



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 20<sup>th</sup> 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

The poster features a dark background with a faint image of a person. At the top left is the 'aspire' logo. At the top right is the ATME College of Engineering logo. The main title 'MINDFULNESS' is in large white letters, followed by 'IBM Certification Crash Course' in smaller white letters. Below the title are two circular portraits of women. The first portrait is of Aleena Zacharia, Audit Associate at HC Shah. The second portrait is of Gayatree Borul, Instrumentation & Control Engineering Student. At the bottom left is the 'zoom' logo. At the bottom right, the date '20 September 2021' and time '4:30PM - 6:00PM (IST)' are displayed.

*20/9/2021*  
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