

DEPARTMENTAL ACTIVITY – AUGUST 2025

- **Name of the Event** – A Buddha Brain Episode.
- **Topic** – Monkey Mind to Monk Mind.
- **Organized By** – B.Ed. Department, Shri Shikshayatan College.
- **Date** – 22.08.2025.
- **Time** – 11:00 A.M. to 12:30 P.M.
- **Participants** – Students of B.Ed. Department Semester 3.
- **Venue** – Room 112
- **Brief Description Of The Event** – The B.Ed. Department of Shri Shikshayatan College arranged a transformation workshop titled “Monkey Mind to Monk Mind”. The Session guided students to shift from restless Monkey Mind to a calm and mindful Monk Mind. Through interaction discussion and activities, participants learned the importance of discussion and activities, participants learned the importance of mindfulness, focus and emotional balance in personal and professional life.
- **Outcome** – The workshop helped students to gain clarity on controlling distractions, practising mindfulness, and developing focus for their holistic growth as future educators.
- **Photographs (4 Geo Tagged)** –

