

Course Title	:	Mindfulness Approaches for Promoting Well-being and Health in Modern World
Course Code	:	GEK2017
Department	:	Special Education and Counselling

Synopsis

Mindfulness has been researched and applied in counselling, education, social work, medicine and business for promoting self-awareness, well-being, physical health, mental health in the past few decades. Through cultivating self-awareness in mindfulness programmes, there is significant positive change in cognition, perception and emotion of participants. In this course, philosophy, concepts and theories of mindfulness in the context of brain science, medicine, psychology and applied ethnic will be reviewed. Various practices of mindfulness for enhancing self-awareness and self-regulation for promoting well-being, positive emotions, physical health and mental health will be introduced. Moreover, issues of lifestyle in the modern world will be reflected for developing social awareness on wellness in various sectors including family, school, business and public domain. Apart from lectures, regular mindfulness practice sessions, sharing from guests and practitioners, visits will be arranged for a comprehensive understanding of the topics.