Heartfulness Meditation Workshop

11–13 March 2024 · Vivekananda Auditorium, Bidholi campus · School of Health Sciences and Technology

DATES	VENUE	ORGANISED BY	REGISTERED
11–13 March 2024	Vivekananda Auditorium, Bidholi	School of Health Sciences and Technology, with Heartfulness	About 150 students, faculty and staff

About the event

The University Grants Commission has asked colleges and universities to raise mental health awareness and introduce meditation for students and faculty. In response, the School of Health Sciences and Technology held a three-day Heartfulness Meditation Workshop with experienced Heartfulness trainers, coordinated by Dr Shikha Saxena.

About 150 faculty, students and staff registered, including the Dean of the school, Dr Padma Venkat, and cluster heads Dr Dhruv Kumar and Dr Kuldeep Roy. The trainers were Mr Deen Dayal Joshi, Zonal Coordinator, Col Harshvardhan Pandey, Col Dr Manu Chopra and Mr Pramod Kumar.

Col Manu Chopra opened by introducing the spiritual dimension in the World Health Organization's definition of health. Col Harshvardhan guided participants through relaxation, cleaning and transmission practices, and Mr Deen Dayal Joshi brought the ideas to life with everyday examples.

IMPACT

A three-day workshop became a lasting habit: it launched the weekly Heartfulness sessions that still run every Wednesday.

~150	3	4
students, faculty and staff registered	days of guided practice	Heartfulness trainers

- Participants left with practical techniques for calm, focus and emotional balance.
- Faculty leaders, including the Dean, took part alongside students and staff.
- Health measurements before and after meditation opened a line of research on well-being.

Highlights

- Introduction to Heartfulness meditation and its place in holistic health.
- Guided meditation practice, followed by experience sharing and tips for deepening the practice.
- Using Heartfulness principles to manage stress and emotions.
- Building better relationships through heart-centred living.
- Mindfulness, emotional intelligence and the mind-body connection discussed in interactive sessions.
- Pulse rate, oxygen saturation and blood pressure recorded before and after meditation, as first data on its effect on well-being.

Photographs



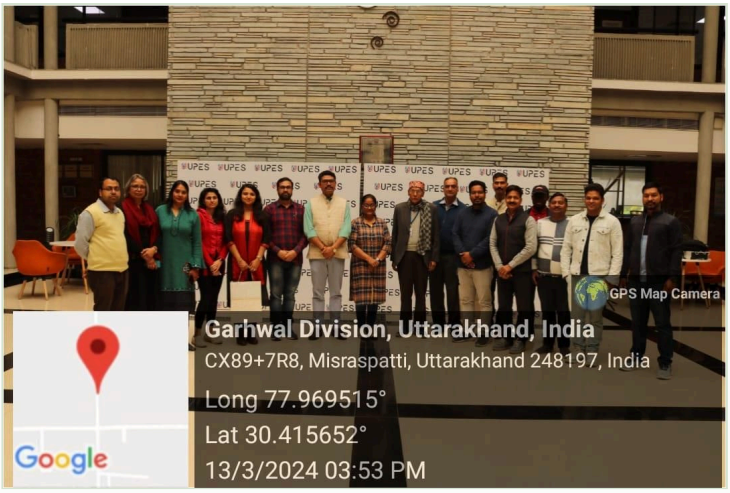
Participants and trainers at the workshop.



Faculty and staff with the Heartfulness trainers.



Guided relaxation followed by meditation.



Participants during a session.

Mental health support for students

Mental health support for staff

Weekly Heartfulness meditation

SDG 3 report

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