



## Session No. 2 Meditation - 'The Heartfulness Way'

Date: 22/08/2024

<b>Date of Event</b>	22/08/2024
<b>Venue</b>	JD Auditorium
<b>Time</b>	9:00 to 10:30
<b>Total No.of Participants</b>	202 FYBBA Students
<b>Expert Name</b>	Hitesh Parekh
<b>Event Coordinator</b>	Dr. Vivek Ayre and Dr. Taral Pate
<b>Event Category</b>	Spiritual Club
<b>Program objective</b>	To explore the Heartfulness way of meditation and its application in daily life.
<b>Programoutcomes</b>	

The session began with a brief introduction to Heartfulness meditation, a simple yet profound practice that connects us with our inner selves. The facilitator explained the concept of Heartfulness, which emphasizes the importance of listening to the heart and cultivating inner calm, clarity, and compassion.



**The following topics were covered:-**

**Rajas:** Represents the quality of passion and activity, driving energy and movement, often associated with desires and ambitions.

**Tamas:** Represents the quality of inertia and darkness, leading to ignorance, laziness, and confusion, often associated with stagnation.

**Satva:** Represents the quality of purity and harmony, promoting clarity, wisdom, and balance, often associated with goodness and peace.



The participants were guided through a 30-minute Heartfulness meditation session, focusing on relaxing the body, calming the mind, and connecting with the heart. The facilitator provided gentle instructions and soothing music to create a peaceful atmosphere.

The session was highly interactive, with students actively engaging in practical tips shared by Shree Hiteshbhai Parekh. After the meditation, participants shared their experiences, insights, and feelings. Many reported feeling a deep sense of relaxation, reduced stress, and increased self-awareness. The facilitator encouraged participants to reflect on how they could integrate Heartfulness into their daily lives, such as through regular meditation practice, self-reflection, and mindful living.

Report prepared by Dr Vivek Ayre

Sign of the HOD