



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



**Date: 15<sup>th</sup> February 2024**

**Session on “Heartfulness Wellness Programme - CHOICES in Life”**

**Objectives of Session:** The "Heartfulness Wellness Programme" session aimed to promote holistic well-being by incorporating the principles of Heartfulness meditation. The session included a live video presentation of the 151<sup>st</sup> Birth Anniversary Celebrations of Lalaji Maharaj and an insightful discussion on the choices we make in our lives.

**Outcomes of Session:** Students will gain valuable insights and significance of conscious decision-making (CHOICE) for personal growth and well-being.

Date:	15 <sup>th</sup> February 2024
Time:	9:30 PM to 10:30 PM
Venue:	Gopal Bhavan Hall
No.of Students:	230 (First Year BBA)
Name of Speaker:	Shri Hiteshbhai Parekh
Coordinator:	Ms. Vaishali Pillai
Club	Spiritual Club

Students of FYBBA attended the session on holistic well-being through Exploring Choices in Life under the spiritual session series for first year students of BBA. Mr. Hitesh Parekh commenced the session by introducing the audience to the Heartfulness Wellness Programme and its significance in promoting mental, emotional, and spiritual well-being.



**Live Video of 151<sup>st</sup> Birth Anniversary Celebrations of Lalaji Maharaj:**

The highlight of the session was the live video presentation of the 151<sup>st</sup> Birth Anniversary Celebrations of Lalaji Maharaj. The video highlighted the grandeur of the event, featuring

various activities, talks, and ceremonies organized to commemorate the life and teachings of Lalaji Maharaj.



### **Exploring Choices in Life:**

Mr. Hitesh Parekh delved into the **theme of choices in life**, emphasizing the impact they have on our overall well-being. He discussed the importance of conscious decision-making and how our choices shape our experiences, relationships, and personal growth.

### **Heartfulness Meditation Practices:**

The session included practical demonstrations of Heartfulness meditation techniques to help participants connect with their inner selves, fostering a sense of calmness and clarity in decision-making.