



## **Bharati Vidyapeeth (Deemed to be University)**

### **College Of Nursing, Pune.**

#### **Report On**

#### **Wellness Session Conducted in Collaboration with Heartfulness Meditation**

Bharati Vidyapeeth (Deemed to be University) College of Nursing, Pune, organized a Wellness Session in collaboration with Heartfulness Meditation, Pune, from 17<sup>th</sup> September to 30<sup>th</sup> September 2025. The initiative aimed to promote mental health, emotional balance, and holistic well-being among Students, faculty members, non-teaching staff. The wellness program was designed to help participants manage stress effectively, enhance concentration, and develop inner peace through simple yet powerful Heartfulness Meditation techniques.

#### **Objectives of the Session**

1. To create awareness about the importance of mental and emotional well-being in daily life.
2. To introduce participants to the practice of Heartfulness Meditation for stress management and relaxation.
3. To promote mindfulness, self-awareness, and positive thinking among students and staff.
4. To encourage the adoption of healthy lifestyle habits for better academic and professional performance

## **About Heartfulness Meditation**

Heartfulness Meditation is a form of meditation practiced globally. It emphasizes relaxation, meditation on the heart, cleaning, and prayer. The method helps individuals regulate emotions, reduce stress, and improve overall mental clarity. Certified Heartfulness trainers facilitated the sessions and guided participants through various stages of meditation and relaxation practices tailored to suit beginners and experienced meditators alike.

The program was conducted from 17<sup>th</sup> September to 30<sup>th</sup> September 2025. According to the Schedule morning from 9 am to 10 am the session was conducted for each classes continues three days.

Each day began with a short introduction, followed by guided relaxation and meditation sessions. Interactive discussions were held to share personal experiences, challenges, and benefits observed during practice. Brief about the session was Introduction to Heartfulness Meditation, Guided Relaxation Techniques, Meditation Practice, Cleaning Process, Question and Answer Sessions, Feedback and Reflection.

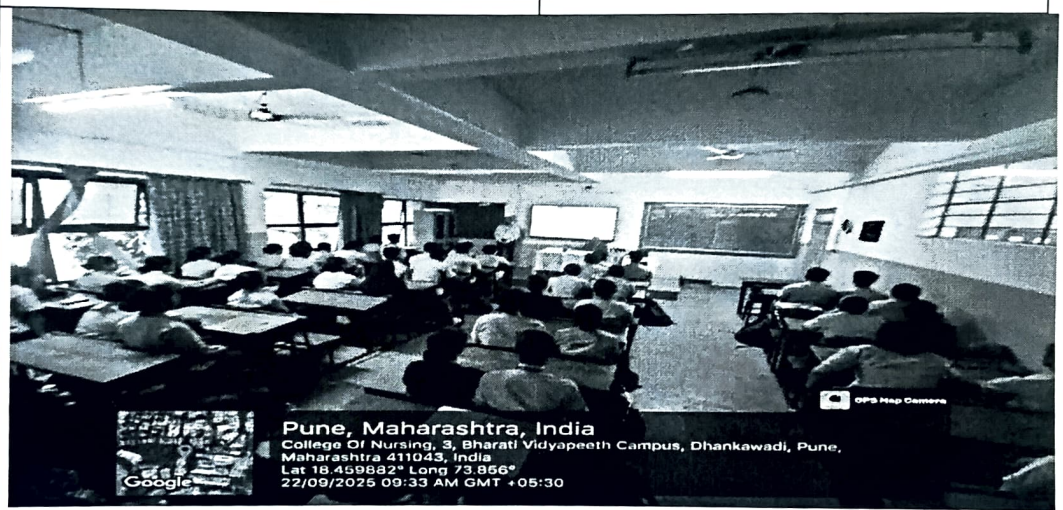
The wellness session achieved remarkable outcomes in promoting physical and mental well-being in improved concentration and attentiveness among students, Enhanced harmony and teamwork within staff groups, increased awareness about self-care and mental health, Participants reported a sense of inner calmness, reduced anxiety, and positive attitude, Encouraged participants to continue meditation practice regularly beyond the program duration.

Total number of student's participants 540 & Teaching Staff 34 along with Non-Teaching staff. Participants expressed their gratitude for the opportunity to engage in Heartfulness Meditation. Many reported feeling refreshed, peaceful, and better equipped to handle academic and personal challenges. Staff members appreciated the initiative as it helped in improving interpersonal relationships and fostering a supportive work environment.

The Wellness Session conducted from 17<sup>th</sup> to 30<sup>th</sup> September in collaboration with Heartfulness Meditation, Pune, was a great success.

It provided a meaningful platform for participants to experience inner balance and holistic growth. The program aligned with the institution's commitment to nurturing not only academic excellence but also emotional intelligence and well-being.

Bharati Vidyapeeth College of Nursing, Pune, plans to continue such wellness initiatives in the future to promote a culture of mindfulness, compassion, and positivity among the nursing community.



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