



SHRI LAL BAHADUR SHASTRI DEGREE COLLEGE, GONDA
श्री लाल बहादुर शास्त्री डिग्री कॉलेज, गोण्डा
AN AFFILIATED COLLEGE OF DR RAMMANOHAR LOHIA AVADH UNIVERSITY, AYODHYA,(U.P)

THE INTERNAL QUALITY ASSURANCE CELL

&

DEPARTMENT OF PSYCHOLOGY

IS ORGANIZING

ONE DAY WORKSHOP

ON

MINDFULNESS AND STRESS REDUCTION

06 MARCH 2024

VENUE - SLBSDC, MAIN CAMPUS

TARGET AUDIENCE - UNDER GRADUATE STUDENT OF ALL SUBJECTS

SPEAKER – DR PRANAY KUMAR TRIPATHI

**(Prof & Head, The Dept of Psychology, K. S. SAKET P.G. COLLEGE,
AYODHYA)**

**NO
REGISTRATION
FEES**

**NO
REGISTRATION
FEES**

**THANK
YOU !!!!!!!!**



For any queries, feel free to contact us on-

Miss Pooja Yadav- 8543919547

Dr Mamta Shukla- 8736022455

Dr Raj Bahadur Choudhry- 9455594759



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DETAIL REPORT
OF
ONE DAY WORKSHOP
ON
MINDFULNESS AND STRESS REDUCTION
CONDUCTED ON
06 MARCH 2024

DETAIL REPORT –

The Internal Quality Assurance Cell and The Department of Psychology, Shri Lal Bahadur Shastri Degree College, Gonda jointly organised a one-day workshop on mindfulness & stress reduction on 06 March 2024. Under graduate student of our college attended the workshop.

SPEAKER – DR PRANAY KUMAR TRIPATHI

(Prof & Head, THE DEPARTMENT OF PSYCHOLOGY, K. S. SAKET P.G. COLLEGE, AYODHYA)

PATRON

Prof. Ravindra Kumar, Principal, SLBSDC

CONVENOR

Prof. Ram Samujh Singh, IQAC Coordinator

CO-CONVENOR

Dr Mamta Sharma, Head, Dept. Of Psychology

ORGANIZING SECRETARY

Miss Pooja Yadav, Dept. Of Psychology

JOINT ORGANIZING SECRETARY

Dr Mamta Shukla, Dept. Of Psychology

Dr Raj Bahadur Choudhry, Dept. Of Psychology

INTRODUCTION –

On March 06, 2024, a workshop on “Mindfulness and Stress Reduction” was conducted at Shri Lal Bahadur Shastri Degree College (main campus) Gonda. The session aimed to equip participants with some practical strategies for managing stress through mindfulness practices. The workshop was attended by 48 individuals from under graduate courses from our college.

OBJECTIVES

The primary objectives of the workshop were:

1. To introduce participants to the concept of mindfulness and its benefits.
2. To provide practical exercises/practices for stress reduction.
3. To help participants develop a personalized mindfulness practice.

WORKSHOP OVERVIEW

The workshop was led by Dr. Pranay Kumar Tripathi, Prof & Head, The Department of Psychology with a focus on mindfulness-based stress reduction (MBSR). The session was divided into four main segments:

1. **Introduction to Mindfulness (15 minutes)**
2. **Mindfulness Techniques (30 minutes)**
3. **Interactive Exercises (30 minutes)**
4. **Q&A and Reflection (15 minutes)**

1. INTRODUCTION TO MINDFULNESS

Dr. Pranay Kumar Tripathi began by, with an overview of mindfulness, defining it as the practice of paying attention to the present moment with acceptance and without judgment. He explained how mindfulness can help reduce stress by breaking the cycle of automatic, reactive responses to stressful situations. The theoretical foundation was supported by recent research highlighting mindfulness' impact on reducing anxiety and improving overall well-being.

Key points included:

- **Definition of Mindfulness:** Awareness of present experiences with an open and accepting attitude.
- **Benefits:** Reduced stress, improved focus, emotional regulation, and better physical health.
- **Scientific Evidence:** Studies indicating that mindfulness practice can lower cortisol levels, enhance immune function, and improve mental health outcomes.

2. MINDFULNESS TECHNIQUES

In this segment, Dr. Pranay Kumar Tripathi demonstrated various mindfulness techniques that participants could use in their daily lives. Each technique was explained in detail, with emphasis on how to practice and integrate them effectively.

- **Breathing Exercises:** Participants practiced deep breathing and diaphragmatic breathing. These techniques help anchor attention and create a sense of calm. Dr. Carter emphasized focusing on the breath's natural rhythm and letting go of distractions.
- **Body Scan Meditation:** This technique involves mentally scanning the body from head to toe, noting areas of tension or discomfort. The goal is to cultivate a heightened awareness of bodily sensations and promote relaxation.
- **Mindful Observation:** Participants practiced mindful observation by focusing on everyday objects, such as a pencil or a flower. This exercise aimed to enhance the ability to fully engage with the present moment.
- **Mindful Walking:** Dr. Pranay Kumar Tripathi led a brief session of mindful walking, encouraging participants to pay close attention to each step, the movement of their legs, and the sensations of their feet touching the ground.

3. INTERACTIVE EXERCISES

The interactive portion of the workshop allowed participants to apply the techniques in a supportive environment.

- **Group Meditation:** The group engaged in a 15-minute guided meditation led by Dr. Pranay Kumar Tripathi. This session helped participants experience mindfulness in a communal setting and provided a sense of shared calmness.
- **Pair and Share:** Participants were paired up to discuss their experiences with the mindfulness techniques introduced. This exercise fostered peer support and allowed individuals to share personal insights and challenges.

4. Q&A AND REFLECTION

The final segment of the workshop provided an opportunity for participants to ask questions and reflect on their experiences.

- **Q&A Session:** Dr. Pranay Kumar Tripathi addressed various questions, such as how to maintain a consistent practice and how to integrate mindfulness into a busy schedule. Common concerns about the effectiveness of mindfulness and dealing with distractions were also discussed.

- **Reflection Exercise:** Participants were guided through a reflection exercise to consider what they had learned and how they planned to incorporate mindfulness into their daily lives. They were encouraged to set realistic goals for their practice and consider potential obstacles.

PARTICIPANT FEEDBACK

Feedback from participants was overwhelmingly positive. Many reported feeling a greater sense of calm and improved awareness after the session.

Key takeaways included:

- **Increased Awareness:** Participants appreciated the practical tools for increasing mindfulness and observed an immediate reduction in stress during the exercises.
- **Practical Applications:** The techniques were praised for their applicability to daily life, with many participants expressing a desire to incorporate mindfulness into their routines.
- **Enhanced Understanding:** Several attendees noted that the workshop helped clarify the concept of mindfulness and provided a structured approach to practice.

CHALLENGES AND RECOMMENDATIONS -

Despite the positive feedback, some challenges were noted:


- **Time Constraints:** The workshop's duration limited the depth of each technique. Extending the workshop or offering follow-up sessions could enhance understanding and practice.
- **Varied Experience Levels:** Participants had different levels of prior experience with mindfulness. Providing materials for various experience levels and additional resources could help address this diversity.

CONCLUSION -

The "Mindfulness and Stress Reduction" workshop successfully introduced participants to effective mindfulness techniques and provided practical tools for managing stress. The session offered a balanced mix of theoretical knowledge and hands-on practice, resulting in positive feedback and increased participant engagement. Future workshops could benefit from extended durations and additional resources to further support diverse experience levels.

The workshop has set a strong foundation for individuals seeking to integrate mindfulness into their lives and has contributed to the broader goal of improving community well-being through stress reduction techniques.

ATTENDANCE LIST OF PARTICIPANTS-




फोन नं० : 05262-232994
E-mail: principal@lbsdc.org.in
Website: lbsdc.org.in

श्री लाल बहादुर शास्त्री डिग्री कालेज, गोण्डा -271003 (उ.प्र.)
SHRI LAL BAHADUR SHASTRI DEGREE COLLEGE, GONDA - 271003 (U.P.)

Attendance

Name of Activity – Conference/Seminar/Workshop/Guest Lectures/Cultural Activities
Department - **PSYCHOLOGY** Date: - **06-03-24**

क्र.सं.	दाता/दाता का नाम	कक्षा	हस्ताक्षर	क्र.सं.	दाता/दाता का नाम	कक्षा	हस्ताक्षर
22	Saumya Singh	B.A.III Sem	Saumya Singh	23	Harshita Singh	B.A.IV Sem	Harshita Singh
24	Anshu Gupta	B.A.IV Sem	Anshu Gupta	25	Mansi Singh	B.A.IV Sem	Mansi Singh
26	Kusana	B.A.IV Sem	Kusana	27	Madhu Dubey	B.A.IV Sem	Madhu Dubey
28	शिवानी शर्मा	B.A.IV Sem	शिवानी शर्मा	29	नदिनी मिश्रा	B.A.IV Sem	नदिनी मिश्रा
30	Renuka Kaushik	B.A.IV Sem	Renuka Kaushik	31	Nainshi Singh	B.A.IV	Nainshi Singh
32	Sapna Tiwari	B.A.IV Sem	Sapna				
33	Pallavi Mishra	B.A.IV Sem	Pallavi				
34	Nitya Rastogi	B.A.IV Sem	Nitya Rastogi				
35	Priyanka Yadav	B.A.IV Sem	Priyanka Yadav				
36	Rinki Tiwari	B.A.IV Sem	Rinki Tiwari				
37	Krishnavati	B.A.IV Sem	Krishnavati				
38	Rachna Gupta	B.A.IV Sem	Rachna Gupta				
39	Anjali Maurya	B.A.IV Sem	Anjali Maurya				
40	Roli Tiwari	B.A.IV Sem	Roli Tiwari				
41	Risha Khan	B.A.IV Sem	Risha Khan				
42	Salma	B.A.IV Sem	Salma				
43	Abhishek Shukla	B.A.IV Sem	Abhishek				
44	Muskan Singh	B.A.IV Sem	Muskan Singh				
45	Shikha Dubey	B.A.IV Sem	Shikha				



फोन नं० : 05262-232994
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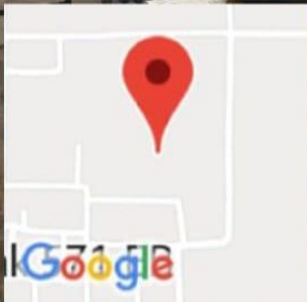
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क्र.सं.	दाता/दाता का नाम	कक्षा	हस्ताक्षर	क्र.सं.	दाता/दाता का नाम	कक्षा	हस्ताक्षर
1	Saumya Singh	B.A.III Sem	Saumya Singh				
2	Anchal Pandey	B.A.IV Sem	Anchal				
3	Divyani Srivastava	B.A.IV Sem	Divyani				
4	Shivam Pandey	B.A.IV Sem	Shivam				
5	Nivedita Madan	B.A.IV Sem	Nivedita				
6	Nishu	B.A.IV Sem	Nishu				
7	Mansi Verma	B.A.IV Sem	Mansi				
8	Anchal	B.A.IV Sem	Anchal				
9	Humaira Pathan	B.A.IV Sem	Humaira				
10	Shweta Srivastava	B.A.IV Sem	Shweta				
11	Sheetal Chakraborty	B.A.IV Sem	Sheetal				
12	Lajo Devi	B.A.IV Sem	Lajo				
13	Rajni Singh	B.A.IV Sem	Rajni				
14	Abhishek Jaiswal	B.A.IV Sem	Abhishek				
15	Kavita Anand	B.A.IV Sem	Kavita				
16	Samaira K.	B.A.IV Sem	Samaira				
17	Samaira Maurya	B.A.IV Sem	Samaira				
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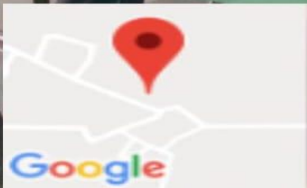
MEMORABLE GLIMPSE OF THIS WORKSHOP -





Devipatan Division, Uttar Pradesh, India
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Lat 27.132596°
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Devipatan Division, Uttar Pradesh, India
798, Jhanjhari Block, Gonda, Janki Nagar, Uttar Pradesh
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