

WORKSHOP
ON
MIND MANAGEMENT

The Internal Quality Assurance Cell in association with Department of Commerce, Sri Guru Gobind Singh College of Commerce, University of Delhi, conducted a workshop on “Mind Management”, on 15th November 2022 at 9:30 a.m. Professor AK Singh, Head Department of Commerce, University of Delhi was the speaker for the workshop, conducted under the guidance of Prof Sangeeta Dodrajka, IQAC Convenor and Dr. Sarabpreet Kaur, Head, Department of commerce. He addressed the faculty members, non-teaching staff and students on how to control and direct the mind positively to live a satisfied life. Over 87 faculty members, non-teaching staff and students attended the workshop which is the need of the hour in the present stressful times.

The session commenced with a welcome address by, Principal Dr. Jatinder Bir Singh and Prof Sangeeta Dodrajka, SGGSCC. Thereafter, Prof Singh started with his presentation, which made us aware of the importance of managing mind in today’s hard, demanding and stressful life, which we usually forget to cater to. Learning mind management tools and techniques help nurture skills that are required to respond to professional responsibilities. He explained that Mind is a vast field where stimuli of all actions sprout. Our life is based on our mind yet; there is not much that is done to harness the hidden power of the mind. He emphasised that the synergy between the left and right side of the brain results in efficiency, effectiveness, dynamism, and harmony in professional as well as personal life.

This was followed by a Q&A session, where the attendees asked various questions mainly pertaining to high-stress levels, improving concentration, reducing anxiety etc, Prof Singh aptly answered and discussed the same. Overall, it was an enriching and enlightening session that was quite fruitful for all the attendees.

