



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



Date: 21/07/2023

### Three Consecutive Day of Introductory Meditation Session

Objective: The session was designed to help you unwind, centre yourself, regain energy, and strengthen your personal bonds.

Outcome: At the end of session students can learn the importance of meditation, cleaning and clarifying the souls, connectivity with the God.

Date	19-20-21 July 2023
Time	8:45 to 9:30 every day
Venue:	Gopal Bhavan
No. of Students:	145
Name of speaker	Shri Hiteshbhai Parekh, Zonal Co-Ordinator U Connect, Heartfulness
Coordinator:	Ms. Peenal Sankhala
Category	Spiritual Club

#### Day 1

This report summarises the meditation session held at Gopal Bhavan. The session took place in a quite surrounding, free from distractions and lasted for approximately 45 minutes.

#### Key Observations:

- Improved focus and concentration
- Reduced anxiety and stress
- Muscle Relaxation
- Self-reflection and Clarity
- Increased Patient level

The mediation session will be conducted for further 2 more days, and today it held a positive impact on the participants mental, emotional and physical health. It enhanced majorly on the

reflection of the self; 20 minutes of continuous meditation was performed and was beautifully guided by the guest of honour. The session connected our souls to the body.



## Day 2

Today the core concept of the session was connectivity with the almighty Lord. The session begins with a beautiful story about a father having two daughters, one of them was married to a farmer (elder daughter) and the other was married to a potter (younger daughter). One day the father decided to visit his daughter's house. First he went to his elder daughter's place and after having a normal conversation she insisted her father go pray to the lord for heavy rains, so her farms could flourish and they may have a good harvest. Then he visited the younger daughter's place, she insisted her father to pray for bright sunshine so that her pots would dry out and become strong. Now the father is totally confused, but he finds a 3rd way out. He decided to pray that "Almighty Lord I have full faith in you, whatever will be good for all you be doing that and I am none to go against you, Your decision and divine mercy should prevail". The basis of the story is to have faith in God and trust his time innings. Then followed by a meditation session for approximately 15 minutes. The participants were taught to accept the good things and learn from the bad ones.



### Day 3

The day started with a beautiful smile on the faces of the participants. The session was based on the cleaning from within, apart from the materialistic thing around we also keep our own body clean, we take bath every day, so in the same manner cleanliness of the soul from within is also very important, this was the core concept. Then again meditation took place for around 20 minutes approximately. After the meditation session, the guest of honour interacted with the students and asked their experiences and feelings. The day was started with the very positive vibes and all the participants were assigned a task for the next session that is to keep smiling always. We learnt that by keeping a beautiful smile on our faces we can make things more beautiful and add colours to our as well others life.



