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20.09.2021

## Webinar Report

The Women Cell, ATME College of Engineering (ATMECE), Mysuru in association with AFH (Aspire For Her) a social startup had organized a webinar on "MindFulness" on 20th Sep 2021

The Resource persons Ms. Aleena Zacharia, Audit Associate at HC Shah and Ms. Gayatree Borul, Instrumentation and Control Engineering Student addressed about the Mindfulness - IBM crash course certification

Ms. Aleena Zacharia addressed about the mindfulness concepts and techniques and has explained how to apply mindfulness practices for various situations. The resource person also shared about the benefits to the individual and how to further develop focus and self-awareness.

Ms. Gayatree Borul addressed about the various skills such as Communication Skills, Professional Skills, Emotional Intelligence, Self-Awareness, Mental Management, Relaxation Techniques, and Visualization Practices the Badge earners can get and can use those skills as a foundation for further study in mindfulness and to apply mental and emotional management in any career path they choose.

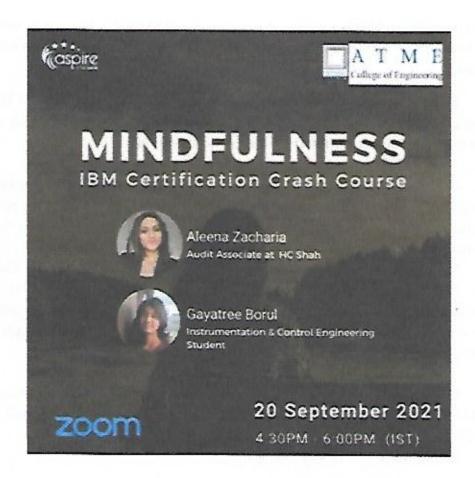
Dr. Bhagyashree S R, Chairperson Women Cell, Prof & Dean-Research, ATMECE, Coordinators: Ms. Swapna H, Mrs. Sneha N P, Students and Staff of ATMECE and other AFH Team Members attended the session.





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## **Event Details**



DEAN RESEARCH
ATME College of Engineering

13th KM, Mysuru-Kanakapura-Bangalore Road,
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