

Christ College Rajkot
Faculty Development Committee 2024-25
FDP 6 Report

Date: February 15, 2025

Resource Person: Ms. Maitri Mehta

Topic: From Chaos to Calm: Mandala-Inspired Mindfulness for Educators

Session Summary:

An enriching Faculty Development Program was held on February 15, 2025, focusing on "From Chaos to Calm: Mandala-Inspired Mindfulness for Educators." The session took place from 12:00 pm to 2:00 pm and was attended by 34 faculty members from Christ College, along with the esteemed presence of our Campus Director rev. fr. dr. Jomon Thommana, The Finance administrator rev. fr. Stanely, and Principal Dr. Yvonne Fernandes.

Ms. Maitri Mehta, assistant professor in psychology and an expert in mindfulness and mental well-being, conducted the session, introducing participants to the concept of Mandala-inspired mindfulness. She explained how mandalas, with their symmetrical patterns and calming nature, could be used as tools for stress reduction and self-reflection. Ms. Mehta provided a step-by-step guide to creating personal mandalas and using them as a way to enhance focus, mindfulness, and emotional balance.

The session focused on the importance of mental well-being for educators, exploring how mindfulness techniques can help manage stress, increase productivity, and promote a calm, centred approach to teaching. Ms. Mehta led a practical demonstration, allowing participants to engage in creating their own mandalas, which facilitated a relaxing and meditative experience for everyone.

The session concluded with an open discussion where participants shared their experiences and insights on integrating mindfulness practices into their daily routines. The feedback was highly positive, with faculty members expressing their appreciation for the session's hands-on approach and its relevance to both personal and professional growth.

We extend our heartfelt gratitude to Ms. Maitri Mehta for sharing her expertise on mindfulness and for facilitating such a calming and valuable session. We also thank the participating faculty members for their active involvement and the continued support of our Management, Admin and Service staff.

Reported by:

Dr. Riddhi Rashmin Tanna

Animator, Faculty Development Committee 2024-25

