body states. Typical mindfulness activities include:

- Mindful non-judgmental awareness of breath, body, feelings, emotions and/or thoughts.
- Mindful walking meditation
- Mindful eating
- Mindful body scan in a sitting or lying down position
- Listening with non-judgment

Students will find it much easier to focus and actively engage in the classroom. The class will benefit as a whole from a collective calm. These skills can also be applied to maturely navigate challenging peer or family interactions. Students will be less likely to bully others, and those students who are bullied will be more resilient. Students are also less likely to engage in high-risk behaviors as they will be calmer and less reactive.

Teachers will be able to spend more time teaching and less time managing the classroom and also be better equipped to handle the stresses of work. Teachers teaching students that are practicing mindfulness will also find students to be better mentally equipped to learn.



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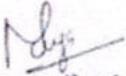


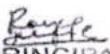
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The memorable moments for the winners .The winners of the activity was bestowed by the Resource Person: Prof. Geeta Menon on 29th

January, 2019.

  
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