

SHRI SHIKSHAYATAN

Department of commerce (Morning)

COLLEGE



Presents

a Buddha Brain episode

MONKEY MIND



TO MONK MIND

Transformation workshop



CA Sanjay Mundhra CS CMA
Rankholder in All



28th July

9:30 to 11:30 am

For B.Com
1st Semester Students

Venue :-

College Auditorium

REPORT

Name of the Event: A workshop on “A Buddha Brain episode on Monkey mind to monk mind”

ORGANIZED BY: B.COM (MORNING), Shri Shikshayatan College

COLLABORATOR: Nil

Date: : 28.07.2025, Monday

Duration: -9:30 to 11:30am

Venue: Auditorium, SHRI SHIKSHAYATAN COLLEGE

Speaker: CA Sanjay Mundhra

Topic: “A Buddha Brain episode on Monkey mind to monk mind”

Number of participants: 344

BRIEF DESCRIPTION OF THE EVENT

This interactive workshop helps college students recognize the “Monkey Mind”—a restless, distracted state—and gradually cultivate a calm, focused “Monk Mind” through guided mindfulness, breath awareness, and self inquiry. Participants learn practical daily tools for emotional regulation, stress resilience, and intentional concentration that transform churned mental chatter into sustained clarity, presence, and academic—and personal—well-being.

OUTCOME

- Sharper focus & reduced mental chatter, enhancing attention and academic performance through mindfulness techniques to tame the “monkey mind.”
- Improved emotional regulation, lowering exam anxiety and rumination by learning non-reactive awareness.
- Sustainable daily mindfulness habits, fostering clarity, resilience, and intentional living beyond the classroom.



