



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



Date: 14-09-2023

Session on “Heartfulness Wellness Programme”

Objectives of Session: To introduce management students to equip students with tools and techniques for managing stress, enhancing emotional intelligence, and leading a balanced and fulfilling life.

Outcomes of Session: Students will be equipped with the tools and knowledge to navigate the challenges of their academic and professional lives with greater confidence and inner peace.

Date:	14th September 2023
Time:	9: 00 am – 10: 00 am
Venue:	Mandap
No.of Students:	220 (FIRST YEAR BBA)
Name of Speaker:	Shri Hiteshbhai Parekh
Coordinator:	Ms. Vaishali Pillai, Dr. Taral Patel and Mr. Vivek Ayre



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. **Stress Management:** Learn effective strategies to manage stress, reduce anxiety, and increase overall well-being.
2. **Emotional Intelligence:** Develop emotional intelligence skills to enhance self-awareness, empathy, and interpersonal relationships.
3. **Mindfulness:** Explore the practice of mindfulness to improve focus, concentration, and mental clarity.
4. **Life Balance:** Understand the importance of work-life balance and discover practical ways to achieve it.
5. **Heartfulness Meditation:** Learn the art of heartfulness meditation to connect with your inner self and cultivate inner peace.