



CHRIST
(DEEMED TO BE UNIVERSITY)
BANGALORE · INDIA

DEPT OF PSYCHOLOGY
PRESENTS A WORKSHOP ON

MINDFULNESS



13/03/2018, 9-4 PM

**911, 9th Floor,
Central Block**

**Facilitated by
Dr BAIJESH, Clinical
Psychologist**

Contact: Dr Santosh KR
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DEPARTMENT OF PSYCHOLOGY

Workshop

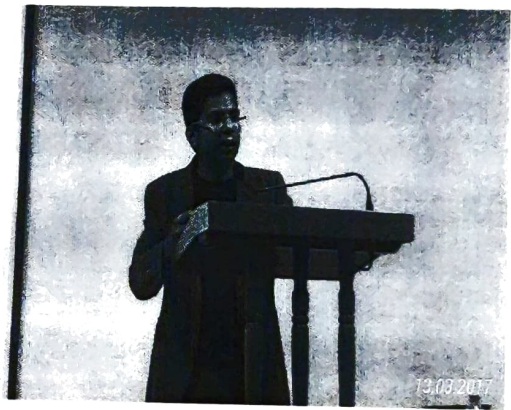
Mindfulness: a De-centered Attentive Stance

Mindfulness is ability- be it a state or a trait, to be attentive on purpose, present in the moment and non-judgmentally attending to one's own feeling, thought and emotions. This was conceptualized by Kabat- Zinn (2003). As a theoretical construct mindfulness dates as far back as the oldest known civilization that existed along the valleys of Indus evident from the seal with a yogi, trickling down to the vedic practices of *sati* and Buddhist practices of *samatha* and *Vipasana*.

Mr. Baijesh A.R, Assistant Professor, Department of Psychology, Central University of Karnataka, delivered an intellectually stimulating lecture about the concept of mindfulness, on 13-03-

2018. 10 am to 12 pm for the students who pursue BA Psychology Honours and CEP (VI Semester), which was organized by Dr. Santhosh K R and Dr Padmakumari. Mr. Baijesh emphasized on the importance of being present, as it was of utmost necessity in this globe that had been undergoing rampant globalization and industrialization. He asked a simple question to make his audience

understand this; "Think about whether or not your friend who you meet every day is the same person today". The answer was "no" because cellular death and regeneration happens so rapidly that our body differed each and every instant on a cellular level. More important is the learning and knowledge



acquisition the person undergoes, making them different on the basis of their thoughts, feelings, emotions and behavior. Mindfulness training like Mindfulness Based Stress Reduction and Mindfulness Based Cognitive Therapy; or possessing mindfulness as a disposition reduces vulnerability to psychopathologies and also helps in coping



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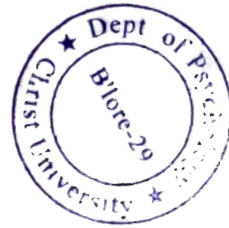


with daily stressors by observing, describing and accepting all of one's thoughts and feelings non-judgmentally. Mindfulness based techniques are slowly gaining traction among the various subfields of psychology. This highlights the importance of this Positive Psychology intervention and practice in the current scenario of the field.

T. S. Seng

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DEPARTMENT OF PSYCHOLOGY
PSYCHOLOGY ASSOCIATION
Attendance Sheet - List of Students

S.NO.	NAME	SIGNATURE
1	ANNA JOGIE	<i>Anna</i>
2	ARCHISHA WADHWA	<i>Archisha</i>
3	DIVYA V RAMANI	<i>Divya</i>
4	ELSY N J	<i>Elsy</i>
5	URVI MALANI	<i>Urvi Malani</i>
6	AMBARISH PRASANNA	<i>Ambarish</i>
7	DHANANJAY SARAF	<i>Dhananjay</i>
8	HAZEL D'SOUZA	<i>Hazel</i>
9	ANNIE JAMES	<i>Annie James</i>
10	ARUSHI MALIK	<i>Arushi</i>
11	FORUM NIMESH MEHTA	<i>Forum</i>
12	VIDUSHI MATHUR	<i>Vidushi</i>
13	ANMOL RANA	<i>Anmol</i>
14	ISHANI BEHERA	<i>Ishani</i>
15	HUSNAA M A BAIG	<i>Husna</i>
16	ANOUSHKA AKHOURI	<i>Anoushka</i>
17	B MESHVI	<i>B Meshvi</i>
18	HAJIRA AIMAN N	<i>Hajira</i>
19	ALEN TONY ALAPPATT	<i>Alen</i>
20	AYUSH GOENKA	<i>Ayush</i>
21	GOVIND G KISHAN	<i>Govind</i>
22	ISHANI BEHERA	<i>Ishani</i>

SA

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