

Guest Lecture on 'Mental Well Being' - Mindfulness and Resilience

Faculty of Education is delighted to share the report of the Guest Lecture on 'Mental Well Being' - Mindfulness and Resilience, held on 12.02.2024 at 11:00 a.m . The chief guest for the day was Prof.Dr.V. Nalini, Vice Principal, Jaya College of Education, Chennai. The session started with activities in which the students participated playing childhood toys it brought reminiscence about their childhood days. She highlighted about the 5C's which includes Consciousness, Compassion, Confidence, Courage and Community. She emphasized on the resilience that how to successfully adapt the difficult situation in our life. The whole session was interactive and highly beneficial for the young minds . Faculty of Education is pleased to express its gratitude to our Honourable President for the opportunity to organise the event that enkindle the minds of the learning fraternity. It also extends its gratefulness to all the executives for their constant encouragement.

 **Dr. M.G.R.**
EDUCATIONAL AND RESEARCH INSTITUTE
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(An ISO 21001 : 2018 Certified Institution)
Periyar E.V.R. High Road, Madhavoyal, Chennai-95, Tamilnadu, India.

 **A+**

 **Faculty of Education (B.Ed.)**
Organizes a Guest Lecture
on
'MENTAL WELL BEING'
('Mindfulness and Resilience')



SPEAKER
Prof. Dr. V. NALINI
*Vice -Principal,
Jaya College of Education,
Chennai.*

 **12.02.2024**  **11.00 am**



