

Event : National Symposium on Mindful Leadership

Date : 28/08/2026

Organised by : Kanali Women's Cell & VIDES

Academic Year : 2026 – 2027

Report :

A National Symposium on Mindful Leadership was organised by the Kanali Women's Cell and VIDES of Auxilium College (Autonomous), Vellore, on 28 August 2026 at 11.00 a.m. at the Media Block. The symposium focused on the importance and relevance of mindful leadership in today's dynamic personal, professional and social contexts. The programme was held under the patronage of Dr. (Sr.) Mary Josephine Rani A, Secretary, and the guidance of Dr. (Sr.) Arokia Jayaceli A, Principal. Dr. (Sr.) Amala Valarmathy A, Vice Principal, and Dr. Abi Beaulah G, Deputy Vice Principal, served as Co-Convenors.

The resource persons for the symposium were Ms. M. Kavitha and Mr. M. Prabhu, Mindful Wellness Trainers from WCSC (World Community Service Centre), K.V.Kuppam, Vellore. They shared valuable insights into the principles and practices of mindful leadership.

The sessions highlighted awareness, compassion, ethical decision-making and meaningful leadership. The participants were introduced to practical approaches for developing mindfulness in leadership and were encouraged to apply these principles in their personal and professional lives. The interactive discussions and activities provided opportunities for participants to reflect on their leadership qualities and understand the importance of empathy, responsible decision-making and collaboration. The symposium also provided a platform for networking and collaboration among the participants. The programme successfully created awareness about the significance of mindful leadership and inspired the participants to lead with greater consciousness, compassion and purpose.

The Faculty Co-Coordinator of the programme were Dr. (Sr.) D. Switha, Dr. A. Auxilia Mary, Ms. K. S. Sasikala and Dr. C. Pooja. The symposium concluded on a positive note, leaving the participants inspired to embrace mindful leadership and contribute meaningfully to society.

The programme truly reflected the message: "Let us Lead with Awareness, Act with Compassion and Inspire for a Better Tomorrow."