

## **ACADEMIC YEAR (2019-20)**

### **REPORT ON ICE BREAKING SESSION “MIND EDUCATION”**

**Date: 12.6.2019**

**Venue: GJB Auditorium, Mount Carmel College**

Report on “mind education” session organized for the first year B.Ed students.

On 12<sup>th</sup> June 2019, Wednesday, an ice-breaking “mind education” session was organised for the first year B.Ed students. All the first year and second year B.Ed students along with the teaching staff were assembled in the GJB AUDI-II at 2:30pm.. The co-ordinator Shanthi from the department of chemistry stepped in and gave us brief introduction about the event and also welcomed the guest, Sarah Henderson. She also thanked Dr. Diana from the department of physics for co-ordinating this event.

The event started with first asking all the 2<sup>nd</sup> year students being asked to pair up with one first year student. And then a folk dance was taught to which everyone had to dance and next switch partners. This was an effective way for making the seniors and juniors to meet and know each other. Few rounds of this were played where everyone thoroughly enjoyed this. After returning to their seats, a dance was organised by the IYF (International Youth Foundation) volunteers in collaboration with KYA (Karnataka Youth Association). The students were impressed. And then an inspiring and valuable seminar of “mind education” was conducted by Sarah Henderson herself. She spoke of why the youth these days feel isolated and how to avoid it. She also showed of the different cultures present in the world and how to open up to our surroundings and have an accepting mind. It taught a very unforgettable lesson to everyone present there. Next some fun-filled games on “mind recreational activity” were arranged. Some of these games included the students working together as teams and competing against each other to win. They created an atmosphere of healthy competition and yet unity amongst everyone. The session came to a close with merriment present in everyone after associate professor Shanthi gave a vote of thanks to the IYF group for organising such a blissful event to the students.





