



Meditation - The Heartfulness Way

Date: 08-08-2024

Date of Event	08-08-2024
Venue	Gopal Bhavan
Time	8:45 to 10:15
Total No. of Participants	150+
Expert Name	Shri Hiteshbhai Parekh,
Event Coordinator	Dr. Taral Patel and Dr. Vivek Ayre
Event Category	Spiritual Club
Program objective	Aims to help individuals cultivate inner peace, calmness, and awareness.
Program outcomes	At the end of session students will get benefits on emotional control and enhanced performance.

B. V. Patel Institute of Management organised a session on Meditation – The Heartfulness Way on 8th August 2024. Total 208 students of FYBBA got the benefits of the session. Session was conducted by Shree Hiteshbhai Parekh, Principe of TATA School, Navsari.

Outcome of the session from the covered topic:-

For students, maintaining focus offers several specific benefits:

1. Enhanced Academic Performance: Concentrating on studies allows students to understand and retain information better, leading to improved grades and deeper knowledge of subjects.
2. Effective Time Management: Focus helps students manage their time efficiently, balancing academic responsibilities with extracurricular activities and personal life.
3. Better Retention of Information: Focused study sessions are more productive, aiding in better memory retention and understanding of complex concepts.

4. Reduced Procrastination: A focused approach minimizes distractions and reduces the tendency to procrastinate, leading to timely completion of assignments and projects.



The session was very Interactive and students enjoyed the practical tips given by Shree Hiteshbhai Parekh. All students had a great learning and cleared all their doubts by asking innovative questions to the keynote speaker.

We are extremely thankful Dr Vijay Gondaliya Sir- Director B V Patel Institute of Management for to conduct this Fruitful Expert Session for the students of FYBBA.

Report prepared by Dr. Vivek Ayre

Sign of the HOD