



## B.V. Patel Institute of Management, Uka Tarsadia University



Date: 10-08-2023

### Session on “Heartfulness Wellness Programme”

**Objectives of Session:** To introduce management students to the concept of Heartfulness and provide them with practical tools to enhance their mental and emotional well-being.

**Outcomes of Session:** Students gain knowledge about how to cultivate habits of meditation.

<b>Date:</b>	10 <sup>th</sup> August 2023
<b>Time:</b>	8:30 PM to 9:30 PM
<b>Venue:</b>	Mandap
<b>No.of Students:</b>	120 (FIRST YEAR BBA)
<b>Name of Speaker:</b>	Shri Hiteshbhai Parekh
<b>Coordinator:</b>	Ms. Vaishali Pillai, Dr. Taral Patel and Ms. Pragya Tripathi



**Introduction:** Conducting a session on the "Heartfulness Wellness Programme" for management students can be a valuable opportunity to introduce them to techniques for

improving their mental and emotional well-being. The session was led by Hiteshbhai Parekh, a certified Heartfulness trainer.

### **Session Highlights:**

#### **1. Introduction (5 minutes)**

Welcome participants and briefly introduce yourself.

Explain the importance of mental and emotional well-being, especially during the college years.

#### **2. What is Heartfulness? (10 minutes)**

Define Heartfulness as a practice of mindfulness that focuses on the heart center.

Mention the benefits of Heartfulness, including reduced stress, improved focus, and emotional balance.

#### **3. Guided Heartfulness Meditation (15 minutes)**

Lead the participants in a simple Heartfulness meditation session.

Instruct them to sit comfortably, close their eyes, and focus on their heart center.

Guide them to observe their breath and bring their attention to the heart, encouraging feelings of love and compassion.

#### **4. Techniques for Everyday Well-being (15 minutes)**

Discuss practical Heartfulness techniques that students can incorporate into their daily lives:

Heartfulness Relaxation: A quick exercise to release stress and tension.

Heartful Listening: Enhancing communication and relationships through active listening.

Heartful Breathing: Using the breath to center oneself during challenging moments.

#### **5. Q&A Session (10 minutes)**

Open the floor to questions and encourage participants to share their thoughts and experiences.