



MANGALMAY
INSTITUTE OF MANAGEMENT TECHNOLOGY

Greater Noida



Value Added Course

ON

Mind Education

Resource Person

Ms. Sandhya Yadav



Oct.10th to Oct.31st,2022



Toll Free : 1800 103 3797 | www.mangalmay.net.in

Plot No. 8 & 9, Knowledge Park-II, Greater Noida, Delhi-NCR, India





SYLLABUS

Duration : 30 Hours

Course Title : Mind Education

Course Objectives:*

- Understand the basic principles of neuroscience related to learning, memory, and emotions.
- Identify different thinking styles and their impact on behavior.
- Develop strategies for managing stress, anxiety, and negative self-talk.
- Enhance focus and concentration for improved learning and productivity.
- Cultivate a growth mindset for greater resilience and goal achievement.
- Explore mindfulness practices for increased self-awareness and emotional regulation.

Learning objectives:

- To Develop positive attitude towards life
- To enhance effective communication skills
- To Develop ability to manage stress effectively and develop resilience
- To aid the individual's integration with society and the work place

Syllabus of Mind Education

Unit 1: Introduction to Mind Education

- * What is mind education and why is it important?
- * The brain and its role in learning and behavior
- * Understanding emotions and their impact on thinking

Unit II: Thinking Styles and Habits

- * Identifying different thinking styles (fixed vs. growth mindset, etc.)
- * Recognizing cognitive biases and their influence
- * Strategies for developing critical thinking skills

Unit III: Stress Management and Emotional Regulation

- * Understanding the stress response and its effects
- * Techniques for managing stress, including relaxation methods
- * Strategies for identifying and managing negative emotions

Unit V: Mindfulness and Self-Awareness

- * Introduction to mindfulness practices (meditation, breathing exercises)
- * Cultivating present-moment awareness and focus



- * Enhancing self-compassion and emotional regulation

Unit VI: Memory and Learning Strategies

- * Techniques for improving memory and information retention
- * Effective note-taking and study skills
- * Strategies for overcoming procrastination

Unit VII: Goal Setting and Motivation

- * The importance of setting SMART goals
- * Building intrinsic motivation and self-discipline
- * Strategies for overcoming challenges and setbacks

Unit VIII: Mind Education in Daily Life

- * Integrating mind education practices into daily routine
- * Maintaining a healthy mind-body connection
- * Resources for continued learning and support

***Note: Some of the theoretical concepts would be dealt with during practice hours.
Practical/ Practice Component (15 sessions of 2 hours each= 30 hours)***

Assessment:

Theory -50%

Practical-50%



Schedule of Certification Course on “Mind Education”

Duration:30 hours

Sr.No.	Resource Person	Topic Covered	Date & Time
1.	Ms. Sandhya Yadav	<ul style="list-style-type: none">● Introduction to Mind Education	10 October,2022 1:30p.m.-3:30p.m.
2.	Ms. Sandhya Yadav	<ul style="list-style-type: none">● * What is mind education and why is it important?● * The brain and its role in learning and behavior● * Understanding emotions and their impact on thinking	11th October,2022 1:30p.m.-3:30p.m.
3.	Ms. Sandhya Yadav	<ul style="list-style-type: none">● Thinking Styles and Habits	12th October,2022 1:30p.m.-3:30p.m.
4.	Ms. Sandhya Yadav	<ul style="list-style-type: none">● Identifying different thinking styles (fixed vs. growth mindset, etc.)● Recognizing cognitive biases and their influence● Strategies for developing critical thinking skills	13th October,2022 1:30p.m.-3:30p.m.
5.	Ms. Sandhya Yadav	<ul style="list-style-type: none">● Stress Management and Emotional Regulation	14th October,2022 1:30p.m.-3:30p.m.



6.	Ms. Sandhya Yadav	<ul style="list-style-type: none">● * Understanding the stress response and its effects● * Techniques for managing stress, including relaxation methods● * Strategies for identifying and managing negative emotions	15 th October,2022 1:30p.m.-3:30p.m.
7.	Ms. Sandhya Yadav	<ul style="list-style-type: none">● Mindfulness and Self-Awareness	17 th October,2022 1:30p.m.-3:30p.m.
8.	Ms. Sandhya Yadav	<ul style="list-style-type: none">● * Introduction to mindfulness practices (meditation, breathing exercises)● * Cultivating present-moment awareness and focus● * Enhancing self-compassion and emotional regulation	18 th October,2022 1:30p.m.-3:30p.m.
9.	Ms. Sandhya Yadav	<ul style="list-style-type: none">● Memory and Learning Strategies	19 th October,2022 1:30p.m.-3:30p.m.
10.	Ms. Sandhya Yadav	<ul style="list-style-type: none">● * Techniques for improving memory and information retention● * Effective note-taking and study skills● * Strategies for overcoming procrastination	20 th October,2022 1:30p.m.-3:30p.m.
11.	Ms. Sandhya Yadav	<ul style="list-style-type: none">● Goal Setting and Motivation	21 st October,2022 1:30p.m.-3:30p.m.



12.	Ms. Sandhya Yadav	<ul style="list-style-type: none">• The importance of setting SMART goals• Building intrinsic motivation and self-discipline• Strategies for overcoming challenges and setbacks	27 th October,2022 1:30p.m.-3:30p.m.
13.	Ms. Sandhya Yadav	<ul style="list-style-type: none">• Mind Education in Daily Life	28 th October,2022 1:30p.m.-3:30p.m.
14.	Ms. Sandhya Yadav	<ul style="list-style-type: none">• Integrating mind education practices into daily routine	29 ^{en} October,2022 1:30p.m.-3:30p.m.
15.	Ms. Sandhya Yadav	<ul style="list-style-type: none">• * Maintaining a healthy mind-body connection• * Resources for continued learning and support	31 st October,2022 1:30p.m.-3:30p.m.



	Report
Name of the Course	Certification Course on “ Mind Education ”
Date	October 10th to October 31st, 2022
Venue	Seminar Hall/Class Rooms, Block C
Organized by	School of Education, MIMT
Participated by	Students of B.A.B.Ed. I year
Activity -In charge	Vandana
Recourse Person	Mr. SandhyaYadav
Objective	<p>On completion of Certification Course on “Mind Education”, the prospective teacher educator will be able to:</p> <p>General Skills:</p> <ul style="list-style-type: none">• Utilising the power of the mind to overcome adversity and to increase personal development.• Resilience and personal growth are key to happiness and self worth. <p>Specific Skills:</p> <ul style="list-style-type: none">• To mould a clean mindset in individuals based on values to reduce the possibility for corruption, crimes and injustice.• To improve quality of expert educators enabling them to nurture leaders of the next generation with a mindset of serving others.• To cultivate a mindset that overcomes one’s limitations and frame of thought challenging themselves and opening up infinite possibilities.• To instill a healthy mindset that allows students to break free from themselves (addictions, depression, personal problems) and experience true change in their lives.



Content	<p>Planning & Execution: MsNeha Jindal was assigned the responsibility to conduct the course. The proposal was forwarded to the Management to get it approved. It was accepted on 25th November, 2022. Thereafter, Ms. Sandhya Yadav (Assistant Professor, MIMT) were approached to conduct the course. They were convinced and sent course schedule. The Plan of Action was prepared.</p> <p>Daywise Activity: Day 1 (10th October, 2022) On the First day in Session-1, Ms. Sandhya Yadav discussed about the Introduction to Mind Education.</p> <p>Day 2 (11th October, 2022) On the Second day in Session-2, Ms. Sandhya Yadav told the students what is education of the mind and why it is important?</p> <p>Day 3 (12th October, 2022) On the Third day in Session-3, Ms. Vandana explained The brain and its role in learning and behavior and Understanding emotions and their impact on thinking</p> <p>Day 4 (13th October, 2022) On the Fourth day in Session-4, she discussed about how thinking styles and habits can be improved.</p> <p>Day 5 (14th October, 2022) On the Fifth day in Session-5, Ms. Sandhya Yadav taught students to recognize cognitive biases and their effects</p> <p>Day 6 (15th October, 2022) On the Sixth day in Session-6, She Discussed about strategies to develop critical thinking skills</p> <p>Day 7 (17th October, 2022) On the Seventh day in Session-7, Ms. Sandhya Yadav gives detailed explanation to students about stress management and emotional regulation</p> <p>Day 8 (18th October, 2022) On the Eight day in Session-8, Ms. Sandhya Yadav explained the stress response and its effects and provided stress management techniques including relaxation methods.</p> <p>Day 9 (19th October, 2022) On the Ninth day in Session-9, she discuss strategies to identify and manage negative emotions</p> <p>Day 10 (20th October, 2022) On the tenth day in Session-10, Ms. Sandhya Yadav introduced Mindfulness and Self-Awareness Mindfulness practices (meditation, breathing exercises) and present-moment awareness and focusing taught students how to increase self-compassion and emotional regulation.</p> <p>Day 11 (21st October, 2022) On the eleventh day in Session-11, Ms. Sandhya explains memory and learning strategies</p> <p>Day 12 (27th October, 2022) On the Twelfth day in Session-12 she discussed techniques for improving memory and information retention, effective note taking and study skills, strategies for overcoming procrastination.</p> <p>Day 13 (28th October, 2022) On the next day in Session-13, Ms. Sandhya explain about goal setting and motivation, importance of setting smart goals, self discipline.</p> <p>Day 14 (29th October, 2022) On the fourteenth session she discussed about mental education preparation in daily life.</p> <p>Day 15 (31st October, 2022) On the last day in Session-15 Ms. sandhya too told them about how to Integrating mind education practices into daily routine, Maintaining a healthy mind-body connection, Resources for continued learning and support.</p>
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<p>Outcome</p>	<p>The learning outcomes of the Certification Course on “Mind Education” are:</p> <ul style="list-style-type: none">• Students developed social and emotional skills, such as empathy, communication, and teamwork.• Students developed skills essential for personal and professional success.• Educated the hearts of people to learn the value of self-control and happiness, creating a much better environment. <p>45 students of B.A.B.Ed I year had done this course. The course was highly interactive and extremely motivated the students.</p>
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Picture1.1





B.A.B.Ed I Year (Session: 2022-2026), Examination-2022
Certification Course on "Mind Education"

Time: 30Min.

M.M.15

Name:

Father's Name:

Enrolment No.:

Mind Education Quiz

Instructions: Choose the best answer for each question.

1-Memory is defined as . . .

- A-An active information-processing system that receives, stores and recovers information.
- B-Thoughts experienced previously in ones life.
- C-The mental faculty of retaining and recalling past experience.
- D-The act or an instance of remembering; recollection.

2-The duration of short-term memory is approximately:

- A-18-20 seconds
- B-One to two minutes
- C-Three to four hours
- D-30 to 40 seconds

3- Which of the following statements is true

- A-In small quantities, stress is good
- B-Too much stress is harmful
- C-All stress is bad
- D-Only '1' & '2' are right



4-The main keys to managing stress are

- A.Recognizing and understanding the signs of stress
- B. Identifying sources of stress
- C. Identifying what we can and can't control
- D. All of the above

5-Symptoms such as moodiness, hostility, and fearfulness are signs that stress is effecting the

- A. Body
- B. Mind
- C. Emotions
- D. Behavior

6-1. What is the main goal of Design Thinking?

- A) To maximize profits
- B) To create innovative solutions for complex problems
- C) To reduce product development time
- D) To increase customer satisfaction

7-___ is the set of forces that energize, direct, and sustain behavior.

- A. Motivation
- B. Expectancy
- C. Empowerment
- D. Socialization



8-If you were to walk into a classroom, which instructional strategy would you be most likely to see, since it is most common in classrooms?

- A. Cooperative learning
- B. Lecture.....
- C. Discovery
- D. Questioning

9- Affect is composed of ____

- A. Emotions
- B. Mood
- C. Response
- D. Both a and b

10-Teachers use questioning to accomplish all of the following except ____.

- A. Providing student feedback
- B. Checking for understanding
- C. Determining level of instruction students need
- D. Managing student behaviour

11-When you exhibit stress tolerance, you ____.

- A. Flexibility
- B. Self- regard
- C. Respond appropriately to the cause of your stress.....
- D. Develop a fixed mindset



12-Life skills address a balance of three areas: knowledge, _____ and skills.

- A. aptitude
- B. confidence
- C. attitude
- D. abilities

13-Positive State Affect is the extent to which an individual subjectively experiences positive moods such as____

- A. Alertness
- B. Nervousness
- C. Contempt
- D. All of these

14- What is self-awareness?

- A. The ability to predict future events
- B. The conscious knowledge and understanding of one's own thoughts, feelings, and behaviors
- C. The skill of multitasking effectively
- D. The ability to communicate with animals

15-Which term describes the conscious knowledge and understanding of one's own thoughts, feelings, emotions, and actions?

- A- Empathy
- B- Emotional intelligence
- C- Self-awareness
- D- Self-control



Answer Key:

1. (A)
2. (A)
3. (D)
4. (D)
5. (C)
6. (B)
7. (A)
8. (B)
9. (D)
10. (A)
11. (C)
12. (C)
13. (A)
14. (B)
15. (C)



Practical



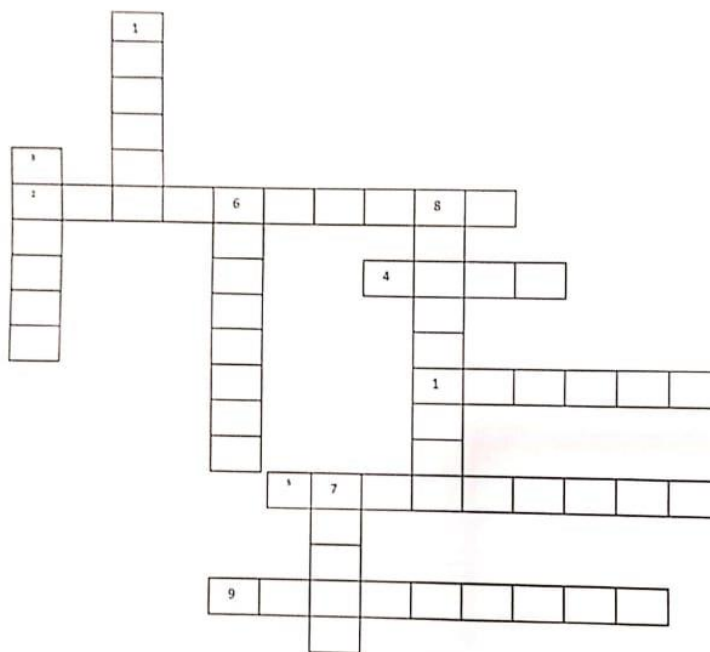
Cross-Word Puzzle

NAME –

TIME-10 MIN.

FATHER'S NAME-

Enrolment No.-



Across-

- 2-One benefit of a positive outlook?
- 4-One benefit of meditation?
- 5-Train to focus on the present moment?
- 9-Skill that helps us to communicate effectively?
- 10-This physical trace of memory is known as the...

Down-

- 1-Negative emotion that can reduce mindfulness?
- 3- Opposite of a fixed mindset?
- 6- A Process that continues throughout life?
- 7-Key element of healthy relationships?
- 8- A strategy to reframe negative thoughts?



Answer

Across-

- 2-Resilience
- 4-Calm
- 5-Attention
- 9-Listening
- 10-Engram

Down-

- 1-Stress
- 3-Growth
- 6-Learning
- 7-Trust
- 8-Challenge



SUDOKU GAME

NAME -
FATHER'S NAME -
Enrolment No. -

TIME-10 MIN.

	3			8				1
		7	4		1		5	
9				5		2		
		2			5		1	
3			2	1		5		
5	9			6				2
		6	5		2			
		9	6				2	7
					8		6	5



ANSWER

2	3	5	9	8	6	7	4	1
6	8	7	4	2	1	9	5	3
9	1	4	3	5	7	2	8	6
4	7	2	8	3	5	6	1	9
3	6	8	2	1	9	5	7	4
5	9	1	7	6	4	8	3	2
1	4	6	5	7	2	3	9	8
8	5	9	6	4	3	1	2	7
7	2	3	1	9	8	4	6	5



Mangalmay Institute of Management Technology Greater Noida (U.P.)



Mangalmay Institute of Management Technology
Greater Noida (U.P.)



NAME -

TIME-10 MIN

FATHER'S NAME-

Enrolment No.-

TOPIC- Find the Given Words hidden inside the Puzzle and Circle them...

WORDS- Memory,Stress,Mindfull, Learning,Selfawareness,Skill,Goal,Emotion,Negative,Education

S	d	A	M	E	W	X	M	E	M	O	R	Y
E	S	B	I	Y	C	A	G	V	Z	B	I	J
L	K	Y	N	U	S	T	R	E	S	S	L	K
F	I	Z	D	T	V	F	A	I	J	H	N	M
A	L	N	F	X	S	N	H	G	C	E	O	L
W	L	E	U	G	O	A	L	E	R	D	Q	E
A	M	G	L	I	U	X	O	M	A	U	P	A
R	C	A	L	B	V	Z	I	O	K	C	N	R
E	L	T	O	V	W	Q	S	T	A	A	P	N
N	B	I	T	E	R	G	R	I	N	T	S	I
E	M	V	Q	Q	V	F	M	O	I	I	M	N
S	X	E	M	D	A	S	T	N	L	O	Y	G
S	A	N	I	Q	R	C	Q	B	H	N	F	V



S.No.	Name of Students	Cross word Puzzle (5 Marks)	Sudoku (5 Marks)	Word-Maze (5 Marks)	MM: 15	QUALIFIED FOR CERTIFICATE
						(YES/NO)
1	AKANSHA	4	5	4	15	YES
2	AKANSHA NAGAR	5	5	4	15	YES
3	AKANSHA SINGH	4	5	5	15	YES
4	AKASH BHATI	5	5	4	15	YES
5	AKSHA SAIFI	4	5	4	15	YES
6	ANJALI KUMARI	5	0	4	15	YES
7	ANJALI SINGH	3	5	4	15	YES
8	ANKIT KUMAR	5	5	4	15	YES
9	ANNU GUPTA	4	5	4	15	YES
10	ANSHIKA GUPTA	5	5	4	15	YES
11	ANUSHKA	5	0	4	15	YES
12	APARNA SAXENA	4	5	5	15	YES
13	ASHI BHATI	5	5	3	15	YES
14	AYUSHI GUPTA	4	5	3	15	YES
15	AYUSHI SHARMA	5	5	4	15	YES
16	BHUMIKA LASPAL	3	5	5	15	YES
17	BHUMIKA RANA	3	0	4	15	YES
18	BULBUL GAUR	4	5	5	15	YES
19	CHANCHAL	4	0	4	15	YES
20	CHANCHAL	3	0	5	15	YES



21	CHARU	4	5	4	15	YES
22	CHINTOO KHARI	3	0	5	15	YES
23	CHIRAG	4	0	4	15	YES
24	DEEPAK KUMAR	4	0	5	15	YES
25	DILKASH RAJA	5	5	4	15	YES
26	DISHA FOUZDAR	4	5	5	15	YES
27	DIVYA RAWAT	4	0	5	15	YES
28	DIVYA YADAV	4	5	4	15	YES
29	DIVYANSHI GUPTA	3	5	5	15	YES
30	DIYA MANGAL	5	5	4	15	YES
31	GEETIKA SHARMA	5	5	4	15	YES
32	GUDDU ALI	5	0	5	15	YES
33	ISHA RATHI	5	0	4	15	YES
34	JYOTI BHATI	4	5	5	15	YES
35	JYOTI KESRI	5	5	5	15	YES
36	JYOTI RAWAT	4	5	4	15	YES
37	KAJAL	5	0	4	15	YES
38	KASHISH SHARMA	5	5	5	15	YES
39	KASHISH SHARMA	4	5	4	15	YES
40	KEERTI BHATI	5	5	4	15	YES
41	KHUSHBOO	4	5	5	15	YES
42	KHUSHI BHATI	5	5	5	15	YES
43	KHUSHI PAL	4	0	4	15	YES
44	KM KOMAL	4	0	5	15	YES
45	KM NIDHI NAGAR	5	5	4	15	YES



<p style="text-align: center;">Signature</p> <p style="text-align: center;">(Internal Examiner: Ms. Sandhya Yadav, Assistant professor, School of Education, MIMT)</p>	<p style="text-align: center;">Signature</p> <p style="text-align: center;">(HOD/PRINCIPAL)</p>
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S.No.	Name of Students	MCQ/Questionnaire	MM: 15	QUALIFIED FOR CERTIFICATE
				(YES/NO)
1	AKANSHA	11	15	YES
2	AKANSHA NAGAR	13	15	YES
3	AKANSHA SINGH	11	15	YES
4	AKASH BHATI	12	15	YES
5	AKSHA SAIFI	14	15	YES
6	ANJALI KUMARI	12	15	YES
7	ANJALI SINGH	12	15	YES
8	ANKIT KUMAR	13	15	YES
9	ANNU GUPTA	11	15	YES
10	ANSHIKA GUPTA	12	15	YES
11	ANUSHKA	12	15	YES
12	APARNA SAXENA	14	15	YES
13	ASHI BHATI	11	15	YES
14	AYUSHI GUPTA	12	15	YES
15	AYUSHI SHARMA	13	15	YES
16	BHUMIKA LASPAL	14	15	YES
17	BHUMIKA RANA	14	15	YES
18	BULBUL GAUR	11	15	YES
19	CHANCHAL	11	15	YES
20	CHANCHAL	13	15	YES
21	CHARU	12	15	YES
22	CHINTOO KHARI	13	15	YES
23	CHIRAG	12	15	YES



24	DEEPAK KUMAR	11	15	YES
25	DILKASH RAJA	12	15	YES
26	DISHA FOUZDAR	11	15	YES
27	DIVYA RAWAT	12	15	YES
28	DIVYA YADAV	12	15	YES
29	DIVYANSHI GUPTA	13	15	YES
30	DIYA MANGAL	11	15	YES
31	GEETIKA SHARMA	12	15	YES
32	GUDDU ALI	12	15	YES
33	ISHA RATHI	12	15	YES
34	JYOTI BHATI	13	15	YES
35	JYOTI KESRI	11	15	YES
36	JYOTI RAWAT	13	15	YES
37	KAJAL	11	15	YES
38	KASHISH SHARMA	11	15	YES
39	KASHISH SHARMA	12	15	YES
40	KEERTI BHATI	13	15	YES
41	KHUSHBOO	12	15	YES
42	KHUSHI BHATI	11	15	YES
43	KHUSHI PAL	13	15	YES
44	KM KOMAL	12	15	YES
45	KM NIDHI NAGAR	13	15	YES



<p>Signature</p> <p>(Internal Examiner: Ms. Sandhya Yadav, Assistant professor, School of Education, MIMT)</p>	<p>Signature</p> <p>(HOD/PRINCIPAL)</p>
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SUDOKU GAME

NAME - *Akasha Nagar*
FATHER'S NAME - *Vikas Nagar*
Enrolment No. - *R220992102002*

2	3	5	9	8	6	7	4	1
6	8	7	4	2	1	9	5	3
9	1	4	3	5	7	2	8	6
4	7	2	8	3	5	6	1	9
3	6	8	2	1	9	5	7	4
5	9	1	7	6	4	8	3	2
1	4	6	5	7	2	3	9	8
8	5	9	6	4	3	1	2	7
7	2	3	1	9	8	4	6	5



NAME - Akansha Negun
FATHER'S NAME - Vikas Negun
Enrolment No. - R220992102002

TIME-10 MIN

TOPIC- Find the Given Words hidden inside the Puzzle and Circle them...

WORDS- Memory, Stress, Mindful, Learning, Selfawareness, Skill, Goal, Emotion, Negative, Education

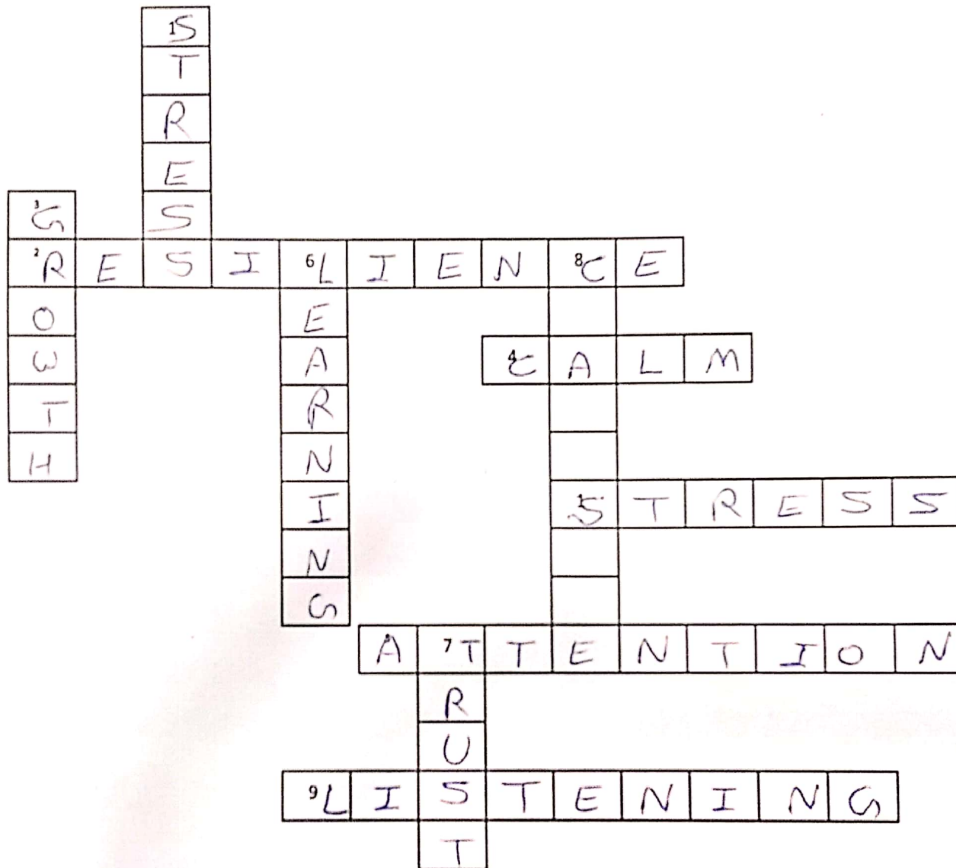
S	d	A	M	E	W	X	M	E	M	O	R	Y
E	S	B	I	Y	C	A	G	V	Z	B	I	J
L	K	Y	N	U	S	T	R	E	S	S	L	K
F	I	Z	D	T	V	F	A	I	J	H	N	M
A	L	N	F	X	S	N	H	G	C	E	O	L
W	L	E	U	G	O	A	L	E	R	D	Q	E
A	M	G	L	I	U	X	O	M	A	U	P	A
R	C	A	L	B	V	Z	I	O	K	C	N	R
E	L	T	O	V	W	Q	S	T	A	A	P	N
N	B	I	T	E	R	G	R	I	N	T	S	I
E	M	V	Q	Q	V	F	M	O	I	I	M	N
S	X	E	M	D	A	S	T	N	L	O	Y	G
S	A	N	I	Q	R	C	Q	B	H	N	F	V



Cross-Word Puzzle

NAME - *Akanksha Nagar*
 FATHER'S NAME - *Vikas Nagar*
 Enrolment No. - *R220992102002*

TIME-10 MIN.



Across-

- 2-One benefit of a positive outlook?
- 4-One benefit of meditation?
- 5-Train to focus on the present
- 9-Skill that helps us to communicate effectively?
- 10-This physical trace of memory is known as the...

Down-

- 1-Negative emotion that can reduce mindfulness?
- 3- Opposite of a fixed mindset?
- 6- A Process that continues throughout life?moment?
- 7-Key element of healthy relationships?
- 8- A strategy to reframe negative thoughts?



Time: 30Min.

M.M.10

Name: AKASH BHATI

Father's Name: ASHOK KUMAR BHATI

Enrolment No.: 22G0160131

Mind Education Quiz

12
15
Sandeep

Instructions: Choose the best answer for each question.

1-Memory is defined as. . .

A-An active information-processing system that receives, stores and recovers information.

B-Thoughts experienced previously in ones life.

C-The mental faculty of retaining and recalling past experience.

D-The act or an instance of remembering; recollection.

2-The duration of short-term memory is approximately:

A-18-20 seconds

B-One to two minutes

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D-30 to 40 seconds

3- Which of the following statements is true

A-In small quantities, stress is good

B-Too much stress is harmful

C-All stress is bad

D-Only '1' & '2' are right

4-The main keys to managing stress are

A.Recognizing and understanding the signs of stress

B.Identifying sources of stress

C.Identifying what we can and can't control

D.All of the above

5-Symptoms such as moodiness, hostility, and fearfulness are signs that stress is effecting the

A.Body

B.Mind

C.Emotions

D.Behavior

6-1. What is the main goal of Design Thinking?

A) To maximize profits

B) To create innovative solutions for complex problems

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D) To increase customer satisfaction

7- ___ is the set of forces that energize, direct, and sustain behavior.

A. Motivation

B. Expectancy

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D. Socialization



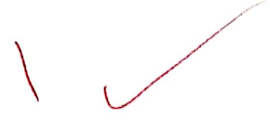
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9- Affect is composed of ____

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10-Teachers use questioning to accomplish all of the following except ____.

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11-When you exhibit stress tolerance, you ____.

- A. Flexibility
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12-Life skills address a balance of three areas: knowledge, _____ and skills.

- A. aptitude
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- C. attitude
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13-Positive State Affect is the extent to which an individual subjectively experiences positive moods such as ____

- A. Alertness
- B. Nervousness
- C. Contempt
- D. All of these



14- What is self-awareness?

- A. The ability to predict future events
- B. The conscious knowledge and understanding of one's own thoughts, feelings, and behaviors
- C. The skill of multitasking effectively
- D. The ability to communicate with animals





15-Which term describes the conscious knowledge and understanding of one's own thoughts, feelings, emotions, and actions?

- A- Empathy
- B- Emotional intelligence
- C- Self-awareness
- D- Self-control





Time: 30Min.

Name: Khushi Pal

Father's Name: Manish

Enrolment No.: 22 G 0157040

Mind Education Quiz

13
15

Sandhya

Instructions: Choose the best answer for each question.

1-Memory is defined as . . .

- A-An active information-processing system that receives, stores and recovers information.
- B-Thoughts experienced previously in ones life.
- C-The mental faculty of retaining and recalling past experience.
- D-The act or an instance of remembering; recollection.

2-The duration of short-term memory is approximately:

- A-18-20 seconds
- B-One to two minutes
- C-Three to four hours
- D-30 to 40 seconds

3- Which of the following statements is true

- A-In small quantities, stress is good
- B-Too much stress is harmful
- C-All stress is bad
- D-Only '1' & '2' are right

4-The main keys to managing stress are

- A.Recognizing and understanding the signs of stress
- B.Identifying sources of stress
- C.Identifying what we can and can't control
- D.All of the above

5-Symptoms such as moodiness, hostility, and fearfulness are signs that stress is effecting the

- A.Body
- B.Mind
- C.Emotions
- D.Behavior

6-1. What is the main goal of Design Thinking?

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Time: 30Min.

M.M.10

Name: Bhumika Rana
Father's Name: Deepak Rana
Enrolment No.: 226, 0033112

Mind Education Quiz

14
15
Sondhyo

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Expert Profile

Ms. Sandhya Yadav

Core Skills: Critical thinking skills, Communicative Language, Problem Solving

Qualification: M.A. (Psychology, Hindi, Education), M.Ed., M.Phil, UGC-NET, LL.B,
Pursuing P.h.d.

Experience: 12 years

Research Area: Educational Psychology, Education, Guidance & Counselling.



Mangalmay Institute of Management Technology

Knowledge Park II, Greater Noida (U.P.)



CERTIFICATE

Certified that

Mr./Ms. Anjali Singh

of **B.A.B.Ed.1st year** of **Mangalmay Institute of Management Technology, Greater Noida,**
has successfully completed **30 Hours** Add- On Certification Program course on **Mind Education**
conducted from **10/Oct/ 2022 to 31/Oct/2022**

Associate Dean
Mangalmay Institute of
Management & Technology

Convener
Mangalmay Institute of
Management & Technology