# Weekly Heartfulness meditation

Every Wednesday since September 2024 · Library Conference Room, first floor · School of Health Sciences and Technology

| WHEN | SINCE | WHERE | OPEN TO |
|---|---|---|---|
| Every Wednesday, 12:00–1:00 pm | September 2024 | Library Conference Room, first floor | Students, faculty and staff |

## About the event

After the three-day Heartfulness Meditation Workshop in March 2024, the School of Health Sciences and Technology turned the practice into a weekly habit. Since September 2024, a guided Heartfulness meditation session has been held every Wednesday from noon to 1 pm in the Library Conference Room.

The programme aims to improve the mental, emotional and physical well-being of students, faculty and staff; to encourage research-backed ways of managing stress, focus and emotional balance; and to build a supportive, mindful campus. It also prepares faculty to bring mindfulness into teaching and mentoring, and studies how meditation affects psychological well-being, stress and quality of life.

Of the first 27 people who registered, 25 were beginners. Relaxation (19), stress reduction (17), better concentration (14) and emotional wellness (13) were the most common reasons for joining.

### IMPACT

**Meditation has become part of the working week: 40 sessions in 2026 so far, with faculty returning week after week.**

| 40 | 5–6 | ~200 |
|---|---|---|
| sessions, 1 January to 16 October 2026 | faculty members at an average session | participations in 2026 so far |

- A regular, free space to pause and reset in the middle of the working day.

- Most participants started as complete beginners.
- The programme connects well-being with teaching and research across schools.

## Highlights

- Guided Heartfulness meditation, every week, free of charge.
- Faculty gain hands-on experience of meditation for personal and professional use.
- Faculty learn to bring mindfulness into teaching, mentoring and student engagement.
- A research strand studies the effect of meditation on stress and quality of life, with pilot studies and surveys planned.

## Photographs




A weekly session in progress.




Guided meditation.




Participants in meditation.



Faculty and staff after a session.

Mental health support for students

Mental health support for staff

Heartfulness Meditation Workshop, March 2024

SDG 3 report




UPES, Dehradun, Uttarakhand. UPES activity toward UN Sustainable Development Goal 3: Good Health and Well-being.