



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



Date: 27-07-2023

Session on “Heartfulness Wellness Programme”

Objectives of Session: To teach students about how mental health as well as your physical health can both benefit from the development of a sense of quiet, peace, and equilibrium via the practise of meditation.

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

Date:	27th July 2023
Time:	8:30 PM to 9:30 PM
Venue:	Gopal Bhavan Hall
No.of Students:	120 (FIRST YEAR BBA)
Name of Speaker:	Shri Hiteshbhai Parekh
Coordinator:	Ms. Vaishali Pillai, Dr. Taral Patel and Ms. Pragya Tripathi



Introduction: The Heartfulness Wellness Programme session for management students was conducted with the aim of introducing mindfulness and meditation techniques to promote mental and emotional well-being among the young adult population. The session was led by Hiteshbhai Parekh, a certified Heartfulness trainer.

Session Highlights:

1. **Welcome and Icebreaker (15 minutes):** The session began with a warm welcome, and an icebreaker activity was conducted to help participants get to know each other and feel comfortable in the group.
2. **Introduction to Heartfulness (20 minutes):** The facilitator provided an overview of the Heartfulness approach, emphasizing its roots in ancient meditation practices and its relevance in modern life. The principles of simplicity, practicality, and the importance of heart-based living were discussed.
3. **Mindfulness and Stress Management (30 minutes):** The facilitator explained the concept of mindfulness and its role in managing stress. Techniques such as deep breathing and body scan were introduced, and participants were guided through a short mindfulness exercise.