



SRI GURU NANAK DEV KHALSA COLLEGE

Dev Nagar, Delhi - 110085

Event	Mindfulness for balance and successful life
Organiser	YUVA
Date	14 October 2024
Time	12:00pm to 1:30 pm
Duration	2 hours
Place/Platform	Seminar hall

Poster:-



Activities

YUVA (youth United for vision and action) of Sri Guru Nanak Dev Khalsa College organized a workshop cum orientation on mindfulness for a balance and successful Life with speaker guest NIKKI NARULA

During the workshop on "Mindfulness for a Balanced and Successful Life," Nikki Narula conducted a variety of interactive activities to engage the students. She began the session with a series of detailed PowerPoint presentations that highlighted the core concepts of mindfulness, including its benefits in managing stress, enhancing focus, and improving emotional well-being. These presentations were not just informational but also designed to encourage participation. Following the presentation, Nikki Narula facilitated these discussions by moving between groups, asking thought-provoking questions, and encouraging students to open up about their challenges.

Nikki Narula guided these conversations with care, ensuring a supportive and non-judgmental environment. Nikki Narula is not just making the session for educational purposes but also transformative for many participants.



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Main Idea:-

The main idea of the Workshop and Orientation on Mindfulness and a Balanced Life was to introduce participants to the concept of mindfulness as a powerful tool for achieving mental clarity, emotional balance, and overall well-being. It aimed to teach practical techniques for managing stress, enhancing focus, and maintaining a balanced approach to personal and professional life, ultimately contributing to long-term success and happiness.

Pictures:-





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Neha Atri

Name: Dr. Neha Atri

(Convenor)