



# Maharaja Agrasen Institute of Management Studies

Affiliated to GGSIP University; NAAC A++ Accredited; Recognized u/s 2(f) of UGC  
Recognized by Bar Council of India; ISO 9001 : 2015 Certified Institution  
Maharaja Agrasen Chowk, Sector 22, Rohini, Delhi – 110086, INDIA [www.maims.ac.in](http://www.maims.ac.in)



## ONLINE CERTIFICATE COURSE Mindfulness – Here & Now Organized by Essentia – The Soft Skills Society of MAIMS Academic Year: 2023-24

28th March 2024

Name of Event: Certificate Course on “Mindfulness- Here & Now”

Resource Person: Ms Preethi Balan

Date of the Event: 6th March 2024- 27th March 2024

Time of the Event: 2.30 to 4 pm

Location: Google Meet

Number of Students participated: 64

### “Mindfulness- Here & Now”

Maharaja Agrasen Institute of Management Studies, under the aegis of IQAC, started a certificate course on “Mindfulness- Here & Now”. The course was started for the undergraduate students of MAIMS and other institutes. Registration for the same began on 7th February, 2024 and classes started from 6th March, 2024 and ended on 27th March, 2024. With seven sessions of an hour and a half each, the course was of 10.5 hours in total.

This online course on mindfulness was organized by the Essentia – The Soft Skills Society, to enhance the mindfulness of the business professionals, staff, faculty and students of the institute, so that they can apply the concept of mindfulness to their daily professional and personal lives, to help them improve the overall quality of their lives. The resource person was Ms. Preethi Balan, who taught the techniques of mindfulness based on the unified mindfulness system. She has been a coach and trainer to individual business leaders, corporate professionals and organizational teams. The goal of the program was to support people to develop consistent mindfulness practice and enable them to implement mindfulness in daily situations.

This course is aimed at exposing participants to the various aspects of mindfulness with the goal improving their productivity, functionality at the same time improving the overall quality of their life. Google meet was the online platform chosen for the conduct of classes. In total 64 students registered and completed the course. They were also required to participate in a short multiple choice question quiz after every topic. Criteria of certification was attendance and completion of multiple- choice question quizzes that were conducted from time to time.

The course had been started with the topics that were chosen to keep in mind the requirements of hustle bustle of the daily fast and complex lives people are living now. Almost all the topics were covered by resource person in detail. The different modules taken up by the resource person were aimed to help participants experience relief from stress, anxiety, increased sense of well-being, better understanding of self and better management of relationships.

Such courses provide help to the participants to navigate the stressful lives of the current technology era with ease, thus helping them to improve the overall quality of their lives. It gives them an edge

over others when it comes to working in the corporate world. The course began with a discussion on the concept of mindfulness, and the importance of rest and relaxation in one's life. The participants learnt about the techniques of relaxation to achieve mindfulness in every activity of their lives that they do. The resource person helped the respondents to practice these mindfulness techniques under her supervision, so as to help them apply the techniques in their daily routine, to inculcate more positivity in their lives.

Total 64 students from various colleges including different courses of MAIMS and many other colleges participated in the course. The course was a resounding success, leaving attendees inspired and motivated. Preethi's pedagogies to teach the techniques on mindfulness turned out to be engaging, which encouraged two-way interaction among the trainer and attendees, helping them to learn the application of the techniques. Preethi shared her remarkable journey of transformation from corporate HR professional in a senior role to a Mindfulness Coach, which inspired the attendees to understand the importance of mindfulness in improving the overall quality of lives.

Participants collectively were appreciative of the pedagogy and the content of the course. The session was deemed insightful, with attendees highlighting the practical advice and real-world experiences shared. The energy throughout the online sessions was infectious, keeping the audience engaged from start to finish. The interactive nature of the session, including Q&A segments, ensured that all queries were addressed, fostering a rich learning experience. Overall, the course served as a powerful motivational tool, igniting the flames of mindfulness within the attendees.

The credit for this initiative goes to Prof. (Dr.) Rajni Malhotra Dhingra, Director, MAIMS and Prof (Dr) Manoj Verma, HOD, Business Administration, for their constant support and encouragement, which helped in the successful accomplishment of this course. After the completion of the sessions, certificates were distributed to all the 64 students who were able to qualify for the certificate course .

Date: 6<sup>th</sup> to 27<sup>th</sup> March, 2023

Event: Online Certification Course on Mindfulness

Resource Person: Ms Preethi Balan



**MAHARAJA AGRASEN INSTITUTE OF MANAGEMENT STUDIES**

(A unit of Maharaja Agrasen Technical Education Society)

Affiliated to GGSIP University, Recognized u/s 2(f) of UGC & Bar Council of India

Maharaja Agrasen Chowk, Sector 22, Rohini, New Delhi, Delhi 110086

ACCREDITED BY NAAC WITH 'A++' GRADE



# Essentia : The Soft Skills Society

(Under Centre for Human Values and Skill Enhancement)

P R E S E N T S

## Mindfulness: Here and Now.

**6th March  
Onwards**

**₹250/-**  
for 8 online  
sessions



MASTERS IN  
PSYCHOLOGY



14 YEARS OF EXPERIENCE IN  
CORPORATE ROLES



12 YEARS OF UNIFIED  
MINDFULNESS COACH

**Ms Preethi Balan**  
Unified Mindfulness Coach

### ABOUT THE SPEAKER

The techniques employed by Ms. Preethi Balan, under the unified mindfulness system are secular and flexible, and can be applied by anyone who wants to practise mindful living. She teaches these techniques to individuals, groups, corporate, students and employees. She also collaborates to offer support to the clients. Her goal is to support people to develop consistent mindfulness practice and enable them to implement mindfulness in daily situations.



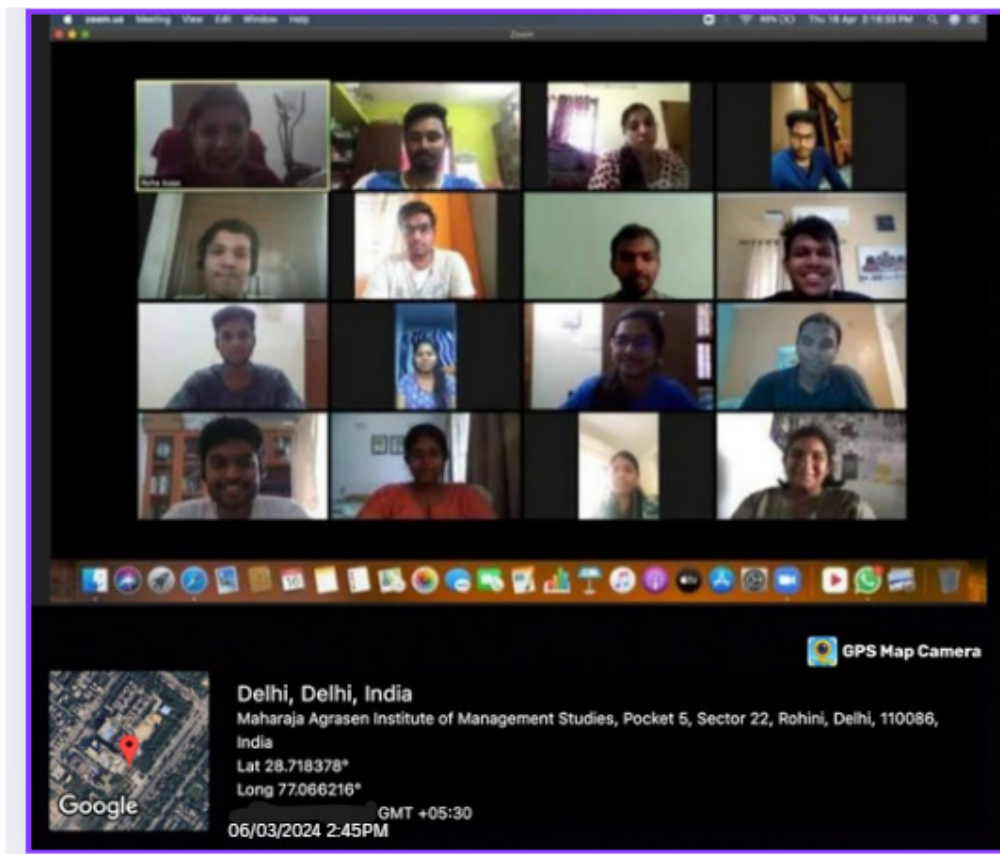
**SCAN TO REGISTER**  
OPEN FOR BOTH, FACULTY AND STUDENTS.

### FOR MORE DETAILS:

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**Students attending the live session with Ms. Preethi Balan**