



LOYOLA COLLEGE (AUTONOMOUS)
CHENNAI - 600034

**DEPARTMENT OF
B.COM ACCOUNTING & FINANCE**

**Cordially Invites you to the
Guest Lecture on**

**Enhancing Decision-Making skills
through Mindfulness Practices**

VENUE
LIAC
CONFERENCE
HALL



TIME
11.30 A.M - 1.30 P.M

Mrs KALPANA
(SOFT SKILLS AND YOGA TRAINER)

SEPTEMBER

10

TUESDAY

Enhancing Decision-Making Skills Through Mindfulness Practices

A Guest Lecture by Mrs. Kalpana

On September 10, 2024, the Department of BCom Accounting and Finance hosted an engaging guest lecture titled "Enhancing Decision-Making Skills Through Mindfulness Practices," delivered by Mrs. Kalpana, a renowned soft skills and yoga trainer. The session was designed to shed light on how mindfulness can significantly improve decision-making abilities, a crucial skill for professionals in accounting and finance.



Mrs. Kalpana began her talk by introducing the concept of mindfulness. She explained that mindfulness involves being fully present and aware of our thoughts, feelings, and surroundings in the moment, without judgment. This practice helps individuals gain a clearer understanding of their internal and external environments, which is vital when making informed decisions.

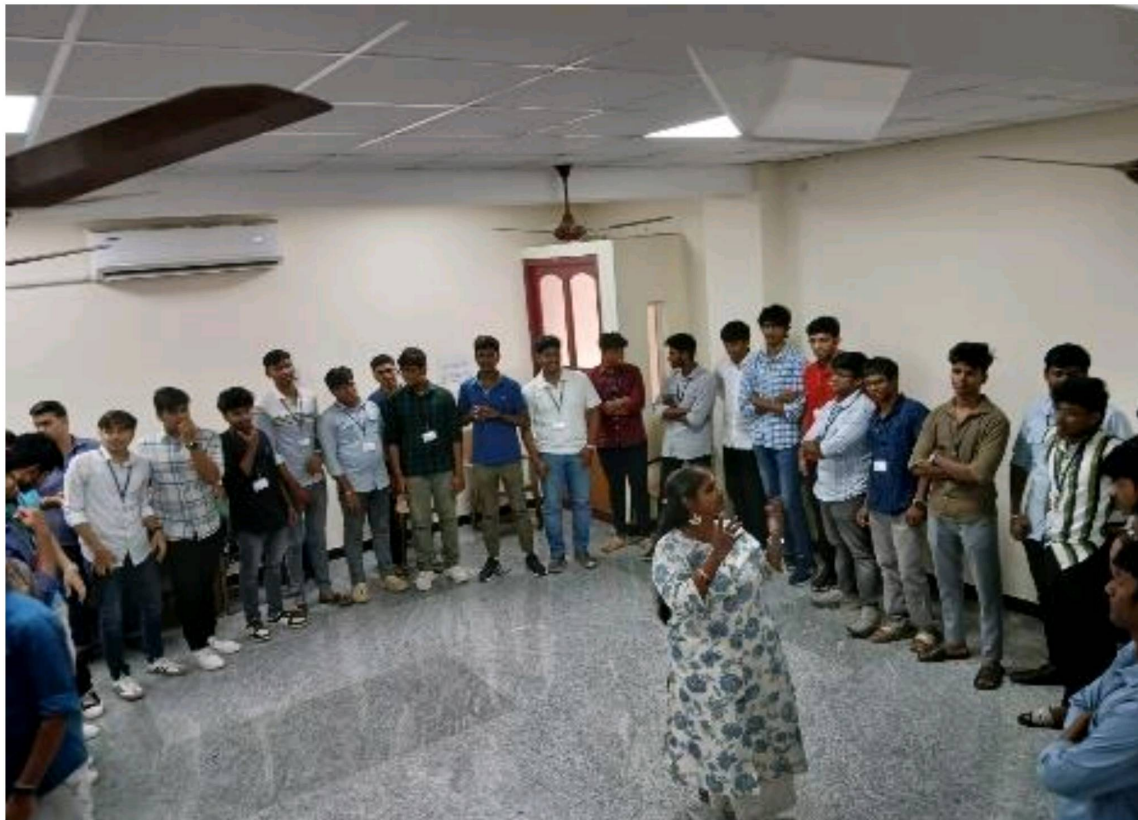
In the context of decision-making, mindfulness proves invaluable by addressing several key areas. It plays a crucial role in reducing stress, which is often prevalent in high-pressure environments like accounting and finance. By promoting relaxation and mental clarity, mindfulness helps individuals manage stress more effectively, thus enhancing their ability to

think clearly. Additionally, mindfulness improves focus by training the mind to stay engaged with the task at hand, a critical skill when analyzing complex financial data or devising business strategies. It also fosters emotional intelligence by increasing awareness of one's own emotions and those of others, which aids in understanding various perspectives and making more balanced, empathetic decisions.

Mrs. Kalpana introduced several practical mindfulness techniques to enhance decision-making: mindful breathing, which involves focusing on the breath to calm the mind and reduce anxiety; body scan meditation, which helps release tension and improve mental clarity by concentrating on different body parts; mindful listening, which ensures full engagement in conversations to grasp all aspects of a situation before making decisions; and journaling, a reflective practice that encourages writing down thoughts and feelings to clarify thinking and uncover valuable insights. These techniques, easily integrated into daily routines, offer effective strategies for improving decision-making skills.

Interactive Session

To help attendees experience the benefits of mindfulness firsthand, Mrs. Kalpana led a short interactive session. Participants engaged in a guided mindful breathing exercise and a brief body scan meditation. This hands-on experience allowed everyone to feel the immediate calming effects of mindfulness and understand how it can be applied in their professional lives.



Conclusion

In conclusion, Mrs. Kalpana emphasized that integrating mindfulness into daily routines can profoundly impact decision-making abilities. By managing stress, improving focus, and enhancing emotional intelligence, mindfulness helps individuals make more informed and balanced decisions. The insights gained from the lecture offer valuable tools for students and professionals in the accounting and finance fields, aiming to improve their decision-making skills through mindfulness practices.

The guest lecture was a remarkable opportunity for students to explore the intersection of mindfulness and professional skills, highlighting how ancient practices can complement modern decision-making processes.