

SNDT WOMEN'S UNIVERSITY



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आत्मबोध

SNDT WU Mindfulness Cell

An Initiative by
Department of Psychology
SNDT WU
Churchgate

Aatmabodh Mindfulness Cell

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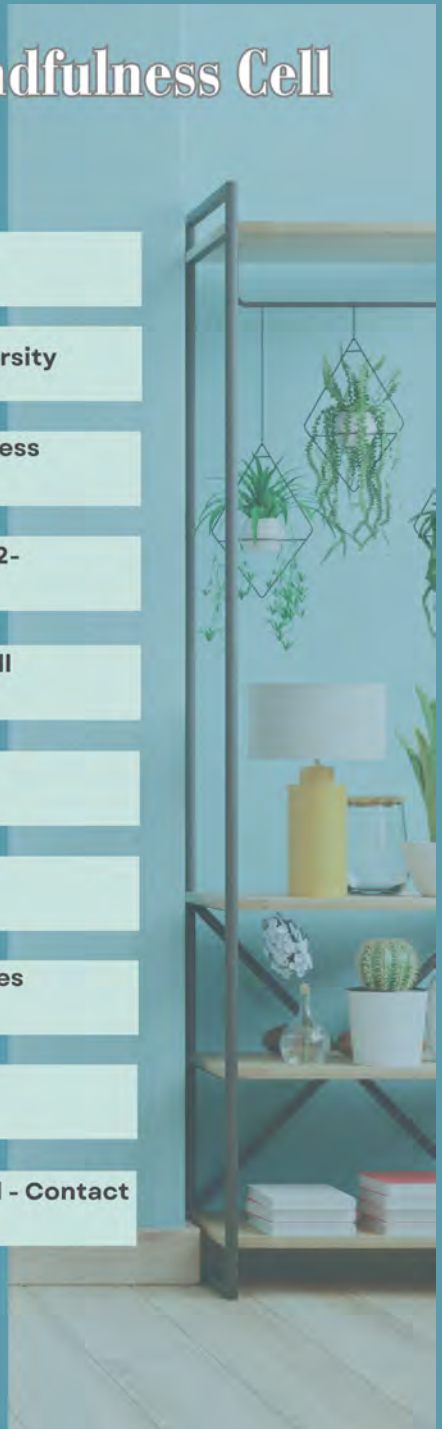
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Message from Madam Vice Chancellor

“ Mindfulness indeed is a need of the hour. It is essential for one’s mental well-being. This is one of the initiatives by the University and the Department of Psychology that I encourage and applaud as it will truly benefit not just students but many other stakeholders who wish to gain insight into themselves.

‘आत्म’ meaning ‘self’ and ‘बोध’ meaning ‘awareness’ so appropriately named self awareness is truly a rare entity in our lives. I, too, am passionate about various Mindfulness practices and try my best to practice it in the varied roles I portray on a daily basis both in my professional and personal life as a Vice Chancellor, as a teacher, as a mother, as a wife, daughter, person etc. A question I try to answer quite often is ‘Who am I under all the roles I play everyday?’. Practicing mindfulness has led me to the ultimate answer : ‘माझ्या मध्ये मी आहे. मी त्याचे बी आहे. (I lay within myself. I, myself, am its seed).

I am confident that आत्मबोध SNTD WU Mindfulness Cell will grow and prosper while hopefully taking multitudes under its optimistic wing.

I wish the आत्मबोध Organizing Team and the Department of Psychology, SNTD WU all the best for its future endeavors. ”

PROF. UJWALA CHAKRADEO
Hon’ble Vice Chancellor
SNTD Women’s University

About

SNDT Women's University

SNDT WOMEN'S UNIVERSITY is the first Women's University in India as well as in South-East Asia. The University was founded by Maharshi Dr. Dhondo Keshav Karve in 1916 for the noble cause of Women's Education. The first 5 women graduated in 1921 from this University. There are 2 campuses in Mumbai (Churchgate and Juhu) beside one Kanyashala building in Girgaon. The first campus of the University is at Karve Road , Pune and the Headquarters is at Churchgate. There is an upcoming campus in Shrivardhan.

In over a century of its existence, the University has grown into a multi disciplinary institution hosting diverse professional, technical and liberal arts programmes from K 12 to PHD. SNDT WU is probably one such University where there is a nursery school, laboratory for human development centers for women studies, distance education and has affiliated institutions for doctoral programs. Unlike most universities in the country which have to have state jurisdiction, SNDT WU is unique in terms of jurisdiction. SNDT WU can affiliate colleges/institutions anywhere in India with prior consent from the state government. This University is probably the only University in the country which has its University departments, Conducted colleges and institutions as well as affiliated colleges.

SNDT Women's University is committed to meet the changing socio-economic needs, with human values and purposeful social responsibility and to achieve excellence with "Quality in every Activity" through formal, non-formal, vocational and professional programmes for women. The motto of the university is "An enlightened woman is a source of infinite strength". There are 6 institutions recognised by SNDT WU for PhD research. SNDT WU is home to 1100 teaching and non-teaching staff members and 50,000 students spread across 7 states and a union territory. SNDT Women's University stands 28th amongst multi-disciplinary Universities of India and ranks third in western India according to the Week-Hansa Research ranking of 2022.



ABOUT

Aatmabodh Mindfulness Cell

The University Department of Psychology, Mumbai established "Atmabodh" The SNTWU Mindfulness Cell at the Churchgate Campus. The aim of the cell is to be a Global Centre of Excellence for Mindfulness education and training. This cell will be the first of its kind in India. Mindfulness is rooted in Buddhist and Hindu teachings. It has been known to promote meta-cognitive awareness, improve emotional regulation and prevent many emotional & psychological issues. With self-awareness, peace and introspection being the need of the hour, the goal of the 'Atmabodh' mindfulness cell will be to cultivate a perspective on consciousness and identity that can bring greater peace mentally and relationally.

The cell aims to train psychologists in the area of Workplace Mindfulness, Mindfulness based Cognitive therapy, Mindfulness-Based Stress Reduction programme and also educate and train masses and inculcate a mindset of bettering our own well-being. Activities by the Cell like workshops and seminars aim at illuminating as many people as possible about the benefits of Mindfulness. The Cell will be beneficial to students, teachers, alumni and the general public.



Vision Implementation

2022-2026

Rationale

Contemporary life is enveloped in stressful situations, and uncertainty leading to the insecurity of multiple types. This precarious nature of modern social life shows itself via multiple health issues which adversely affect the individual and social well-being.

Scientific studies on Mindfulness reveal that it is a crucial factor in stress reduction and overall happiness. Mindfulness is the practice of intentionally focusing your attention on the present moment—and accepting it without any judgment. It helps in reducing stress which in turn enhances performance, helps in building a balanced personality and creates a healthy social environment.



Strategic Goals

Short-term goals:

1. To orient the student about mindfulness by conducting seminars across the campus.
2. To train peer mindfulness buddies across the campus
3. Conducting workshops for teaching and non-teaching staff

Mid-term goals:

1. Integrating and disseminating mindfulness training across the campus for the students and faculties as a certificate course.
2. To conduct a pre-post assessment to monitor the efficacy of mindfulness training programs.
3. To manage /conduct mindfulness circles across the campuses.
4. Conducting Mindfulness Walk

Long Term Goals:

1. To provide service of teaching and training Mindfulness
2. Quality research in the theory of Mindfulness as applied to Indian spiritual and contemplative practices
3. Applied research to develop benchmarks to assess Mindfulness and its psychological aspects
4. To hold seminars, conferences and conclaves global exchange of practices, pedagogy, and emerging research areas
5. To provide consultation on projects on Mindfulness to organisations who seek guidance on Mindfulness in governmental, semi-governmental or private or NGOs

Phase-wise Plan Phase I

1. Mindfulness Session (5- 6 Hours) for the students of Psychology is planned for the last week of July/ First week of August 2022
2. Workshop for University Teachers (All Faculties) in the month of September 2022
3. Workshop for Non-Teaching staff members in the last week of October/ first week of November 2022.
4. Workshop for the Other Students in the month of January 2023.
5. Workshop for University Teachers (All Faculties) in the month of Feb/ March 2023
6. Mindfulness Workshop (5- 6 Hours) for the students of Psychology is planned for the last week of May 2023



Specific Outcomes

1. Understand what mindfulness is and how it makes a difference
2. Experience how mindfulness can improve your well-being and performance
3. Be familiar with using a range of mindfulness techniques
4. Understand the causes, and be better able to manage, stress, anxiety, and low mood
5. Intentionally focus your attention
6. Notice when your mind wanders
7. Appreciate the difference between automatic thoughts that are useful, positive, and nurturing and those that are not useful, negative and depleting
8. Experience and gain insight into how you emotionally respond in various situations
9. Experience the benefits of using mindfulness attitudes like acceptance, kindness, gratitude, and curiosity
10. Use and benefit from informal mindfulness practices like mindful eating, walking, and listening
11. Be more able to observe your own thoughts, emotions, and physical sensations
12. Establish a regular daily meditation practice
13. Be more skillful in communications and relationships



Specific tasks at the Committee level & the University level

1. The Committee members will help to enroll the participants in the various activities
2. The University will facilitate by providing wide publicity of the events
3. The University will facilitate by providing space to conduct workshops and mindfulness sessions

Specific requirements if any for achieving these (e.g. broad financial implications)

- Build Website of The Center for Providing Information and Programs Build
- Salaries Of the Support Staff, Office Space, Venues, Daily Expenses
- Storage Or Provision in The Present Library to Build Virtual and Books Library on Mindfulness And Relevant Subjects
- Traveling Expenses and Lodging & Boarding for Co-Founder and Other Teachers at Retreats
- Provide Office Space for Administrative Work

Phase-wise Plan Phase II: June 2023

- To promote the significance of mindfulness in our day-to-day life.
- To highlight the importance of mindfulness in social wellbeing.

Specific Outcomes

- Certificate course on Introduction to mindfulness – July 2023
- Conducting symposium on mindfulness and work-life balance.

Specific tasks at Committee level & the University level

- To introduce and familiarize this course across disciplines.
- To provide all the necessary arrangements for conducting this course.

Specific requirements if any for achieving these (e.g. broad financial implications)

- The university office guidance and support for coordinating with various agencies.
- Infrastructural and financial support

Phase-wise Plan Phase III: June 2024

- To introduce formal Mindfulness courses such as an Advance course on Mindfulness-based cognitive theory.
- To carry out a pre post assessment to monitor the efficacy of mindfulness training programs.

Phase-wise Plan Phase IV: June 2025

- To introduce a formal Advanced course on Mindfulness-based stress reduction.
- To provide service of teaching and training Mindfulness
- Quality research in the theory of Mindfulness as applied to Indian spiritual and contemplative practices
- Applied research to develop benchmarks to assess Mindfulness and its psychological aspects
- To conduct mindfulness circles across the campuses.

Phase-wise Plan Phase V: June 2026

- To introduce Masters's in Psychology with a specialization in Mindfulness.
- To hold seminars, conferences and conclaves global exchange of practices, pedagogy and emerging research areas
- To provide consultation on projects on Mindfulness to organisations who seek guidance on Mindfulness in governmental, semi-governmental and private or NGOs

**‘The present moment is the only time over which we have
dominion’.**

-Thích Nhất Hạnh

AATMABODH

MINDFULNESS CELL



Dr. Nilesh Thakre
(Prof. & HOD)

Co-founder



Prof. Ujwala Chakradeo
Hon'ble Vice-Chancellor
SNTD WU, Mumbai
Patron



Dr. Rajendra Barve
(Psychiatrist & Sugat
Acharya)

Co-founder

Organizing Team: Dept. of Psychology, SNTD WU

Ms. Archishmati Sonawane (Asst. Professor)

Ms. Divya Pillai (Asst. Professor)

Ms. Nafisa Kachwala (Asst. Professor)



Advisory Committee

Prof.(Dr) P. H. Lodhi, Former Head, Department of Psychology, S.P. Pune University, Pune

Prof.(Dr) Yogesh Deshpande, Professor of Psychology, VNIT, Nagpur

Prof. Narendra Pathak, Former Principal., S. K.Somaiya School & Jr College, Mumbai.

Aatmabodh Mindfulness Cell

OBJECTIVES



#1

TO PROVIDE SERVICES OF TEACHING AND TRAINING MINDFULNESS

#2

QUALITY RESEARCH IN THEORY OF MINDFULNESS AS APPLIED TO INDIAN SPIRITUAL AND CONTEMPLATIVE PRACTICES.

#3

APPLIED RESEARCH TO DEVELOP BENCHMARKS TO ASSESS MINDFULNESS AND ITS PSYCHOLOGICAL ASPECTS

#4

TO HOLD SEMINARS, CONFERENCES AND CONCLAVES GLOBAL EXCHANGE OF PRACTICES, PEDAGOGY AND EMERGING RESEARCH AREAS.

#5

TO PROVIDE CONSULTATION ON PROJECTS ON MINDFULNESS TATTOO ORGANIZATIONS WHO SEEK GUIDANCE ON MINDFULNESS GOVERNMENTAL, SEMI--GOVERNMENTAL OR PRIVATE OR NGOS

#6

TO CREATE AWARENESS ABOUT MINDFULNESS AS A PRACTICE FOR MORE COMPASSIONATE, GOAL - ORIENTED AND CALM SOCIETY

JOURNEY SO FAR...



March 21, 2022 - Official MOU signing of Aatmabodh

The official signing of the Memorandum of Understanding between the Department of Psychology, SNTD WU, Churchgate, Dr. Nilesh Thakre (HOD) & Team along with Psychiatrist, Dr. Rajendra Barve (Mindfulness Trainer & Sugat Acharya)



INAUGURATION OF AATMABODH



" ATMABODH " SNDT WU Mindfulness Cell was inaugurated on March 22, 2022, by the University Department of Psychology at Shreemati Nathibai Damodar Thackersey Women's University, Churchgate by Hon'bl Governor, Shri. Bhagat Singh Koshyari, Prof. Bhushan Patwardhan, Chairman EC and Dr. Ujwala Chakradeo, Vice-Chancellor, SNDT WU, Churchgate .

The Cell strives to become a global centre for mindfulness education and training. First of its kind in India, this Cell was founded by Dr. Nilesh Thakre (Head of Psychology Department, SNDT WU) and Dr. Rajendra Barve (Psychiatrist, Sugat Acharya & Mindfulness Trainer). This Cell will focus on training psychologists in areas such as Workplace Mindfulness, Cognitive Mindfulness Therapy, Mindfulness-Based Stress Reduction Program, as well as educating and training masses about bettering one's emotional well-being. Dignitaries who graced the occasion included Honourable Governor of Maharashtra and Chancellor of SNDT Women's University, Shri. Bhagat Singh Koshyari, Prof. Bhushan Patwardhan, Chairman EC and Dr. Ujwala Chakradeo, Vice-Chancellor, SNDT WU, Churchgate.

The comparer began the ceremony by speaking about the importance and necessity of mindfulness and introspection during these challenging times. She applauded the creation of a soon-to-be global centre in the University, exclusively dedicated to spreading awareness about the benefits of mindfulness. Post the initial ceremony, Dr. Thakre and Dr. Barve joined the dignitaries for ribbon-cutting and distribution of the Cell's Information Brochure, thereby formally establishing the Mindfulness Movement in SNDT WU. Each guest was provided a brochure to inform them of the aims and objectives of the Cell. In closing, the dignitaries discussed with Dr. Thakre the workings of the cell and expressed their deep appreciation for establishing 'ATMABODH' as a part of the Mindfulness Movement. The Centre will benefit not only students, teachers, alumni, but also the general public and hopes to lead to the establishment of many more such centres in India.

‘SANKALP’

First Mindfulness Training session titled “SANKALP” conducted by Guest Speaker, Dr. Rajendra Barve (Mindfulness Trainer) on August 4, 2022 exclusively held for the students and staff of the PG Department of Psychology.

The session was conducted on August 4, 2022 from 11.30am to 1:30pm. The session was exclusively held for the students and staff of the PG Department of Psychology. All participants including the Department teaching and non-teaching staff were assembled in the Room 609, 6th Floor of the Patkar Hall Building.

The session began with a welcome address by Dr. Nilesh Thakre, Head of Psychology Department, who extended a warm welcome to the Speaker of the day and everyone present in the audience. This was followed by a comprehensive Introductory speech delivered by Ms. Archishmati Sonawane. Ms. Sonawane spoke about Dr. Barve’s professional and personal achievements as a Mindfulness Trainer. Around 11.45am, Dr. Barve was called on the dais to officially start the first session of Aatmabodh Mindfulness Cell.



Dr. Barve began the session by explaining the term Mindfulness - "knowing what your mind is full of." Along with discussing various concepts such as contemplative science, an interdisciplinary study of the metacognitive self-regulatory capacity and the primary principles of science. Dr. Barve also spoke about emotions and how one must experience the emotions in the present (now), with regard to the same he emphasised on the physiological experiences, behaviour changes and bodily sensations.

Going forward in the session Dr. Barve spoke about the present moment awareness, i.e. being aware of what is happening to you now, and while doing so one must remain non judgmental in accepting the self. He referred to some stories to make the session more interactive and fun for the students to understand, especially concepts such as self awareness, meta awareness, introspection etc or as Dr. Barve termed "awareness of awareness".

Towards the end of the session Dr. Barve, took some questions from the students and he ended the session with exploring concepts such as the four noble truths of buddha where in he explained the difference between pain and suffering; taking references from pali language he discussed things like "way of life, wisdom, and awareness of memory.

After a few questions from the students, and staff members the first session of mindfulness training was ended with a formal vote of thanks by Ms.Anita Sanu, who warmly thanked Dr. Barve for the insightful session and expressed the curiosity to learn and practice mindfulness in future, Ms. Sanu also thanked Dr. Nilesh Thakre the Head of Department for the guidance and perpetual enthusiasm for having such insightful learning opportunities in the department.

‘प्रशांति’

A Workshop for teaching and non-teaching staff of all colleges affiliated to Shreemati Nathibai Damodar Thackersey Women’s University, Mumbai, on January 18, 2023. Inaugurated by Prof. Ujwala Chakradeo, Hon’ble Vice Chancellor, SNDT WU, a holistic tone of the workshop was set by a memorable quote by Prof. Chakradeo stating: ‘माझ्या मध्ये मी आहे. मी त्याचे बी आहे’. At the end of her address, she appreciated Dr. Nilesh Thakre and Dr. Rajendra Barve for their initiative to promote Mindfulness among the academic fraternity and wished the organising team luck for the Workshop and future endeavours of the Mindfulness Cell.

The Workshop began with Dr. Thakre’s session on the origins of Mindfulness. He conducted a few activities to bring the participants into their current awareness and used real life examples to discuss the utility of Mindfulness practices in everyday life. This was followed by Dr. Rajendra Barve’s session who initiated his session by providing in-depth knowledge about the origins of Mindfulness and the process of building self-awareness. Using metaphors, analogies, and everyday life examples, he enlightened the participants through the use of a Zen story and his own personal experiences. He conducted activities by showing videos to the participants which enhanced their understanding of mindfulness. After guiding the participants in a 20-25 minute guided meditation, he concluded the session with a Q & A. Participants wholeheartedly took part in the Workshop via an interactive and hands-on approach.



The One Day Intensive Mindfulness Workshop ended with a Valedictory ceremony which was presided by Dr. Vilas Nandavadekar, Registrar of SNDT Women's University, Churchgate. Dr. Nandavadekar enunciated how mindfulness has become increasingly vital to educational institutions as well as the necessity for this concept to be implemented. As a follow-up to the Workshop, 2 participants, Dr. Avaneesh Bhatt (Lecturer at Smt. M.M.P Shah Women's College) and Ms. Chitra Lele (Head, UG Dept. [Pol. Sci], SNDT WU) spoke about their learnings which was followed by the Registrar awarding certificates to each participant.

The Workshop was concluded with a vote of thanks proposed by Ms. Anita Sanu.

As a result of the cooperation and support of the faculty members of the Department of Psychology at SNDT Women's University, the Workshop concluded on a positive and successful note. A bright promise of more such activities by Atmabodh SNDT Women's University Mindfulness Cell and the Department of Psychology, SNDT WU, Churchgate was given by the organising team.

Details of Proposed Certificate Courses

1. Fundamentals of Mindfulness
2. Fundamentals with Practice
sessions and Guided Mindfulness
Body Scan
3. Fundamentals of Mindfulness and
Indian approaches to Mindfulness
4. Mindfulness based Interventions
for Stress Management
5. Mindfulness based Compassion
Leadership
6. Mindfulness Teacher's Training
7. Mindfulness based Interventions
for School Teachers
8. Workplace Mindfulness



THE PATH AHEAD...

The Cell will expand into teaching and training Mindfulness Based interventions like Mindfulness based cognitive therapies, stress management skills as well as offer other courses on Mindfulness to other Universities, Teaching Institutes and Educational disciplines from India and abroad.

The Cell will benchmark with global institutes through conferences & conclaves every year starting with seminars at local, regional, national and then international platforms.



आत्मबोध

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