



**Himalayan College of Nursing
Swami Rama Himalayan University
Jollygrant, Dehradun**

Report of Seminar

The seminar on Critical Thinking was conducted on 25th March in Classroom No. 4, with the aim of enhancing participants' ability to analyze, evaluate, and interpret information effectively for better decision making. The session witnessed the active participation of faculty members and students, who engaged enthusiastically in the learning process.

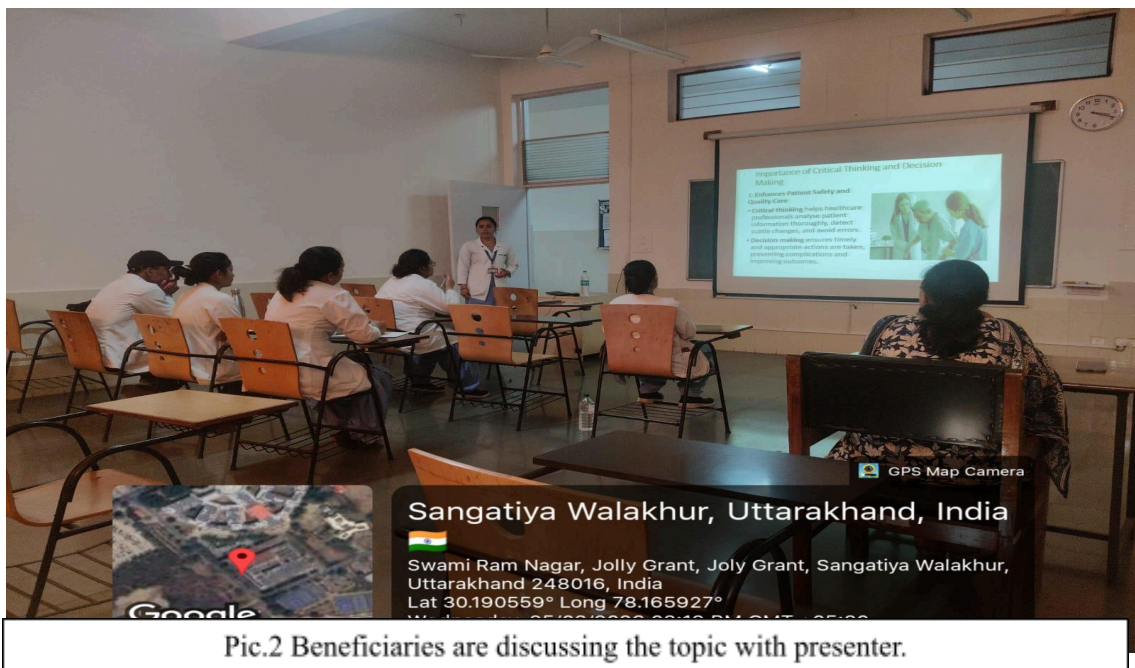
The seminar focused on key components of critical thinking, including logical reasoning, problem-solving, analytical skills, and reflective thinking. Participants were introduced to the steps involved in critical thinking such as identifying problems, gathering relevant information, analyzing evidence, recognizing assumptions, and drawing well-informed conclusions. The importance of questioning, open-mindedness, and objectivity in thinking processes was also emphasized.

The session further explored common barriers to critical thinking, such as cognitive biases, personal beliefs, and lack of information, and discussed strategies to overcome them. Practical examples and real-life scenarios were incorporated to help participants understand how critical thinking can be applied in academic, clinical, and everyday situations.

Feedback from the participants indicated that the seminar was highly informative and engaging. It enhanced their understanding of critical thinking and its application in various fields, particularly in professional and healthcare settings. Overall, the seminar was successful in achieving its objectives and contributed to improving the analytical and decision-making skills of the participants.



Pic.1 Student is presenting a seminar.



Pic.2 Beneficiaries are discussing the topic with presenter.

Activity Coordinator