



## **Three Day Heartfulness Meditation Program Meditation Session AY 2023-24**

Day 1: Relaxation and Meditation

**Date:** 30<sup>th</sup> August 2024 – 1<sup>st</sup> Sept. 2024

**Title -** Three Day Heartfulness Meditation Program Meditation Session AY 2023-24

**No. of Students Enrolled:** 186

### **Programme Benefits:**

- **Mental health:** Meditation can help reduce anxiety, depression, and stress. It can also help with social anxiety, obsessive-compulsive behaviors, and fears.
- **Physical health:** Meditation can help lower blood pressure, which can reduce strain on the heart and blood vessels. It can also help with chronic pain, asthma, cancer, heart disease, high blood pressure, sleep problems, and digestive problems.
- **Sleep:** Meditation can help you fall asleep faster and improve sleep quality.
- **Focus:** Meditation can help you focus and redirect your thoughts. It can also help improve your attention span.
- **Memory:** Meditation can help improve your memory and mental clarity.
- **Emotional regulation:** Meditation can help you regulate your emotions and boost your mood.
- **Self-awareness:** Meditation can help you become more self-aware and focus on the present.

### **Course Outcomes:**

- Learn and practice various meditation techniques, such as focused attention, loving-kindness, body scan, and walking meditation and enhance self-awareness and emotional resilience by observing thoughts, emotions, and bodily sensations without attachment or aversion.

**Course Coordinators – Dr. Gajendra V. Patil**

**Duration :** 3 Days



**Description:** Dr. G.V.Patil Certified heartfulness yoga trainer and Head of Mechanical Engineering Department guided students on meditation and yogic techniques, simple rejuvenating method to detox mind and heart. Students learned the role of various techniques and asana that predominately help our mind to be control of all the emotions. He further asked student to sit in meditative position with closed eyes and let go of stress and complex emotions and feeling light and refreshed.

Dr. G. V. Patil commenced the day with an expert session on spiritual training. He strived to impart Rejuvenation and meditation training among students. He further explained how meditation is an excellent technique to strengthen core and improve concentration. He presented wonderful technique to practice meditation in day –to-day life. Students and faculty were made to practice few meditation techniques to improve their mental health and finding their inner selves.

**Certificate Sample:**





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