



Mercy College
Palakkad, Kerala, India 678006
Govt. Aided Arts & Science College
Affiliated to the University of Calicut
Accredited by NAAC with A Grade IV Cycle

Report on The Power of Now



PG and research Department of Chemistry organized 'The Power of Now' class on 12/08/2025 at 12.45 pm in AL 61. The program began with a welcome address by Ms Gayathri K. Sr. Sherina explained the concept of living fully in the present moment, and its benefits for mental well-being, stress reduction, and focus in academic as well as personal life. The session was interactive, with real-life examples and practical mindfulness exercises to help participants experience the essence of present-moment awareness. Students actively participated, sharing their reflections and asking insightful questions during the Q&A session. The class helped the students to apply mindfulness in their academic and personal lives.

Student Coordinator

Ms Gayathri K

Principal

PRINCIPAL
Mercy College, Palakkad-06

Staff Coordinators

Dr Ambily Jacob K

Dr Sr Jemini Jose

