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Assignment No – 1

MINDFULNESS ACTIVITY

1- Breathing with awareness

This exercise can be done standing or sitting, at any time and in any location. It's ideal if you can sit in the meditation (lotus) position, but if you can't, don't worry.

In either case, all you have to do is sit still for one minute and focus on your breath.

* 1 Begin by slowly inhaling and exhaling. Aim for a 6-8 second intake and exhale that is balanced.
* 2 Inhale deeply through your nose and exhale deeply through your nose, allowing your breath to flow freely into and out of your body.
* 3 Allow your thoughts to drift away. Allow yourself to let go of tasks you need to complete later today or pending projects that require your attention. Allow your thoughts to rise and fall naturally, and be at one with your breath.
* 4 Watch your breath with intention, concentrating your consciousness on the journey it takes as it enters your body and fills you with energy.
* 5 Then, when it returns to the world, watch it work its way up and out of your nose with your awareness.

2 - Mindful Listening

This activity is meant to train your mind to be less influenced by past experiences and preconceptions by opening your ears to sound in a nonjudgmental way.

So much of what we "feel" is shaped by our previous experiences. We may dislike a song because it reminds us of a breakup or another time in our lives when things were difficult.

The goal of this exercise is to listen to music from a neutral perspective, with a present awareness free of preconceptions.

* Put your headphones on and close your eyes.
* Try not to make snap judgments about the music based on its genre, title, or performer name before it has even started. Instead, disregard any labels and allow yourself to be completely immersed in the soundscape for the duration of the song.
* Allow yourself to delve into every facet of the tune. Even if the music doesn't initially appeal to you, let go of your disapproval and allow your awareness to climb inside the track and dance among the sound waves.
* Listen to the dynamics of each instrument to have a better understanding of the music. Separate each sound in your thoughts and examine it individually.
* Concentrate on the vocals: the tone, range, and tones of the voice. If there are multiple voices, split them like you did previously.