



Prahladrai Dalmia Lions College of Commerce & Economics
(Government Aided & Affiliated to University of Mumbai & AICTE, New Delhi)
NAAC Re-accredited with 'A' Grade (III Cycle) ISO 21001:2018 Certified
University of Mumbai Recognised Research Centre in Accountancy, Commerce &
Business Economics
A Government Approved Hindi Linguistic Minority Institute
53 Years of Sterling Performance in Education

The Power of Pause

A Session on Mindfulness and Mental Well-being

Event Name: The Power of Pause – A Session on Mindfulness and Mental Well-being

Date: 20th January 2026

Time: 10:00 AM to 12:00 PM

Venue: College Auditorium

Resource Person: Ms. Meherban Mirza, Mindset Coach and Psychotherapist

Organized by: Bachelor of Management Studies (BMS) Programme in association with Health & Counselling Cell

Institution: Prahladrai Dalmia Lions College of Commerce & Economics

1. Event Objectives

In an era where students face high levels of academic and social pressure, this session was organized with the following objectives:

- **Promote Mental Health:** To raise awareness about the importance of mental well-being and stress management among students.
- **Introduction to Mindfulness:** To introduce practical mindfulness techniques that help in grounding and centering oneself during stressful periods.
- **Develop Resilience:** To equip students with the tools to handle "hustle culture" by learning when and how to take a meaningful pause.
- **Emotional Intelligence:** To foster an environment where students can openly discuss mental health and emotional challenges.

2. Activity Details & Methodology

The session was designed to be interactive and experiential, moving beyond a standard lecture format:

- **Expert Address:** Ms. Meherban Mirza shared insights on how the "pause" serves as a strategic tool for personal and professional growth.
- **Guided Exercises:** Students participated in live mindfulness and breathing exercises to experience immediate stress relief.
- **Mindset Coaching:** The speaker addressed common cognitive biases and stressors, providing reframing techniques for a healthier mindset.
- **Interactive Q&A:** A dedicated segment where students engaged with the coach to discuss specific challenges related to focus, anxiety, and balance.

3. Key Learning Outcomes

The "Power of Pause" session resulted in the following positive outcomes for the student participants:

- **Self-Regulation Skills:** Students learned actionable techniques to manage anxiety and improve concentration during exams and presentations.
- **Understanding Productivity:** Participants gained a new perspective on productivity, realizing that rest and reflection are essential components of high performance.
- **Stress Reduction:** Immediate feedback from students indicated a greater sense of calm and clarity following the guided mindfulness exercises.

4. Participation & Engagement

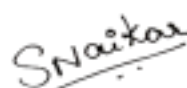
- **Target Audience:** The session was specifically designed for senior students preparing for their transition into the professional world.
- **Participant Count:** A total of **79 students from the Third Year (TYBMS)** actively participated in the workshop.
- **Engagement Level:** Students demonstrated high levels of engagement during the interactive Q&A and guided mindfulness exercises, providing a vibrant atmosphere for peer learning.



Dr. Sailee S.
Coordinator
BMS



Ms. Mansi B.
Convener
Health Cell



Ms. Subhashini Naikar
Vice Principal SFC



Prof. (Dr.) D.N. Ganjewar
Principal