



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



Date: 8th February 2024

Session on “Heartfulness Wellness Programme – Significance of February”

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:	8th February 2024
Time:	9:30 PM to 10:30 PM
Venue:	Gopal Bhavan Hall
No.of Students:	180 (FIRST YEAR BBA)
Name of Speaker:	Shri Hiteshbhai Parekh
Coordinator:	Ms. Vaishali Pillai
Club	Spiritual Club

The wellness programme proved to be an enlightening session focusing on the significance of February, unraveling the nuances of love, and exploring the distinctions between love, affection, attraction, and compassion.



Importance of February: Mr. Hiteshbhai Parekh commenced the session by shedding light on the significance of February. While commonly associated with Valentine's Day, it is also recognized as Heart Health Month. The link between emotional well-being and physical health was highlighted, emphasizing the need for a holistic approach to wellness.



Love vs. Affection, Attraction, and Compassion: The core of the session revolved around understanding the subtle differences between various emotions often grouped under the umbrella term 'love.'

Love: Mr. Parekh explored into the multifaceted nature of love, emphasizing that it goes beyond romantic associations. True love encompasses self-love, love for others, and a deep connection with the universe. Participants were encouraged to explore and nurture these different dimensions of love.

Affection: Mr. Parekh explained, it is a warm feeling, often associated with fondness and tenderness. It can exist in various relationships, from familial to friendly, and is crucial for emotional well-being.

Attraction: Attraction, as discussed, is a magnetic pull that may be physical, emotional, or intellectual. It was emphasized that attraction can be transient and may not necessarily translate into a deep, lasting connection.

Compassion: Compassion, according to Mr. Parekh, is an empathetic response to the suffering of others. It involves a desire to alleviate their pain and contribute to their well-being. While love may be expansive, compassion can be seen as a specific, action-oriented aspect of it.

Interactive Activities:

The session included interactive activities such as guided meditation and group discussions. Participants were encouraged to reflect on their own experiences and perceptions of love, affection, attraction, and compassion.