

Topic	" HPLC-ITS ROLE IN DIABETES AND HEMOGLOBINOPATHIES "
Organizer	Department BIO CHEMISTRY, Guwahati Medical College and Hospital
Date	3rd August 2019
Time	9 AM - 4 PM
Live Streaming Link	https://nrcmedia.nmcn.in/userportal/index.html#/home/main and Click on video - 165554 (RRC_Neigrihms)_RPCS1
Telecast Venue at AIIMS Delhi	Studio-II, SET Facility

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MINDFUL LIFE MANAGEMENT

What is mindfulness?

Mindfulness involves learning to direct our attention to our present moment to moment experience with a non judgmental attitude and acceptance without being pulled in to the mind's usual patterns of judgement , internal dialogue and the emotional reactions such elaborations can elicit

MINDFUL LIFE MANAGEMENT (MLM)

- A training in paying attention to the experience as it happens
- A series of techniques based on methods to lessen anxiety and depression
- A way of enhancing well being and performance
- A road to practical way of effective management of life's day today problems



MINDFULNESS BASED INTERVENTIONS

Mindfulness based interventions have significant effects on the ability to regulate thoughts, emotions and actions to a significant degree. More than 250 universities in the west have included mindfulness based interventions as part of their academic and clinical programmes. Mindfulness based techniques offer a holistic approach to working with not only patients, but also with our daily physical and psychological stress. These skills can be cultivated and developed with practice, but needs commitment from our side.

Why MLM for me?

By cultivating a mindful attitude, we learn to relate our experience with less anxiety and fear, allowing more space between experience and perception. With the skill, we can move from mindless reactivity to skillful response from a sense of urgency to a state of calm inner peace. We bring a more compassionate attitude towards ourselves and others. This can reduce the intensity of suffering.

The skills learned through MLM can help to develop a sense of wellbeing, regardless of what challenges we are facing. We can experience greater balance in our lives regardless of how disordered things may appear from outside. It is particularly helpful in those living with work or family stress, relationship issues, mind-life transitions, emotional and psychological challenges, chronic pain or physical illnesses, mindfulness has been shown to reduce the burnout and increase work efficiency in physicians, mental health professionals, nurses and other health care providers.

MINDFULNESS BASED INTERVENTION IN CANCER CARE

- Cancer Care is the most Traumatizing event in the life of patients
- Mindfulness based interventions getting increased currency for its simplicity and cost effectiveness
- It help to manage stress anxiety and Depression
- Helps to Induce relaxation and sense of wellbeing
- Helps to Improve sleep Cycle and dietary modification

BENEFITS

Clinical research has shown that mindfulness based programmes are useful in various common stress related conditions . They have been found to have benefits like:

- . Improved health related quality of life
- . Reduced anxiety and depression
- . Reduced chronic pain and physical distress
- . Improved immune status
- . Improved sleep quality
- . Reduced pain related drug use
- . Improved emotion regulation
- . Reduced blood pressure
- . Optimal state of relaxed alertness
- . Better control of blood sugar
- . Reduced number and duration of hospitalization
- . Reduced life endangering behavior
- . Reduced substance use

Topics **COVERED**

- **Stress** - Biology and Coping Techniques
 - **Neurobiology of mindfulness**
 - **Evidence base for mindfulness in physical and psychological health**
 - **Flexibility Exercises (practice session)**
 - **Mindfulness in day to day life**
 - **Formal mindfulness meditation (practice session)**
 - **Body scan meditation (practice session)**
 - **Mindfulness in medicine**
 - **Mindful eating**
 - **Mindful walking**
 - **Mindfulness for stress management**
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Mindful Life Management

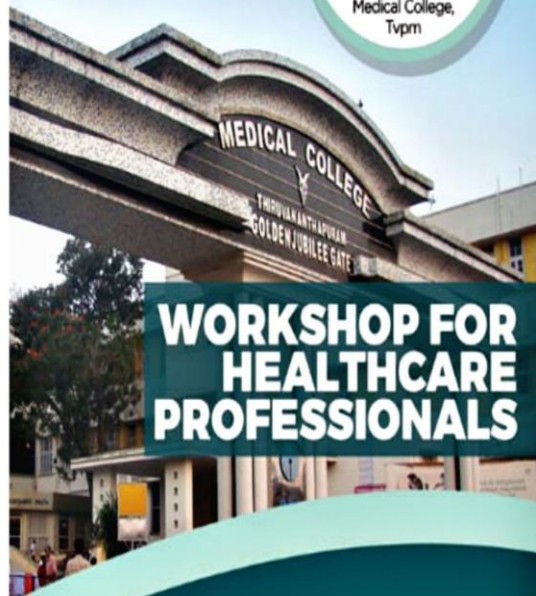
An Experiential Educational Workshop
on Basic Mindfulness Techniques

Date of
Workshop

04-08-2019

@ 9am - 5pm

-Venue-
OLD AUDITORIUM
Government
Medical College,
Tvpam



Organized by
Dept. of Radiotherapy
Govt. Medical College Tvpam
in Association with
Holistic and Psychosomatic Clinic
Department of Psychiatry



**GOVERNMENT MEDICAL COLLEGE TRIVANDRUM
RRC SOUTH-II**

“MINDFUL LIFE MANAGEMENT”

(An Experiential Educational Workshop on Basis Mindfulness
Techniques)

By

Department of Psychiatry
Government Medical College Trivandrum

Organized by

Department of Radiotherapy

Government Medical College Trivandrum

In Association with

Holistic and Psychosomatic Clinic Department of
Psychiatry

Date of Workshop: 04/08/2019

Time: 9:00 AM to 5:00 PM

📍 Venue: Old Auditorium GMCT

📞 Dial Room to Join: 14.139.245.136##162020