



NATIONAL PRODUCTIVITY COUNCIL

Regional Directorate, Gandhinagar

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Web Talk on

Self-Sustaining Behaviour Management Program Through Mindfulness

Expert Speaker: –

Mrs. Anita. Karambalkar
Clinical cum Industrial Psychologist
SNDT University Mumbai

About Webinar: -

Mindfulness — the ability to be fully present in the moment — can have numerous benefits, everything from decreased stress and sadness to increased levels focus and happiness, according to general mindfulness research. But what exactly is mindfulness? And, how can you recognize it and reap its many benefits? Mindfulness meditation practice is one way to truly experience the current moment and integrate that awareness into your everyday life.

Webinar Coverage: -

- Defining mindfulness
- Confluence of mindfulness in organization.
- Mindfulness in workplace
- Processes of mindfulness
- How does mindfulness workplace practice help individuals to self-regulate
a) attention or thoughts, b) emotions, and c) both attention or thoughts and emotions
- What are the benefits of mindful self-regulation?
- What are the barriers or challenges?
- How can mindfulness in the workplace be supported?
- How to develop a grassroots community for mindfulness in the workplace
- Harnessing “Mindful Leadership”
- 8 meditation techniques that cultivate mindfulness



Speaker Profile:-

Mrs. Anita. Karambalkar, is a clinical cum industrial psychologist, presently Director An Identity Of My Self "ÄIMS". She has more than 25 years of Corporate, Industrial and Academic experience.

Registration Fee (Including GST):- Rs. 99/-

Thanks & Regards

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