

INNER COMPASS: MINDFULNESS & EMOTIONAL INTELLIGENCE IN LEADERSHIP & LAW

24TH MARCH 2026 (TUESDAY)



Spiritual Club of Gitarattan International Business School successfully organized a Mental Wellness Seminar titled “Inner Compass: Mindfulness & Emotional Intelligence in Leadership & Law”, Dr. Aradhana Sharma, Psychologist, as the distinguished resource person for the students of Integrated B.A. LL.B (H) & BBA.LL.B (H). (4th & 6th Semester) on 24th March 2026.

The seminar was conducted with the objective of promoting holistic development among students by integrating emotional intelligence and mindfulness with leadership and legal education. In today’s demanding professional environment, especially in the field of law, the ability to manage emotions, remain composed under pressure, and make ethically sound decisions has become increasingly important. Recognizing this need, the session aimed to equip students with essential psychological and emotional competencies often overlooked in traditional legal education.

The session commenced with an insightful introduction by the resource person, who emphasized that effective leadership goes beyond intellectual excellence and technical expertise. She highlighted the importance of self-awareness, emotional balance, and resilience in navigating complex professional challenges. Students were introduced to the core concepts of mindfulness and emotional intelligence, along with their relevance in personal and professional life.

A key highlight of the seminar was the discussion on how emotions influence judgment, communication, and interpersonal relationships. Through real-life examples and practical scenarios, the speaker demonstrated how emotional awareness plays a crucial role in legal practice, including client interactions, advocacy, negotiation, and conflict resolution. The session reinforced that emotionally intelligent individuals are better equipped to handle stress, respond thoughtfully, and maintain professionalism in high-pressure situations.

The concept of the “inner compass” was explained as an internal guide shaped by one’s values, awareness, and ethical understanding. Students were encouraged to cultivate this inner compass to ensure integrity, clarity, and consistency in their decisions and actions. This aspect was particularly relevant in the legal profession, where individuals are often faced with ethical dilemmas and challenging circumstances.

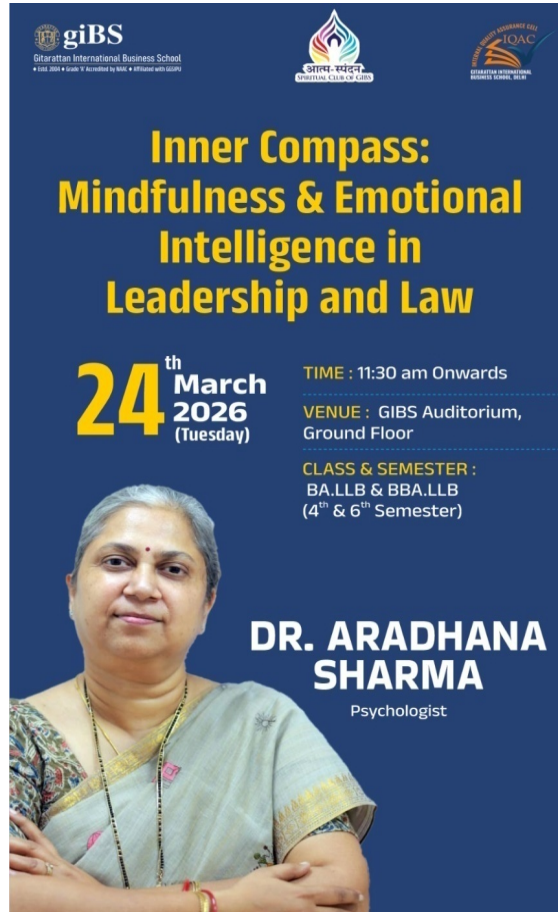
The seminar also included practical components, where students were introduced to simple mindfulness techniques such as breathing exercises, present-moment awareness, and reflective thinking. These techniques were presented as effective tools for managing stress, enhancing focus, and improving emotional regulation. The speaker further emphasized the importance of empathy and active listening in building strong professional relationships and fostering a collaborative environment.

The session was highly interactive, with students actively participating in discussions and engaging in the question–answer segment. Their queries reflected a growing awareness of the importance of mental well-being and a keen interest in applying mindfulness practices in their academic and professional lives.


The seminar successfully achieved its objectives by creating awareness about the significance of emotional intelligence and mindfulness in leadership and law. Students gained valuable insights into managing stress, regulating emotions, and improving interpersonal relationships. They also developed a better understanding of how self-awareness and empathy contribute to ethical decision-making and responsible leadership.

In conclusion, the seminar proved to be an enriching and impactful experience for all participants. It highlighted the importance of developing an “inner compass” to navigate the complexities of professional life with clarity, balance, and integrity. The initiative taken by the Spiritual Club was commendable and contributed significantly to the overall personal and professional development of the students.


FLYER OF THE EVENT



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 SPIRITUAL CLUB OF GGSIPU




 IQAC
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**Inner Compass:
 Mindfulness & Emotional
 Intelligence in
 Leadership and Law**

**24th March
 2026
 (Tuesday)**

TIME : 11:30 am Onwards
VENUE : GIBS Auditorium,
 Ground Floor
CLASS & SEMESTER :
 BA.LLB & BBA.LLB
 (4th & 6th Semester)



**DR. ARADHANA
 SHARMA**
 Psychologist

TYPE OF EVENT	Extra-curricular
VENUE	Auditorium, GIBS
TIME & DURATION	11:30 AM – 1:30 PM
CONDUCTED BY	CLS-GIBS
ORGANISED FOR	Integrated BBA LLB(H)& BALLB (H)(4 th & 6 th Semester)
NAME OF THE COORDINATOR	Dr. Arpita Sehgal

<p>ATTENDANCE</p>	<p>BALLB-4A: 44 BALLB-4B: 41 BBALLB-4A: 44 BBALLB-4B: 38 BALLB-6A: 40 BBALLB-6A:28</p>
<p>RESOURCEPERSON</p>	<p>Dr. Aradhana Sharma</p>
<p>OBJECTIVES OF THE EVENT</p>	<ol style="list-style-type: none"> 1. To introduce the concepts of mindfulness and emotional intelligence in the context of leadership and legal practice. 2. To develop students' awareness of how emotions influence judgment, communication, and professional relationships. 3. To highlight the role of emotional intelligence in ethical decision-making and responsible leadership. 4. To encourage the adoption of mindfulness techniques for stress management and improved focus. 5. To provide practical insights into emotional regulation, empathy, and self-reflection. 6. To inspire students to cultivate an "inner compass" that guides their personal values, leadership style, and professional conduct.
<p>LEARNING OUTCOME</p>	<ol style="list-style-type: none"> 1. Students developed a basic understanding of the concepts of mindfulness and emotional intelligence and their relevance in leadership and legal practice. 2. Participants learned practical strategies for managing stress, regulating emotions, and maintaining mental clarity in academic and professional environments. 3. Students became more aware of the role of self-awareness and empathy in building effective interpersonal and professional relationships. 4. Participants gained insights into how emotional intelligence contributes to

	<p>ethical decision-making and responsible leadership in the legal profession.</p> <p>5. The seminar encouraged students to adopt mindfulness practices that enhance focus, resilience, and overall well-being.</p> <p>6. Students were motivated to cultivate an “inner compass” of values and self-awareness that supports integrity, professionalism, and balanced leadership in their future careers.</p>
<p>SHORTFALL DURING EVENT</p>	<p>N/A</p>
<p>LINK OF ONLINE VIDEO</p>	<p>https://youtu.be/439-RX_bpFU</p>

**PREPARED & SUBMITTED BY: DR. ARPITA SEHGAL, ASSISTANT PROFESSOR,
CLS, GIBS**