

Yuva Rural Association had the esteemed pleasure of having **Dr. Manjusha Giri** as our General Council Member & Resource Person during our Human Resource Capacity Building training for Project Managers. Dr. Giri facilitated a very lively and fruitful session titled "Mindfulness vs Mindful" with 18 participants. The objective of the session was to showcase how we can declutter our Mind to be mindful of not just professional but also our overall role in personal and societal life. During the session Dr. Giri also shed light on scientific principles about how the human brain is structured and how our cognitive and physical functions are affected by our surroundings and experiences. Particular attention was drawn towards the importance of \*Mindfulness and how it can foster creativity and innovation which can help us be more effective and empathetic leaders and managers working to address the issues and problems of the community. The participants highly appreciated Dr. Giri's presentation and found it very helpful in dealing with day to day tasks.



