

ST. ANN'S COLLEGE OF EDUCATION
(Autonomous)

Accredited by NAAC with 'A' Grade: 3rd Cycle
S. D. Road, Secunderabad, Telangana 500003



Dear Participants: As part of our efforts towards capability building, the College has planned a series of workshops on various topics to be scheduled commencing from 19.02.22. A certificate of participation will be awarded on submission of the feedback form.

Webinar Link: <https://meet.google.com/vbc-ewcn-pos>

Webinar Timing: 10 am to 13:00 pm

Mark the dates on your calendar.

CAPABILITY BUILDING WORKSHOPS



Workshop Title: **A Quest For: Happiness, Well-Being & Mindfulness**

Resource Person: **Professor K. Geetha**

| DAY & DATE | TIME | SCHEDULE |
|------------------------------|--------------------|---|
| SATURDAY 19 February 2022 | 10:00 - 11:00 am | Input Session |
| | 11:15 - 11:45 am | Practical Session & Inputs for Worksheets |
| MONDAY 21 February 2022 | 10:00 - 12:00 Noon | Presentations, Discussions & Feedback |

On completion of this workshop students will be able to:

- restructure their priorities
- understand emotions
- have a sense of control over emotions
- plan a holistic future
- develop inward mindfulness for well being
- demonstrate skills of self-direction
- channelize thoughts
- decrease emotional reactivity
- prescribe for longevity
- decipher mood swings: Hedonic Vs Eudemonic
- progress towards a humanistic society