

MAHARAJA SURAJMAL INSTITUTE OF TECHNOLOGY

Department of Computer Science and Engineering

10th October 2023

Seminar on Mindfulness

On the occasion of World Mental Health Day 2023 a seminar on “Mindfulness” was conducted by Ms. Preeti Sinha (Clinical Psychologist) at Maharaja Surajmal Institute of Technology, Janakpuri in room no. 206 at 11:00 am. She emphasized on the early recognition of mental illness and the importance of consulting an expert for its treatment. As the event progressed she beautifully explained the importance of peaceful mind which ultimately leads to good behaviour and successful individual. The session turned out to be an interesting one with highly interactive audience who further added and elaborated the importance of intrinsic and extrinsic motivation in success of an individual.

The seminar was concluded with interactive activities highlighting the importance of mindfulness, listening, peacefulness and patience. The event was overall a great success and taught students to focus on mental health which is one of the major contributors to success.

Team FDP

CSE Department

