



PRESENTS

36th Fortnightly Workshop on

# Power of Mindfulness: Enhancing your Concentration and Emotional Resilience

By: Ms. Nithi Sharma  
(Clinical Psychologist)



For Students from Classes 5th to 12th  
(Teachers can also Participate)

September 28th, 4:00PM IST



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KNOWLEDGE SESSION 2023: EPISODE 36

ORGANIZED BY: KNOWLEDGE AND AWARENESS MAPPING PLATFORM

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**Topic:** Power of Mindfulness: Enhancing your concentration and Emotional Resilience

**Date:** September 28, 2023

**Category:** Scientific and Life Skills

**Organized for:** Students from classes 5-12

**Speakers/Presenters:** Ms. Nithi Sharma (Clinical Psychologist)

**No. of Participants:** 450+ students from different schools across India

### Overview:

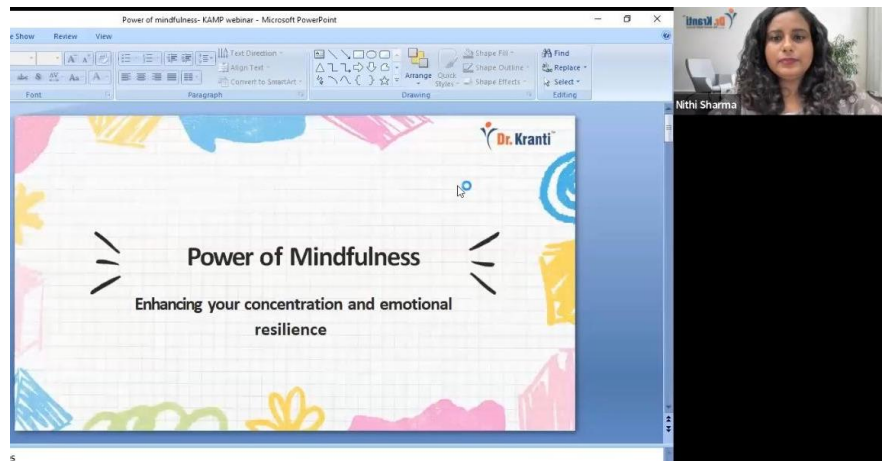
On September 28th, 2023, KAMP conducted its 36th Fortnightly Session on "The Power of Mindfulness: Enhancing Concentration and Emotional Resilience", exclusively for students from classes 5th to 12th from different schools across India.

The session was convened by Mr. Aniket Arora, and facilitated by Ms. Nithi Sharma (Clinical Psychologist) with the purpose of helping students understand what mindfulness is, how they can practice, what are its benefits etc.


During this insightful workshop, Ms. Nithi played a pivotal role in guiding students on their journey to understand the concept of mindfulness. She not only introduced them to the fundamental essence of mindfulness but also offered invaluable guidance on how to incorporate mindfulness practices into their daily lives.

She explained Mindfulness is the focus on being intensely aware of what you're sensing and feeling in the moment, without interpretation or judgment. She further explained that practicing mindfulness involves breathing methods, guided imagery, and other practices to relax the body and mind and help reduce stress.

Ms. Nithi's engaging session covered a multifaceted exploration of mindfulness. First and foremost, she delved into a comprehensive explanation of what mindfulness truly entails, elucidating its core principles and significance in today's fast-paced world.



Furthermore, Ms. Nithi provided students with practical techniques and exercises that allowed them to experience mindfulness firsthand. By leading these exercises, she created a conducive environment for students to grasp the tangible benefits of mindfulness in a direct and experiential manner. These exercises served as an effective bridge between theory and practice, helping students cultivate a deeper understanding of mindfulness.



## HOW TO PRACTICE Mindfulness

A common challenge to practicing mindfulness is believing we are not capable

Mindfulness does not mean emptying our minds but instead filling our minds with the present moment

Recognizing our thoughts, emotions, and sensations in our body are part of the practice


Learning to name that is happening, let go, and returning to our primary focus area teaches our brains to live in the present moment



## REDUCE STRESS THROUGH Mindfulness

01. Get in a comfortable position. This may be sitting in a chair with a good neutral posture or lying down on the floor.
02. Relax your face as well as your body.
03. Start with 30 seconds and progressively increase the time.

Even a few seconds of pure mindfulness can have a significant impact on your day.



## The Mindfulness glass

"Imagine that the glitter is like your thoughts when you're stressed, mad or upset. See how they whirl around and make it really hard to see clearly?

That's why it's so easy to make silly decisions when you're upset – because you're not thinking clearly. Don't worry this is normal and it happens in all of us (yep, grownups too).

See how the glitter starts to settle and the water clears?

Your mind works the same way. When you're calm for a little while, your thoughts start to settle and you start to see things much clearer. Deep breaths during this calming process can help us settle when we feel a lot of emotions"



The purpose of KAMP's fortnightly workshops is to help students develop creativity, meaningful learning, and critical reading and thinking skills that bring out their inherent abilities. The vision of KAMP is to identify and capture Scientific and Technological temperament in students to make India a Global Leader in the fields of Science, technology, and the humanities.

Such workshops, conducted by KAMP, deal with various topics that fall under the categories of Science, technology, and innovation, Scientific and Life Skills, Career and Professional Development, Academic development, and training trainers and teachers.

KAMP believes that with exposure to such topics from experts within such specific fields, students will become aware of real-life situations and challenges, develop a helping, problem-solving nature wherever possible, understand their core values and personal interests, evaluate their skills within the given area, and achieve their best in their most desirable way.

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**Organized By:**  
**Knowledge and Awareness Mapping Platform**  
(KAMP Operations and Coordination Office)

**Moderated By:**  
**Mr. Aniket Arora**  
(Outreach Coordinator)

**Team Credits:**  
**Ms. Arika Mathur**  
(Member, KPMC)

**Ms Vishakha Gola**  
(Sr. Coordinator KAMP)