



'MINDFULNESS'

School of Commerce & Management Studies

Academic Year 2024-25

Subject: Report of guest session on 'MINDFULNESS'

1. Event Title: 'MINDFULNESS'

2. Event Date: 7th February 2025

3. Event Conduction Duration: 10 am to 11am

4. Event Venue [Location]: Smart Classroom

5. Organizer of the Event (Faculty):

1. Dr. Shruti Shouche
2. Mr. Rushikesh Patil

6. Number of students: 86

7. Event Outline, Objectives and Outcome of the event:

The School of Commerce and Management Studies (SOCMS) organised a guest session on 'Mindfulness' on 7th February 2025 between 10am and 11am. Mr. Vanky Kataria, a mechanical engineer and a speaker on 'Mindfulness', addressed students on mindful behaviour. He spoke on how an individual should make use of teachings given by saints, in day to day life to discover mind potential and to make use of it towards self-development.

The event was organized to give insights about self-awareness, social awareness and how to control extreme emotions to have stable, well concentrated mindful activities.

The lecture aimed to achieve the following specific objectives:

Experiential Learning: Enable students to get deep understanding of self and the world around better.

Motivational Learning: Facilitate students to observe each of our own experience with curiosity and use the learnings out of it in the day to day life.

Positive behavioural Takeaways: To bring positive change in the behavior of the students.

8. Photo:







Report Prepared by: Dr. Shruti Shouche

Asst. Prof.

SOCMS