

# CULTIVATING JOYOUS MINDSET

## About the Workshop

A workshop entitled '*Cultivating Joyous Mindset*' was organized at the Early Childhood Care Centre, Department of Family and Community Sciences, University of Allahabad on March 17, 2023. The workshop was organized by the faculty members of the Department of Family and Community Sciences with the objective of cultivating positivity and joy in the participants through various mind stimulating and thought provoking activities. The activities performed by the participants in the workshop included 'sieving and keeping the good', Gestalt theory, Gratitude and 'Imbibing a strong belief system'.

The very first activity focused on identifying and keeping what is nourishing while allowing the junk that we have been holding onto to filter out. In this activity the participants had to draw their favourite vacation destination, their favourite food and their favourite Nature object. In the second activity which was based on Gestalt theory the participants were provided pieces of a puzzle which they had to arrange in an organized manner. The main focus of this theory is 'grouping' and the entire theory is based on the fact that the whole of anything is greater than the sum of its parts. The participants did not perceive the jigsaw puzzles as an individual unit but they formed meaningful relationship between the pieces to see the picture more quickly and efficiently.

The third activity instilled in the minds of the participants the importance of gratitude by holding a gratitude pebble. They were asked to feel thankful and show their gratitude to the universe for the positive and good things that they have in life and make it worth living. The participants learnt that gratitude has the power to unshackle us from the toxic emotions and it is the key to happy life. Gratitude turns what little we have into abundance and changes our perspective of our world. The fourth activity in the workshop curtailed to strengthening the belief system of the participants. They were asked to strengthen their belief that life is good, I am confident, I am happy, people always like me, I am good at a lot of things through a simple activity.

Hon'ble Vice Chancellor, University of Allahabad Prof. Sangita Srivastava inaugurated the workshop. She expressed her thoughts in the workshop that we have to always maintain an optimistic mindset and attitude and then we will see amazing changes around us. She also highlighted that a positive attitude helps us to live our life cheerfully and helps us to forget all our worries and negative thinking. We have to always speak good things about others for a positive frame of mind.

All the heads and women faculty members of the Science Faculty were present in the workshop.