MGM INSTITUTE OF HEALTH SCIENCES

(Deemed University u/s 3 of UGC Act, 1956)
Grade 'A++' Accredited by NAAC
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AQAR- 2022-23

1. Title of the Practice: Holistic Development of students through AARAMBH: A Science and Wellness Club at MGMSBS

2. Objectives of the Practice

What are the objectives / intended outcomes of this "best practice" and what are the?

underlying principles or concepts of this practice (in about 100 words)?

- **Academics & Personal Growth**
  a) implementation in academic curriculum in the form of POISE subject.
  b) Conducting mentorship programs, guided meditation sessions
  c) personality development workshops to facilitate individual transformation.
  d) Cultivating Heart-centered practices for self-awareness, compassion, and gratitude

- **Promoting Holistic Well-being**: Conducting regular Yoga & meditation sessions to enhance mental, emotional, social, spiritual and physical well-being.

- **Advancing Scientific Research:** Collaborating with researchers and experts for evidence-based approaches to wellness and personal growth.

- **Community Outreach and Environmental Stewardship:** Spreading awareness to individuals from all backgrounds about environmental issues and taking action for a healthier and more sustainable world.

3. The Context

What were the contextual features or challenging issues that needed to be addressed in

designing and implementing this practice (in about 150 words)?

The NEP 2020 underscores the importance of holistic well-being in HEIs, necessitating comprehensive support systems. Mental health plays a pivotal role in academic success and personal growth. To address the holistic well-being of students, the University Grants Commission (UGC) prescribes various initiatives to promote physical fitness, sports engagement, and psychological support. It also prescribes integration of Yoga practices, including Yogic asanas and Pranayama with Heart-based (Heartfulness) meditation. Therefore, in accordance with the UGC Guidelines for the Promotion of Physical Fitness, Sports, Students' Health, Welfare, Psychological, and Emotional Well-Being at Higher Educational Institutions

of India, " **AARAMBH**: A Science and Wellness Club" at MGMIHS was introduced by MGMSBS, dedicated to enhancing the physical, psychological, and emotional well-being of our students with the help of heart-centered meditative practices and to provide a safe and supportive environment that nurtures their holistic development and prepares them to face the challenges of the future. Our MGMSBS students come from various backgrounds, including those from minority and marginalized communities. Many of them face challenges in effective communication. At Aarambh, we aim to support them by enhancing their communication skills, nurturing their leadership qualities, and amplifying their inherent talents. Our goal is to build their confidence and eliminate any feelings of inferiority, reducing the risk of mental health issues.

4. The Practice

Describe the practice and its uniqueness in the context of India higher education. What were the constraints/ limitations, if any, faced (in about 400 words)?

AARAMBH encompasses diverse initiatives: At the forefront stands the Heartfulness CME program 2017, a collaborative effort between MGMSBS, MGM Medical College, and the Annenberg Centre for Health, USA. This program delved into the profound realm of Heartfulness Meditation, exploring its profound benefits for healthcare professionals, with more than 200 actively engaged students. MGMSBS in collaboration with the Heartfulness Institute, initiated masterclasses to cater to students and faculty, equipping them with practical meditation techniques and the empirical benefits of daily practice. This approach, grounded in well-being, has translated into reduced stress, enhanced patience, heightened awareness, and a serene environment. Physical health is recognized as an indispensable component of the holistic well-being we aspire to cultivate. Keeping this in mind, we have also celebrated International Yoga Day to promote a healthier lifestyle. Furthermore, the commitment to community well-being and environmental consciousness is evident through numerous cleanliness drives and World Environment Day celebrations. These initiatives emphasize our role in promoting a clean and sustainable environment, including reducing pollution.

The incorporation of the Pursuit of Inner Self Excellence (POISE) as a credit-based course in both undergraduate and postgraduate programs since last 5 years has been a life-changing addition. The course focused on inculcating the human values which also emphasize on recent NEP policy 2020. This program has empowered students with essential skills such as patience, communication, observation, and decision-making, vital for their careers in allied healthcare.

The active participation in spiritual youth festivals and visits to Kanha Shanti Vanam has underlined the importance of spiritual growth and holistic development in nurturing the physical, mental, and emotional well-being of the MGMSBS community. Participation in the International Rising with Kindness Youth Summit and engagement in international conferences further amplifies MGMSBS's dedication to holistic well-being and knowledge dissemination. These experiences have added dimensions to the knowledge exchange and enriched the well-being of students.

In the scientific realm, we have also published our scientific work in high-impact factor journals such as Frontiers in phycology. Several extramural research proposals submitted for extramural funding underscore MGMSBS' dedication to advancing knowledge. These proposals focus on areas such as immunomodulation, cardiovascular health, and molecular biomarkers, emphasizing the significance of Heartfulness Yoga and Meditation in health and well-being.

The practice's uniqueness lies in its integration of ancient wisdom with contemporary well-being practices, creating a comprehensive approach to student development. Constraints include the need for continuous engagement and potential resource limitations.

5. Evidence of Success

Provide evidence of success such as performance against targets and benchmarks,

review/results. What do these results indicate? Describe in about 200 words.

- The incorporation of the Pursuit of Inner Self Excellence (POISE) as a credit-based course has empowered **744 UG and 30 PG students** till date with essential skills such as patience, communication, observation, and decision-making, vital for their careers in allied healthcare. It has also enhanced their academic performance.

- This approach has translated into reduced stress, enhanced patience, heightened awareness among students and faculty members

- **Research**- This approach has also been translated to research by 9 MSc and 3 Ph.D. students, with publications in high impact factor journals such a Frontiers in physiology and Journal of Health and Allied Sciences NU, Knowledge exchange through conferences and Faculty and students received awards for various oral and poster presentations at National and international

Conferences at various institute such as AIIMS Delhi, ITM etc. Our Faculty Members are our nominated in the international research team of Heartfulness.

- **Environment**- cleanliness drives and World Environment Day celebrations have promoted a clean and sustainable environment, including reducing pollution.

-**Heartfulness Corporate Connect (C-connect) programs** - Students have also extended this initiated to corporates to help their employees relieve stress and focus on their mental health too.

- MGMIHS has received various awards such as Heartful Organization Award, Youth Campus Ambassador award by the Global Heartfulness Meditation Center, 21 days meditation challenge award, Heartfulness Essay event for successfully organizing the event

6. Problems Encountered and Resources Required

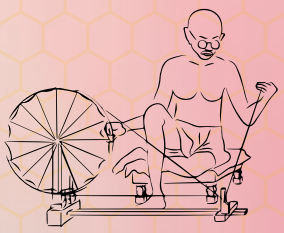
Please identify the problems encountered and resources required to implement the practice (in about 150 words).

Challenges include to keep participants involved and interested over time. This challenge may arise from competing priorities such as exams, postings, etc. or changing circumstances. Additionally, resource constraints, both in terms of human and financial resources, pose obstacles to the smooth conduction of ongoing initiatives. To overcome these challenges, securing sustained faculty support is essential for organizational continuity and the effective functioning of initiatives. Collaborating with external organizations can provide additional expertise, networks, and resources, fostering a more comprehensive approach. Financial backing, including funding for events and programs, is crucial for sustaining impactful initiatives and ensuring their longevity. Overcoming these challenges will contribute to the successful and continuous implementation of initiatives aimed at promoting well-being in the academic environment.

7. Notes (Optional)

Please add any other information that may be relevant for adopting/implementing the Best Practice in other Institutions (in about 150 words).

The integration of AARAMBH's principles and practices can serve as a model for other constituent units of MGMIHS aiming to enhance student well-being and foster holistic development. As this is a student driven initiative, students from nearby colleges such as Pillais College, DY Patil, etc are also actively approaching for MoU and for conducting such activities in collaboration.



World Peace Starts with Inner Peace

AARAMBH: A Science and Wellness Club at MGMIHS

Preamble

In accordance with the University Grants Commission (UGC) Guidelines for Promotion of Physical Fitness, Sports, Students' Health, Welfare, Psychological, and Emotional Well-Being at Higher Educational Institutions of India, we are pleased to introduce " AARAMBH: A Science and Wellness Club" at MGMIHS.

Background:

Higher education serves as a vital conduit for societal transformation and individual advancement. Recognizing the pivotal role of higher education, the National Education Policy (NEP) 2020 emphasizes the need for comprehensive support systems that address students' Physical, Psychological, and Emotional Well-Being within Higher Educational Institutions (HEIs). Establishing Institutional provisions and practices that foster a safe and nurturing environment, shielding students from various threats and Psychological distress, is of paramount importance.

Mental health takes centre stage in Higher Education, with a profound impact on academic success, personal growth, and societal well-being. The emotional and psychological well-being of students is pivotal for their ability to concentrate, learn, and excel in their studies. Those facing mental health challenges often grapple with concentration, memory, and motivation, resulting in diminished academic achievements. Thus, promoting Mental Health isn't merely about intellectual growth; it creates an environment conducive to students achieving their educational aspirations. Moreover, Mental Health's influence extends beyond academia to overall well-being within HEIs. A student's emotional and psychological state shapes their quality of life, relationships, and personal development. Struggles with mental health can lead to increased stress, anxiety, and feelings of isolation, hindering students from forming meaningful connections, participating in extracurricular activities, and embracing the richness of college life. Conversely, students with robust mental health are better equipped to navigate the challenges of higher education, foster healthy relationships, and savour a well-rounded college experience. Overall, mental well-being is intrinsic to a holistic and fulfilling life in higher education.

The UGC has already outlined guidelines for ensuring physical safety through campus fortification and regulated access. Now, to address the holistic well-being of students, the UGC prescribes various initiatives to promote physical fitness, sports engagement, and psychological support. Certainly, it's important to note that the integration of Yoga practices, including Yogic asanas and Pranayama with Heart-based (Heartfulness) meditation, aligns with the guidelines provided by UGC. WHO has also addressed mental health concerns and the main vision of “WHO Special Initiative for Mental Health (2019-2023)” is to provide the highest standard of mental health and well-being. Therefore, this preamble serves as the foundation of "AARAMBH: A Science and Wellness Club" at MGMIHS, dedicated to enhancing the physical, psychological, and emotional well-being of our students with the help of heart-centered meditative practices. We aim to provide a safe and supportive environment that nurtures their holistic development and prepares them to face the challenges of the future.

UGC Circular Dated 12th April 2023

ज्ञान-विज्ञानं विमुक्तये

University Grants Commission

Guidelines for Promotion of Physical Fitness, Sports, Students' Health, Welfare, Psychological and Emotional Well-Being at Higher Educational Institutions of India

Background

Higher education is a key pathway for social transformation and mobility along with the upliftment of individuals, households, and communities. Considering its importance, NEP-2020 addresses this issue. It provides that to ensure the students' physical, psychological, and emotional well-being, support centers and career counselors are to be made available for all students in higher educational institutions (HEIs).

The key challenge lies in creating institutionalized provisions and practices and standard operating procedures that can ensure comprehensive protection to students from any threat and assault, physical, social, discriminatory, cultural, and linguistic causing psychological distress among students. The responsibility of HEIs is to provide complete protection to ensure the well-being of students to work and study in a friendly environment.

The UGC has already issued guidelines for physical safety, like fortifying the campuses, hostels, playgrounds, cafeteria, library, and other student activity spaces. Security personnel or technological devices must handle the entry points to provide access to only authorized and bonafide students (details can be seen on www.ugc.ac.in).

To comprehensively examine all issues relating to students' mental health and physical, psychological, and emotional well-being on the campuses of higher education institutions and frame the appropriate guidelines, the Commission constituted an Expert Committee. The Committee has suggested the following Guidelines, which are to be implemented by all HEIs under the purview of UGC.

Objectives

To ensure equitable access to quality mental health services to all the students enrolled in HEIs with special emphasis on (1) promoting physical fitness and sports activities for students (2) creating safeguards against academic pressure, peer pressure, behavioral issues, stress, career concerns, depression and other issues on the mental health of students; (3) to teach positive thinking & emotions in the student community and (4) to promote a positive and supportive network for students.

(viii) Considering that sufficient physical activity is indispensable for developing a healthy body, participation in physical or any sports activity needs to be ensured for each student of the institution.

(ix) Having a good quantum of knowledge is a great thing, but the application of that knowledge for the benefit of society is only possible through a good robust, healthy body. Participation and scoring in physical activity should be part of the credit system for evaluation for promotion to the next semester.

(x) An optimal speed, strength, endurance, and coordinative abilities are required for a healthy body. The level of these functional components in an individual determines his health status. The development of these functional components requires regular participation in physical and sports programs. Assessment of these functional components needs to be part of the evaluation process for promotion to the next class so that each student would be bound to participate in the physical activity programme. In turn, students will develop optimal health and fitness levels. The test batteries suggested for implementation can be the 'American Association for Health, Physical Education, and Recreation (AAHPER) youth fitness test, Canadian physical fitness test, 12-minute cooper run or walk test, or any other test suitable to local conditions.

(xi) The institutions should make provisions for the organization of weekly intramural sports tournaments. Participation in these weekly tournaments should be encouraged and made lucrative with rewards and honors. The institutions should regularly organize training camps for students willing to participate in various inter-university, state, or national level sports activities tournaments. The teams should be regularly sent for participation in these tournaments, and winners of these tournaments should be felicitated with honors and scholarships.

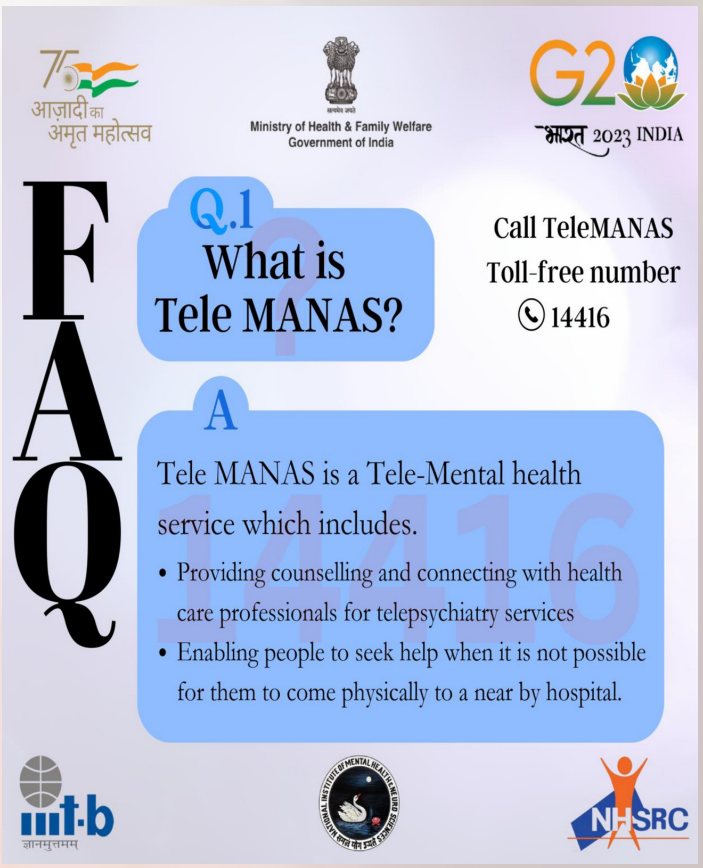
(xii) We have a rich heritage of holistic physical activity in the form of yoga. Learning of a set of yogic asanas with forward bending, backward bending, sideward bending, and twisting of the spine should be promoted among all the students of HEIs. Likewise, pranayama with heart-based meditation should also be initiated among the students.

(xiii) Also, HEIs should strive for

- Organizing general to the specific types of indigenous and recreative activities
- Promote local/ nearby adventure and excursion activities
- MOU with premier sports/ physical education/ yoga institutes
- Increase the number of sports trainers/ physical education/ yoga professional

5. **Opportunity to Reform -** The students entering universities embark on a new phase in life. Many are often removed from their comfort zone and

UGC Circular 2023



AARAMBH: A Science and Wellness Club
MGMIHS, Navi Mumbai, Based on Gandhian Philosophy

Preamble

In accordance with the University Grants Commission (UGC) Guidelines for the Promotion of Physical Fitness, Sports, Students' Health, Welfare, Psychological, and Emotional Well-Being at Higher Educational Institutions of India, we are pleased to introduce " **AARAMBH**: A Science and Wellness Club" at MGMIHS.

Our club embodies the profound teachings of ***Mahatma Gandhiji***, who has served as our esteemed brand ambassador last 5 years. Gandhiji's philosophy, rooted in the pursuit of inner peace, resonates deeply with our club's mission to promote holistic well-being. As a slogan, we proudly declare that ***"World Peace Starts with Inner Peace."***

Gandhiji, a beacon of wisdom and an advocate of simplicity, non-violence, and inner reflection, serves as the guiding light for AARAMBH. His words have timeless relevance, encapsulating the essence of inner well-being, emotional stability, and harmonious coexistence. His philosophy aligns perfectly with the club's objectives of promoting science and wellness and nurturing the physical, emotional, and psychological health of our students.

One of Gandhiji's timeless quotes, *"You must be the change you want to see in the world,"* mirrors the core essence of AARAMBH. By embracing his teachings, we believe that individual transformations will culminate in collective progress, creating a healthier, more peaceful world. Gandhiji's emphasis on personal development and inner harmony echoes throughout the club's activities and initiatives.

In his words, "*It is health that is real wealth and not pieces of gold and silver,*" Gandhiji highlighted the primacy of well-being as the foundation for a fulfilling life. AARAMBH recognizes this truth and strives to empower students to prioritize their health and well-being through scientific insights, activities, and holistic practices.

Furthermore, Gandhiji's famous words, "*You may never know what results come of your actions, but if you do nothing, there will be no results*," inspire AARAMBH to drive change in the lives of students. Through workshops, seminars, and awareness campaigns, the club empowers students to take proactive steps in managing their health, both physically and emotionally.

Gandhiji's philosophy extends to the belief that "*The best way to find yourself is to lose yourself in the service of others.*" AARAMBH upholds this principle by organizing community service activities that not only contribute to the well-being of the underprivileged but also nurture the empathy and emotional health of the participating students. This alignment with Gandhian values demonstrates our commitment to holistic development.

Our club serves as a testament to the enduring relevance of Gandhiji's philosophy and the wisdom of his teachings. Through experiential learning, community service, and the pursuit of physical, emotional, and psychological well-being, the club carries forward his legacy, inspiring a generation to embrace inner peace as the foundation of a harmonious world. Gandhi's philosophy continues to inspire us to make positive changes, both in our own lives and in the world at large. So, **let us be the change, we wish to see in the world**.

Let us be the change, we wish to see in the world.

~Mahatma Gandhi

MGMSBS Initiative

In the vibrant and dynamic environment of MGM School of Biomedical Sciences, a constituent unit of MGMIHS, Navi Mumbai, a multitude of enriching activities have flourished, profoundly impacting the growth and development of students and healthcare professionals. These initiatives, primarily initiated by the AAMBAH: A Science and Wellness Club have significantly contributed to nurturing holistic well-being and fostering knowledge advancement.

At the forefront of these endeavours stands the Heartfulness CME program 2017, a collaborative effort between MGMSBS, MGM Medical College, and the Annenberg Centre for Health, USA. This program delved into the profound realm of Heartfulness Meditation, exploring its profound benefits for healthcare professionals. Through this program, participants not only acquired the tools to incorporate meditation into their personal lives but also gained insights into enhancing patient care through its practice. Elevating cognitive skills and enhancing brain exercises became a central focus through guest lectures and interactive discussions, with more than 500 actively engaged students. The "Tuning into the Heart" program, rooted in the heart's wisdom, aimed to kindle innate motivations, develop personal convictions, process emotional experiences, and instil moral values into daily lives, thereby providing invaluable insights, tools, and practices for personal growth, well-being, and professional effectiveness. MGMSBS in collaboration with the Heartfulness Institute, initiated masterclasses. These masterclasses cater to students and faculty, equipping them with practical meditation techniques and the empirical benefits of daily practice. This approach, grounded in well-being, has translated into reduced stress, enhanced patience, heightened awareness, and a serene environment. Physical health is recognized as an indispensable component of the holistic well-being we aspire to cultivate. Keeping this in mind, we have also celebrated International Yoga Day to promote a healthier lifestyle.

Furthermore, the commitment to community well-being and environmental consciousness is evident through numerous cleanliness drives and World Environment Day celebrations. These initiatives emphasize the school's role in promoting a clean and sustainable environment, including reducing pollution.

The incorporation of the Pursuit of Inner Self Excellence (POISE) as a credit-based course in both undergraduate and postgraduate programs since last 5 years has been a life-changing addition. The course focused on inculcating the human values which also emphasize on recent NEP policy 2020. This program has empowered students with essential skills such as patience, communication, observation, and decision-making, vital for their careers in allied healthcare.

MGMSBS Initiative

The active participation in spiritual youth festivals and visits to Kanha Shanti Vanam has underlined the importance of spiritual growth and holistic development in nurturing the physical, mental, and emotional well-being of the MGMSBS community. Participation in the International Rising with Kindness Youth Summit and engagement in international conferences further amplifies MGMSBS's dedication to holistic well-being and knowledge dissemination. These experiences have added dimensions to the knowledge exchange and enriched the well-being of students. The commitment to research, knowledge dissemination, and holistic development resonates throughout the school, epitomized by the dedication and achievement of Dr. Mansee Thakur, who was recognized with the Award of Excellence for her outstanding presentation on the role of yoga and meditation in promoting mental and emotional well-being. Our MGMIHS received Heartful organization Award on 8th feb 2022 to our Medical Director Dr Sudhir Kadam sir.

In the scientific realm, several research proposals submitted for extramural funding underscore MGM School of Biomedical Sciences' dedication to advancing knowledge. These proposals focus on areas such as immunomodulation, cardiovascular health, and molecular biomarkers, emphasizing the significance of Heartfulness Yoga and Meditation in health and well-being. We have also published our scientific work in high-impact factor journals such as Frontiers.

The dynamic array of initiatives, achievements, and enriching experiences at MGM School of Biomedical Sciences serves as a testament to our commitment to nurturing holistic development, advancing knowledge, and fostering the well-being of our students. As we reflect on our journey, we acknowledge that these endeavours have profoundly enriched our academic environment. These initiatives and achievements represent the heart of the school's mission to enrich the lives of its students and the wider community. We are now enthusiastic about the prospect of extending these benefits to other constituent units of MGMIHS, Navi Mumbai, with the shared goal of promoting the overall well-being of students.

We can wait for that inner inspiration to come or we can actively cultivate it.

-Daaji

The choice is ours choosing to cultivate the inner inspiration of the heart is heartfulness and merging itself beautifully with the global way of life and science.

Our Journey !

heartfulness
purity weaves destiny

Heartfulness is a simple and subtle practice of meditation that connects each of us with the light and love in our hearts.

Heartfulness meditation has been practiced for 150 years now. Heartfulness offers an in-depth experiential practice focused on the evolution of human consciousness using the ancient technique of Pranahuti (yogic Transmission), through which a Samadhi may be experienced by beginners too.

Heartfulness Institute is a global non-profit organization that promotes inner peace, well-being, and spiritual growth through a simple and subtle practice of meditation.

Heartfulness helps remove stress, tension, and physical or mental ailments, providing deep relaxation. Heartfulness Meditation enables us to experience stillness, peace, and contentment.

Memorandum Of Understanding

heartful campus

MEMORANDUM OF UNDERSTANDING

This Memorandum of Understanding (hereinafter referred to as "MOU") has been agreed upon, made, and executed on this 10th December 2021).

Between

HEARTFULNESS EDUCATION TRUST, a registered trust having its registered office at no. 40-15-9/12, Nandamuri Road, Venkateswarapuram Post Office, Vijayawada – 520 010, Andhra Pradesh, India (hereinafter referred to as "**HET**", which expression shall unless repugnant to the context and meaning thereof mean and include its successors, administrators, authorized representatives and permitted assigns);

And

MGM SCHOOL OF BIOMEDICAL SCIENCES, Navi Mumbai (MGMSBS, NM), a constituent unit of MGM Institute of Health Sciences (MGMIHS), established in the year 2008 as a is deemed university with campuses in Aurangabad and Navi Mumbai by statutory enactment to cater to the growing requirements of Higher Education of the region in general, and of Raigad district, in particular, located at Kamothe, Navi Mumbai, 410206, Raigad District (hereinafter referred to as "**MGMSBS, NM**", which expression shall unless it be repugnant to the context or meaning thereof mean and include its successors, administrators, authorized representatives and permitted assigns).

(**HET** and **MGMSBS, NM** shall hereinafter be collectively referred to as the "**Parties**" and individually referred to as "**Party**" in this MOU)

WHEREAS:

i) **HET** is a public charitable trust registered under the Indian Trust Act, 1882 *inter alia* with an objective to impart Heartfulness approach to various wellness programs including relaxation, meditation, values-based educational programs for schools, colleges, government organizations,

heartful campus

light on the relationship between meditation and education.

6. **H.E.A.R.T: HET** shall conduct a workshop for the faculty at PU, to inspire them to teach in a reflective manner and also to help them integrate meditative aspects to their course design.

7. **Heartfulness Meditation Workshop: HET** shall introduce the experience of Heartfulness Meditation to the administration department, the ground staff, general public and parents of the students at MGMSBS, NM through a 3-day experiential workshop.

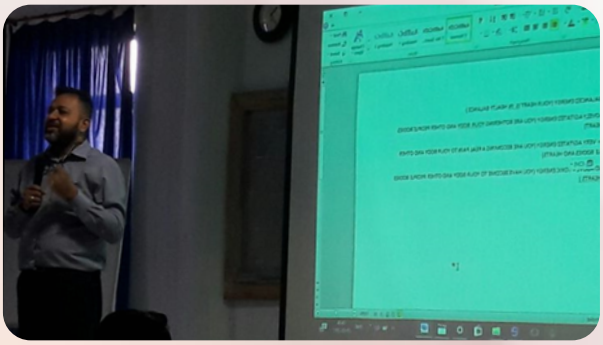
8. **Inner Well-Being Workshop: HET** shall introduce the experience of Heartfulness Meditation to counselors and/or peer counselors and provide them with techniques to help students handle situations in a calmer manner, through a 3-day workshop.

CME

(2018)

Heartfulness CME in collaboration with MGM Medical College and Annenberg Centre For Health.

The Heartfulness Institute offered a CME/CE-accredited program in collaboration with the Annenberg Center for Health Sciences at Eisenhower, USA, for physicians, nurses, and psychologists. The program included an in-depth study of personal assessment, the importance of values, self-development, and how to impart them in the medical profession. It allowed attendees to learn the method of Heartfulness Meditation. The program was titled "Tuning into the Heart" and was a **4-days** CME program that provided **15 AMA Category 1 credits.**



CME

(2018)

Heartfulness CME in collaboration with MGM Medical College and Annenberg Centre For Health.

It provided an in-depth exploration of Heartfulness Meditation and its potential benefits for healthcare professionals. Through this program, participants had the opportunity to learn and integrate the practice into their own lives, enhancing their well-being and potentially improving patient care.

The program also featured guest lectures that delved into various brain exercises and techniques designed to enhance cognitive skills. These sessions were attended by over 100 students who actively engaged in interactive discussions and activities. The students gained a broader perspective and deepened their understanding of techniques that can optimize cognitive abilities.

To support the holistic development of students on personal and educational levels, the interactive sessions employed a heart-based approach. This approach aimed to tap into the innate motivation within each individual, enabling them to develop personal convictions, process emotional experiences, and imbibe moral values in their daily lives.

Overall, the "Tuning into the Heart" program provided healthcare professionals and students with valuable knowledge, tools, and practices to promote their personal growth, well-being, and professional effectiveness.

Masterclasses and personality development sessions (2016)

The Heartfulness Institute, in collaboration with MGMIHS Navi Mumbai, organized masterclasses where students and faculty members learned the practical techniques and empirical benefits of daily meditation. Through regular meditation practices implemented at MGMIHS and MGMSBS, students enjoy improved relaxation, stress reduction, heightened patience, and better awareness of both when to speak and how to create a quiet, calm, and harmonious environment.

Guest lectures offered insights on various techniques related to brain exercises for students. Over 100 students attended these interactive sessions, broadening their interests and deepening their understanding of techniques that enhance cognitive skills.

To further support student development on both personal and educational levels, interactive sessions relied on a heart-based approach. This method leverages the inherent motivation within each child, helping them develop personal convictions, process emotional experiences, and ingrain moral values into their daily lives.

Masterclasses and personality development sessions

Interactive Sessions With Students (2019)

On August 7th, 2019, an insightful session was conducted by Dr. Archana Mishra at MGM School of Biomedical Sciences in Navi Mumbai. The session aimed to nurture creativity, problem-solving abilities, and grooming skills among the students. Dr. Mishra provided valuable insights into the potential challenges that students may encounter in their future endeavors, along with effective strategies to overcome them.

As part of the session, a collaborative activity called "TRAFFIC JAM" was organized, where students worked together in teams to solve a given problem. This activity encouraged teamwork and provided practical experience in problem-solving. Mr. Jitender Tiwari, Marketing Manager at ITC Mumbai division, contributed to the session by offering guidance and support.

Interactive Sessions With Students

Through hands-on exercises and interactive discussions, students gained a deeper understanding of creative thinking and practical approaches to address various challenges. The session also highlighted the importance of stress management, acknowledging its significance in maintaining well-being and productivity.

Events like these play a crucial role in the overall personality development of college students. They equip students with essential skills that are invaluable for navigating professional challenges they may encounter in their careers. The session at MGM School of Biomedical Sciences provided students with a platform to enhance their abilities, foster creativity, and develop problem-solving skills necessary for their future success.

Occasional Visits to Heartfulness Meditation Center Panvel

(2023)

The SRCM Heartfulness meditation center in Panvel offers a serene and tranquil environment for individuals to practice meditation. Situated in a peaceful location, the center provides the perfect setting for meditation. The center is managed by dedicated volunteers who are committed to assisting individuals in cultivating inner peace and tranquility through meditation. These volunteers undergo training to offer guidance and support to those new to meditation or facing challenges in their practice.

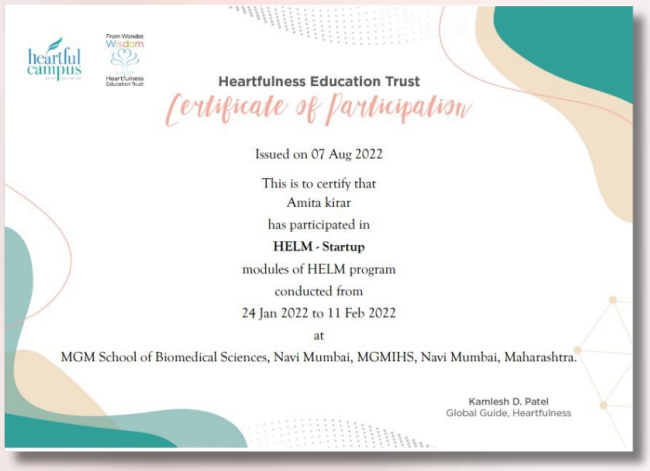
The center provides various meditation sessions, including group meditations and personalized sessions with a trainer.

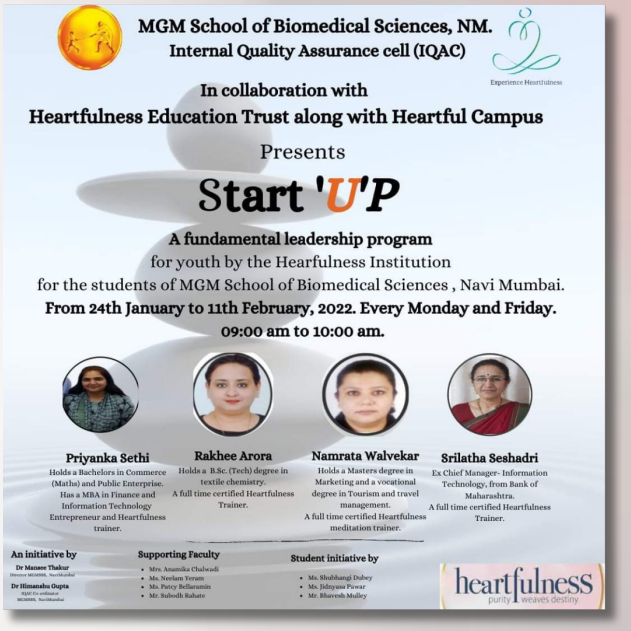
Individuals have the opportunity to participate in workshops and seminars focused on wellness, meditation, and related subjects. These events aim to deepen participants' understanding of meditation and enhance their overall well-being.

Dr. Mansee Thakur, along with the students of MGMSBS, frequently visit the center and actively contribute as volunteers. Their involvement reflects their commitment to meditation and their willingness to support others on their meditation journey.

The SRCM Heartfulness meditation center in Panvel serves as a haven for individuals seeking inner peace and personal growth through meditation.

The Fundamental Startup and Leadership Program





The Fundamental Startup and Fundamental Leadership Program has been an integral component of the induction program at **MGMSBS since 2017**, continuing to the present day, as part of the esteemed initiative known as "**DEEKSHARAMBH**," proposed by the **University Grants Commission (UGC)**.

International Women's Day Celebration

(2019)

On March 8, 2019, MGM School of Biomedical Sciences organized the International Women's Day Celebration with the theme "Think Equal, Build Smart, Innovate for Change." The event aimed to inspire women to reflect on their needs and perspectives. Dr. Mansee Thakur, the Director of MGM School of Biomedical Sciences, invited three distinguished personalities who exemplified this theme.

The celebration brought together the staff of MGM SBS, heads of various departments, and faculty members, creating an atmosphere of enthusiasm and joy. The students took the initiative to organize a program that appreciated the remarkable work done by their teachers. They presented small gift hampers as tokens of appreciation, and some students prepared heartfelt speeches and poems.

The teachers expressed their joy and gratitude by delivering speeches that provided guidance to the students for their future endeavors. They also expressed their appreciation for the well-organized and enjoyable program.

The International Women's Day Celebration at MGM School of Biomedical Sciences was a meaningful and memorable event that acknowledged the achievements of women and fostered a sense of unity and empowerment among the participants.

Spiritual Youth Fest

(2016)

heartfulness
purity weaves destiny

Wellness & Spiritual Youth Fest

A revolutionary movement to revive the Wellness and Spirituality in youth

You are cordially invited as a special guest to grace our occasion which highlights the
'Need for the youth to listen to their hearts'.

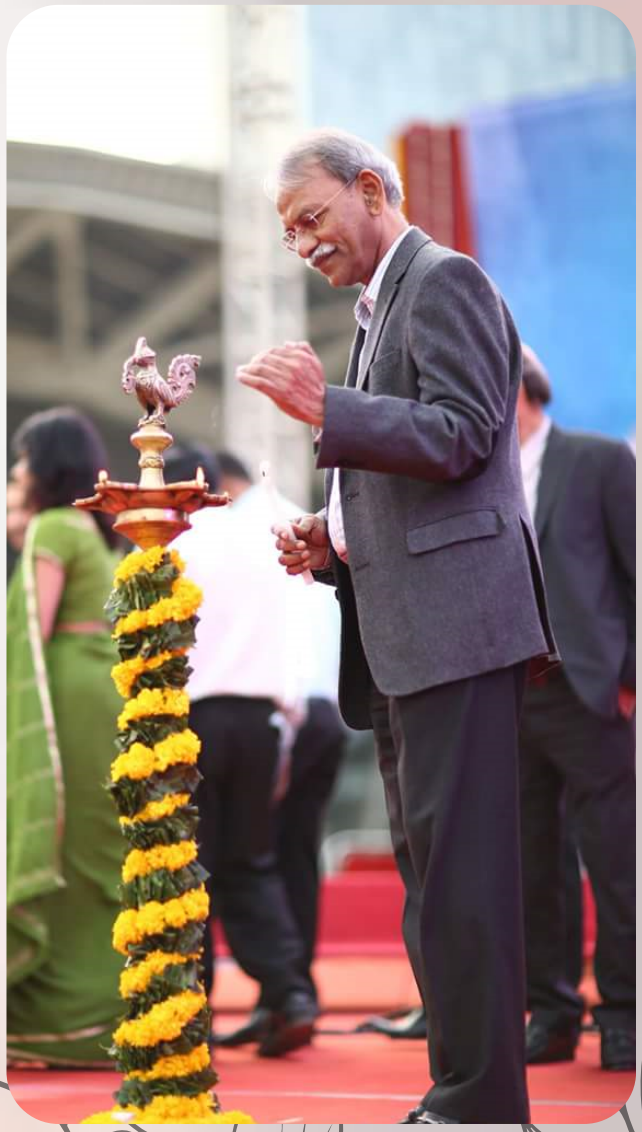
To encourage today's youth to make use of the meditation tool to strengthen themselves, CIDCO has along with 'Heartfulness" and the local colleges organized a half day "Spiritual Youth fest". MGMIHS has whole heartedly supported this initiative.

Venue: Cidco AC Exhibition Center, Near Vashi Railway Stn, NaviMumbai
Date: 15th January 2016
Time: 4.30pm to 8.30pm
Dress Code : Casual, comfortable clothing

looking forward to see you

Spiritual Youth Fest

(2016)



Glimpse Of Kanha

Visit To Kanha Shanti Vanam

(2019)

In February 2019, MGM School of Biomedical Sciences, MGMIHS, Navi Mumbai organized a visit to Kanha Shanti Vanam for 72 students and 3 staff members. The visit was facilitated by Dr. Mansee Thakur, a trainer from the Heartfulness organization. This was the first group to visit Kanha, and the experience proved to be transformative for the students.

During the visit, the students were introduced to Heartfulness meditation and gained an understanding of the significance of inner peace. They learned how this form of meditation can be applied in their daily lives, grasping its purpose and benefits. The students developed a profound appreciation for the serenity of inner peace. Following the visit, they enthusiastically shared their experiences with others and even initiated a practice of conducting relaxation techniques for 5 minutes before entering the classroom. This demonstrates their commitment to integrating these practices into their daily routines.

The students reported feeling a sense of freedom, calmness, relaxation, and enhanced focus during the visit. They perceived the experience to have a positive impact on their ability to engage in their daily activities. Overall, the visit to Kanha Shantivanam was a resounding success and left a lasting impact on the lives of the students.

Kanha Shanti Vanam Retreat

(March-2022)

In March 2022, students from MGM School of Biomedical Sciences, under the guidance of their Director, Dr. Mansee Thakur, visited Kanha Shanti Vanam. The purpose of the visit was to engage in activities that would instill virtues while providing an enjoyable experience for the students. The itinerary included yoga, meditation, Zumba, and Brighter Minds activities. These activities fostered connections between the students and volunteers, benefiting everyone involved. Students reported feeling relaxed and joyful while participating in these activities.

The visit proved to be a success, as students gained valuable insights from the experience. They learned about the significance of inner peace and its application in daily life. Meditation's purpose and its ability to enhance daily activities were understood. The students developed a deeper appreciation for the beauty of inner peace. The impact of the visit extended beyond its duration, as students shared their experiences with others. They even initiated a practice of relaxation techniques for five minutes before entering the classroom, demonstrating their commitment to incorporating these practices into their daily routines.

The visit was organized by MGM School of Biomedical Sciences, which is dedicated to providing such opportunities to its students. The school believes that these visits contribute to the students' personal development, helping them become better individuals. Similar visits have consistently shown positive effects on the students. Engaging in activities that promote relaxation and well-being allowed the students to take a break from their busy schedules and recharge. It served as a means for them to rejuvenate themselves and prepare for the remaining academic year.

Overall, the visit to Kanha Shanti Vanam was a resounding success, and the students greatly benefited from the experience.

Rising With Kindness Youth Conference August 2022

Heartfulness, in collaboration with AICTE and UNESCO Mahatma Gandhi Institute of Education for Peace and Sustainable Development (MGIEP), organized the International Rising with Kindness' Youth Summit at Kanha Shanti Vanam - Heartfulness Headquarters on the outskirts of Hyderabad from August 12th to 14th, 2022. On the occasion of this international youth conference, Rising with Kindness, MGM Institute of Health Science, Deemed University arranged an industrial visit for the students of MGM School of Biomedical Sciences under the guidance of Director Dr. Manse Thakur.

Rising With Kindness Youth Conference August 2022

The Youth Summit aimed to gather more than 12,000 young participants from around the world, both onsite and virtually, over the course of three consecutive days. The event was a collaborative effort between Heartfulness, UNESCO MGIEP, and AICTE. Renowned international thought leaders in kindness, celebrity artists, performers, youth influencers, and inspirational figures joined the summit and concert, attracting over 10,000 attendees onsite and several times more virtually.

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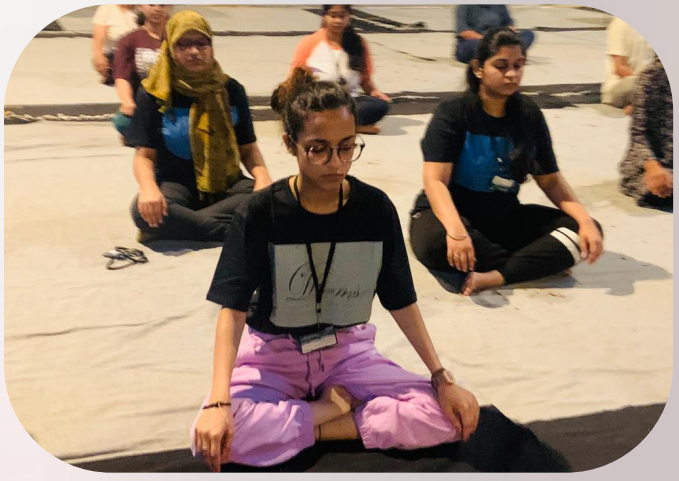

Rising With Kindness Youth Conference August 2022

The primary objective of the summit was to develop a 'Kindness Statement,' where participants could showcase their kindness projects and share their kindness stories. All delegates received participation certificates issued by the Heartfulness Institute and had the opportunity to be part of UNESCO MGIEP's Kindness Matters Campaign.

The three-day event consisted of experiential, cerebral, and heartful programs, including workshops conducted by UNESCO MGIEP on Self-directed Emotional Learning for Empathy and Kindness (SEEK) and Social and Emotional Learning for Youth Waging Peace. Other activities included plantation initiatives, yoga and meditation sessions, heartful communication workshops, green and blue innovation breakouts, youth project showcases, keynote talks, musical interludes, and a kindness concert.

The event provided a unique platform for young individuals to learn, collaborate, and contribute to the promotion of kindness and empathy. It was a remarkable opportunity for the students of MGM School of Biomedical Sciences to gain valuable insights and experiences while participating in this international youth conference.

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kindness
healthiness

MGM Institute of Health Sciences
NAAC Accreditation A++
Rising with
INDNESS

9

IHW International Conference Kanha Shanti Vanam (2022)

The Heartfulness Institute organized a scientific conference on "Integrative Approach to Health and Wellbeing" from December 16th to 18th, 2022, at the tranquil Kanha Shanti Vanam in Hyderabad, India. The conference brought together approximately 20 participants, including faculty members, MSc., and Ph.D. students from MGMIHS.

The primary objective of the conference was to facilitate discussions among experts from various fields regarding the latest research and advancements in integrative health and wellbeing. The topics covered during the conference encompassed a wide range, including yoga, meditation, nutrition, and other complementary therapies.

The event provided a platform for researchers, practitioners, and students to exchange their experiences, knowledge, and insights. The discussions and presentations were highly informative and thought-provoking, enabling participants to gain valuable insights into the current research and practices in the field of integrative health and wellbeing. Dr. Mansee Thakur, a faculty member at MGMIHS, received the Award of Excellence for her outstanding oral presentation, which shed light on the role of yoga and meditation in promoting mental and emotional wellbeing. Her presentation received high praise from the audience and the judges.

Distinguished experts in the field of integrative health and wellbeing delivered keynote speeches during the conference. Esteemed speakers such as Dr. David Frawley, Dr. Sat Bir Singh Khalsa, and Dr. Raghuram Nagarathna shared their profound insights into the latest research and practices, enriching the conference experience.

As part of the conference, the participants had the opportunity to visit the Heartfulness Institute's meditation center and experience the benefits of Heartfulness meditation. The meditation sessions were deeply relaxing and rejuvenating, and the participants expressed their gratitude for the enriching experience.

The conference was meticulously organized, ensuring that participants had all the necessary facilities and support. The accommodations and meals provided were of excellent quality, and the serene atmosphere of Kanha Shanti Vanam added to the overall experience.

In conclusion, the conference was a resounding success, fostering collaboration and knowledge exchange among researchers, practitioners, and students. The Heartfulness Institute deserves recognition for their outstanding organization of this remarkable conference. We eagerly look forward to attending future events of a similar nature.

International yoga day celebration

(2017)

On June 27th, 2017, the MGM School of Biomedical Sciences organized a Yoga and meditation session in honor of the International Day of Yoga. The event welcomed Dr. Mohandas Hegde as the esteemed keynote speaker for the day. Participants had the privilege of learning about the numerous advantages of yoga and meditation for their overall health and well-being.

The event received a warm response from attendees who were eager to explore and acquire new techniques for relaxation and stress relief. They appreciated the opportunity to enhance their knowledge and experience in these transformative practices. The session proved to be a valuable platform for promoting awareness about the importance of incorporating yoga and meditation into one's daily life.

Overall, the event was a tremendous success, leaving a positive impact on all who attended. It served as a reminder of the significance of yoga and meditation in fostering holistic well-being. The MGM School of Biomedical Sciences played a vital role in spreading awareness and encouraging individuals to embrace these practices for a healthier and more balanced lifestyle.

Yoga day celebration

(2018)

MGM School of Biomedical Sciences Kamothe, Navi Mumbai celebrated Yoga Day on April 4, 2018, with great fervour and enthusiasm. The event was organized with the noble objective of promoting the benefits of yoga and meditation for physical, mental, and emotional health.

The Yoga and Meditation session, conducted from 2:30 pm to 4:30 pm, was led by experienced yoga instructors who guided participants through various yoga poses and breathing exercises.

The event was graced by the presence of faculty and students from MGM School of Biomedical Sciences, who expressed their appreciation for the opportunity to practice yoga and meditation in a group setting. The event was a resounding success and was instrumental in raising awareness about the importance of yoga and meditation for overall well-being.

International yoga day celebration (2019)

On June 20th, 2019, 150 students from the B.Sc. program at MGM School of Biomedical Sciences, along with the MGMSBS staff, enthusiastically participated in the celebration of the 5th International Yoga Day. The program was specifically designed to emphasize the significance of Yoga Day and provide various asanas for stress relief.

The event featured esteemed dignitaries who shared their knowledge and experiences, highlighting the benefits of Sahaja Yoga and ancient Patanjali Yoga. Attendees were captivated as the dignitaries explained how these practices can calm the mind, reduce stress, and promote inner peace.

The event commenced with a brief introduction to the history and significance of International Yoga Day. Experienced yoga instructors then conducted a demonstration of various yoga asanas, carefully explaining the advantages of each posture in relieving stress and promoting overall health and well-being.

Throughout the event, attendees actively engaged with the speakers, asking questions, and sharing their personal experiences with yoga and meditation. This created an interactive and enriching atmosphere, allowing participants to deepen their understanding and connection to these ancient practices.

The event received positive feedback, leaving participants feeling energized, relaxed, and inspired. Many students expressed their interest in incorporating yoga into their daily routines, recognizing the profound impact it had on their body and mind. The program successfully raised awareness about the importance of yoga and meditation in leading a balanced and healthy lifestyle.

Yoga Day Celebration At Marine Drive

(2022)

MGM School of Biomedical Sciences in Navi Mumbai is organizing an International Yoga Day celebration on June 21, 2022, at Marine Drive. The event includes guided yoga sessions. It aims to promote the practice of yoga, raise awareness about its benefits, and inspire a healthier lifestyle.

Dhyanotsav
(2019)

Students of MGM School of Biomedical Sciences, along with two faculty members, actively participated in "DHYANOTSAV": Heartfulness Fest 2019, held on June 21, 2019. This event was organized by the Heartfulness Institute in collaboration with the Ministry of Ayurveda, Yoga & Naturopathy, Unani, Siddha, and Homoeopathy (AYUSH), among other honorable mentions.

The fest comprised three significant sessions that were thoughtfully designed to facilitate personal growth and promote relaxation, Heartfulness Meditation, Karayobics, and Brighter Minds Brain Exercise. The presence of esteemed individuals from the field of Heartfulness and other notable personalities added to the event's significance.

The sessions commenced with an experienced meditation expert leading a relaxation exercise, followed by yoga asanas and relaxation meditation. This event provided a truly rejuvenating experience for all the attendees, particularly the students. They actively volunteered and enthusiastically participated in various activities, which not only purified their souls but also left them feeling content and fulfilled.

Wellness Fest Yog Mahotsav Navi Mumbai

You are cordially invited with family to the **Wellness Fest – 2023,** at the CIDCO Exhibition centre, Vashi (Gate-2) for the curtain raiser event on 29th April 2023. There will be 3 different sessions on each day followed by a life time experience of basking in Joy, Peace & Health under one roof. Each session will be a unique blend of Yogasanas, self management techniques of Relaxation, Meditation, and health expert sessions. Children will enjoy through various experiential & fun based learning sessions at the 'Children Arcade'.

For Free Registration Scan the QR Code & fill up the form

Program Highlights & (Dress Code - Comfortable clothing for yogasanas along with Yoga Mat compulsory)
PARTICPATION CERTIFICATE will be provided for those who attend three days workshop with full attendance.

29th April: Saturday Evening : 6.30 pm to 9.30 pm - Yoga by Experts, Cognitive Skills Demo, Brain Exercises, Science of Meditation, Relaxation & Meditation techniques

30th April: Sunday Morning : 7.00 am to 9.00 am - Yogasanas, Relaxation, Talks and tips by Cardiologist and Diabetologist. Rejuvenation and Heartfulness Meditation a yogic transmission based Meditation technique.

1st May: Monday Morning : 7.00 am to 9.00 am - Yogasanas, Relaxation, Brain Exercises, Magic of Inner Connection, Meditation

Wellness Fest Yog Mahotsav Navi Mumbai

(2023)

The Heartfulness Wellness Fest Yog Mahotsav 2023 took place over three days at the CIDCO Exhibition Center in Vashi, from April 29th to May 1st. This event, organized by the Ministry of Culture in collaboration with the Heartfulness Institute, was held as part of the Azadi ka Amrit Mahotsav celebrations. It aimed to promote wellness and yoga, welcoming individuals of all ages. The festival offered a wide range of activities, including yoga sessions, meditation sessions, wellness workshops, and informative talks on various wellness and yoga-related topics. Experienced yoga teachers led the yoga sessions, catering to participants of all skill levels.

The sessions focused on different styles of yoga, such as Hatha yoga, Vinyasa yoga, and Kundalini yoga, allowing attendees to learn new techniques and deepen their practice. The sessions aimed to foster inner peace and tranquility, benefiting participants' mental and emotional well-being.

The wellness workshops covered various aspects of wellness and yoga, encompassing topics like nutrition, stress management, and the advantages of yoga and meditation. Led by experts in their respective fields, the workshops provided attendees with valuable insights and information. The talks at the event covered subjects including the history and philosophy of yoga, the benefits of meditation, and the significance of mindfulness in daily life. Led by knowledgeable experts, these talks deepened participants' understanding of yoga and meditation principles and practices.

Aside from the yoga sessions, meditation sessions, wellness workshops, and talks, the festival included stalls selling yoga mats, yoga attire, and other wellness-related products. Food stalls were also present, offering healthy and delectable options.

The event was organized by a team of volunteers from the Heartfulness Institute, with active involvement from the students of MGM SBS. These dedicated volunteers worked tirelessly to ensure the success of the event and to provide all attendees with a positive and enjoyable experience.

Overall, the Heartfulness Wellness Fest Yog Mahotsav 2023 was a resounding success. It provided individuals with an opportunity to learn and experience the benefits of yoga and meditation, while also fostering connections among like-minded individuals who share a passion for wellness.

Yog Mahotsav Panvel

(2023)

The Yog Mahotsav Event took place in Panvel on May 13th and 14th, welcoming participants of all ages, from young children to the elderly. The primary objective of the event was to provide Yogic Transmission and teach various Asanas, Pranayama, Mudra, and meditation techniques to the future generation of India. Dedicated volunteers, including several from MGM SBS, organized the event.

The event commenced with a brief introduction to the history and significance of yoga, followed by a demonstration of diverse yoga asanas, pranayama, and mudra techniques. The instructors elucidated the benefits of each technique, emphasizing their ability to enhance overall health and well-being. Participants were encouraged to personally experience the techniques, with skilled instructors available for guidance and support.

Volunteers from MGM SBS actively contributed to the event, playing key roles in organization and facilitation. Their unwavering commitment and dedication to promoting the advantages of yoga and meditation were highly appreciated.

Overall, the Yog Mahotsav Event proved to be a resounding success, leaving many participants feeling energized, relaxed, and inspired. It significantly raised awareness about the importance of incorporating yoga and meditation into daily life, motivating attendees to continue practicing these techniques regularly.

Student Volunteer-ship Panvel meditation center

Students Volunteering At Heartfulness Yoga Meditation Centre Panvel For Yog Mohatsav (13th-14th May)

Students Volunteering At Heartfulness Yoga Meditation Centre Panvel For Yog Mohatsav 13-14 th of May 2023

Glimpses of Cultural Events At Heartfulness Yoga Meditation Centre Panvel

Research

Research Publication

Frontiers in Psychology- Scopus/PubMed/Web of Science indexed, Impact Factor-4.2

frontiers | Frontiers in Psychology

TYPE Original Research
PUBLISHED 05 June 2023
DOI 10.3389/fpsyg.2023.1158760

Check for updates

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Impact of Heartfulness meditation practice on anxiety, perceived stress, well-being, and telomere length

Mansee Thakur[1]*, Yogesh Patil[1], Sanjana T. Philip[1], Tahreem Hamdule[1], Jayaram Thimmapuram[2], Nishant Vyas[3] and Kapil Thakur[4]

[1]Department of Medical Biotechnology, Central Research Laboratory, Mahatma Gandhi Mission School of Biomedical Sciences, Mahatma Gandhi Mission Institute of Health Sciences, Navi Mumbai, India, [2]Department of Internal Medicine, Well Span York Hospital, York, PA, United States, [3]Logical Life Science, Pvt. Ltd., Pune, India, [4]SRCM Heartfulness Meditation Centre, Navi Mumbai, India

Objective: Exhaustion, stress, and burnout have all been found to be reduced using techniques like yoga and meditation. This study was carried out to check the effectiveness of Heartfulness practice (a form of meditation) on certain psychological and genetic variables.

Methods: A total of 100 healthy individuals (aged 18–24) were recruited and randomized into two groups-Heartfulness intervention and control group. The intervention was carried out for 03months. Participants from both groups were analysed for their cortisol levels and telomere length before and after the intervention. Psychometric measures of anxiety, perceived stress, well-being and mindfulness were carried out using Beck Anxiety Inventory (BAI), Perceived Stress Scale (PSS), WHO-Well-being Index (WHO-WBI) and Five Facet Mindfulness Questionnaire (FFMQ).

Results: The cortisol levels in the meditators group significantly decreased ($p<0.001$) after the intervention as compared to the non-meditators group, whereas, the telomere length increased in the mediators group. This increase was not significant ($p>0.05$). Anxiety and perceived stress also decreased post intervention, and well-being as well as mindfulness increased, as assessed by the questionnaire tools, although the decrease in perceived stress was statistically insignificant ($p>0.05$). A negative correlation was observed between telomere length and cortisol (stress biomarker), whereas a positive correlation was found between telomere length and well-being.

Conclusion: Our data provide evidence that Heartfulness meditation practice can improve our mental health. Additionally, telomere length is shown to be affected by cortisol levels, and this meditation practice can also help to increase telomere length, and thereby slow down cellular aging. However, future studies with larger sample size are required to confirm our observations.

KEYWORDS

anxiety, cortisol, Five Facet Mindfulness Questionnaire (FFMQ), Heartfulness meditation, RT-PCR, stress, telomere

Research Publication

Journal of Health and Allied Health Sciences NU- web of science indexed

An Experimental Prospective Study on Effectiveness of Brief Heartfulness-Based Start 'U'p Program on Anxiety and Perceived Stress in Allied Health Students

Sanjana T. Philip[1] Jayaram Thimmapuram[2] Himanshu Gupta[1] Tahreem Hussain Fatima[1] Subodh Rahate[1] Neelam Yeram[3] Kapil Thakur[4] Mansee Thakur[1]

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[4]SRCM Heartfulness Meditation Centre, Navi Mumbai, Maharashtra, India

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J Health Allied Sci[NU]

Abstract

Aim and Objectives Health care education is an important issue in the development of countries. Stress and anxiety among health care students and workers are an area of increasing concern worldwide. Meditative practices have been shown to improve overall wellness. The aim of this study was to determine the efficacy and feasibility of a brief Heartfulness-Based Start 'U'p program to reduce anxiety and perceived stress in allied health students of Mahatma Gandhi Mission School of Biomedical Sciences (MGMSBS), Mahatma Gandhi Mission Institute of Health Sciences (MGMIHS), Navi Mumbai, Maharashtra, India. The objective of this study was first to study the prevalence of anxiety and perceived stress in allied health students of MGMSBS, MGMIHS, Navi Mumbai, and then to study the effect of heartfulness meditation on measures of said emotional wellness.

Methods Seven sessions of Start 'U'p Heartfulness Meditation of 2-hour duration once in every week was held over the course of 7 weeks. Two hundred and three participants enrolled for the heartfulness intervention. Changes in stress levels, anxiety levels, and mindfulness skills were assessed. Three self-reporting questionnaire tools—Beck Anxiety Inventory (BAI), Perceived Stress Scale (PSS), and Five Facet Mindfulness Questionnaire (FFMQ)—were used to determine the categorical scales (low, medium, and high) for anxiety and stress among students from baseline to post-intervention.

Results Our study revealed an improvement in anxiety and perceived stress post-intervention of brief Heartfulness-Based Start 'U'p Program. Out of 203 students in this study, 75.86% were female and 24.14% were male. Students' BAI scores dropped an average of 2.91 points, whereas PSS scores dropped an average of 1.61 points. The largest increase in mindfulness was seen for nonjudging, with an average increase of 2.1 points ($p \leq 0.05$) in categorical data from pre- to post-intervention based on the FFMQ tool.

Conclusion Our results indicate that heartfulness meditation practice offers an accessible and efficient method by which students' anxiety and stress can be improved. This may also improve their engagement in learning-oriented approaches and class activities.

Keywords
- Beck Anxiety Inventory (BAI)
- Education
- Five Facet Mindfulness Questionnaire (FFMQ)
- heartfulness meditation
- Perceived Stress Scale (PSS)
- Start 'U'p

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Research Proposals

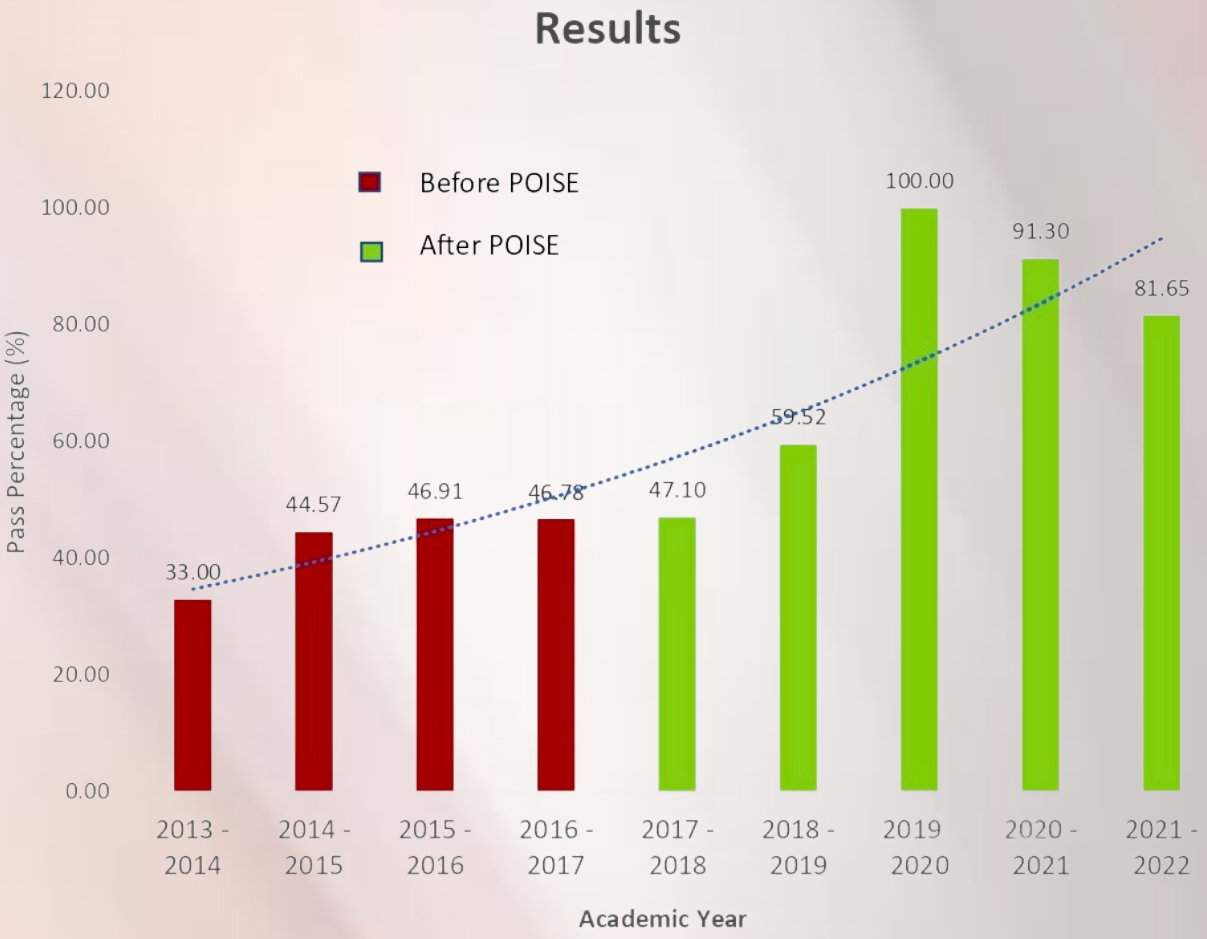
Research Proposals for extramural funding

Sr. No	Title of Proposal	Funding Body	Name of P.I.	Name of Co-P.I.
1.	Benefits of Heartfulness Meditation on T Cell Immune Response	Indian Knowledge System (IKS)	Dr. Mansee Thakur	Dr. Nishant Vyas
2.	Study of T Cell Immunomodulation and Stress Biomarkers in Subjects Enrolled in Heartfulness Yoga and Meditation Program	Department of Science & Technology (DST)	Dr. Mansee Thakur	Dr. Veronique Nouzille Nicolai, Dr. Nishant Vyas
3.	Molecular and Cellular Level of Clinical Assessment Using Heartfulness Yoga & Meditation as a Preventive Intervention in Cardiovascular Disease	Department of Science & Technology (DST)	Dr. Chandramani Pathak	Dr. Mansee Thakur Dr.Shilpa Kadam Dr. Veronique Nouzille Nicolai
4.	Impact of Meditation on Heart Health: Enhancing Blood Flow and Modulating Inflammatory Gene Expression in Patients after a Myocardial Infarction	Department of Biotechnology (DBT)	Dr. Shilpa Kadam	Dr. Mansee Thakur
5.	Development and validation of Yoga & Heart based Meditation Protocol for evaluation of molecular & cellular biomarkers in healthy individuals	Council of Scientific & Industrial Research (CSIR)	Dr. Mansee Thakur	Dr. Veronique Nicolai Dr. Yogesh Patil

Academic Achievement

Poise

It has been two years since we incorporated the Pursuit of Inner Self Excellence (POISE) as a subject in both undergraduate and postgraduate programs. This addition has proven to be a life-changing experience for all students. The subject has played a crucial role in helping students develop essential skills such as patience, communication, observation, and decision-making, which are vital in the field of allied healthcare.



ACADEMIC PERFORMANCE OF STUDENTS AFTER ATTENDING POISE

Awards and Achievements by Students and Teachers

Heartful Institution Award
By- Heartfulness International Institute
Received On 8th February 2020

MGMIHS received the prestigious Heartfulness Organization award from the Heartfulness International Institute on February 8th, 2020, in Hyderabad. Dr. Sudhir Kadam, Trustee of MGMIHS, received the Heartful Organization award for 2020, instituted by Dr. Kamlesh D Patel. In total, 49 awards were presented to organisations and institutions amidst a congregation of over 30,000 people at the world's largest Meditation Centre, located at Kanha Shanti Vanam, Hyderabad.

We are proud to share that our institute, MGM School of Biomedical Sciences Navi Mumbai (MGMIHS), has been bestowed with the Youth Campus Ambassador award by the Global Heartfulness Meditation Center. This esteemed recognition was presented to us virtually during the National Education Conclave 2021. Among numerous institutions across India, only five have been honoured with this prestigious award, and we are thrilled to be one of them!

Recipients of the Award

Mr.Yogesh Patil, PhD

Mr. Rohit Gupta, M. Optometry

Ms. Suminisha Shaikh, Bsc ATOT

Ms. Monica Movies, Bsc ATOT

Mr. Preet Shah, B. Optometry

heartful campus Awards

HEARTFUL CAMPUS YOUTH AMBASSADOR AWARD 2021

This award is presented to

Mr. Rohit Gupta

MGM School of Biomedical Sciences, Navi Mumbai

Imbued with a spirit of dedication, teamwork and enthusiastic service towards the noble cause of inspiring inner transformation and excellence through holistic development of youth on campus.

In recognition of the exemplary contributions and team-efforts towards promoting Heartfulness programs & initiatives enabling holistic development of students in your institution, this award is presented on the 12th Day of January, 2021 at the National Education Conclave- **'Re-Imagining University Education with a Heart-Centered Approach'**

In this journey of inspiring the 'Way of the Heart' **Mr. Rohit Gupta** has been a role model and a true collaborator.

The vision of Heartfulness is to inspire peaceful, healthy and holistically developed individuals and communities, guided by their heart and integrated through the spirit of human well-being and oneness.

Wishing you the very best in all your future endeavours!

Kamlesh D. Patel

Global Guide - Heartfulness

heartfulness

heartful campus

From Wonder, Wisdom

Heartfulness Education Trust

heartful campus Awards

HEARTFUL CAMPUS YOUTH AMBASSADOR AWARD 2021

This award is presented to

Mr. Yogesh Navalsing Patil

MGM School of Biomedical Sciences, Navi Mumbai

Imbued with a spirit of dedication, teamwork and enthusiastic service towards the noble cause of inspiring inner transformation and excellence through holistic development of youth on campus.

In recognition of the exemplary contributions and team-efforts towards promoting Heartfulness programs & initiatives enabling holistic development of students in your institution, this award is presented on the 12th Day of January, 2021 at the National Education Conclave- **'Re-Imagining University Education with a Heart-Centered Approach'**

In this journey of inspiring the 'Way of the Heart' **Mr. Yogesh Navalsing Patil** has been a role model and a true collaborator.

The vision of Heartfulness is to inspire peaceful, healthy and holistically developed individuals and communities, guided by their heart and integrated through the spirit of human well-being and oneness.

Wishing you the very best in all your future endeavours!

Kamlesh D. Patel

Global Guide - Heartfulness

heartfulness

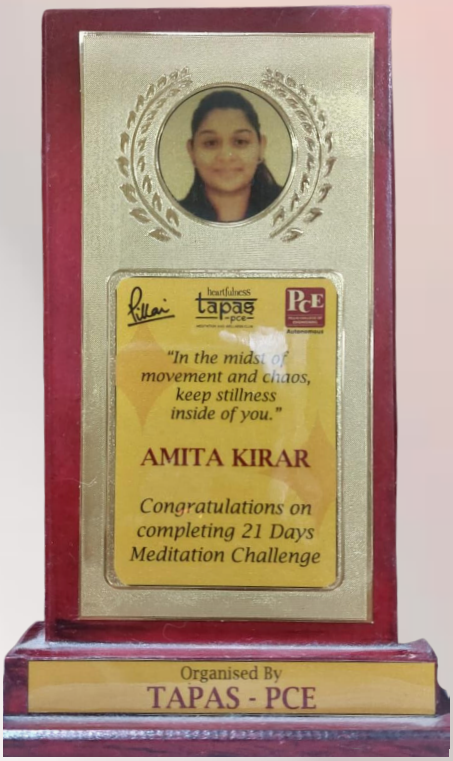
heartful campus

From Wonder, Wisdom

Heartfulness Education Trust

Heartfulness Campus Youth Ambassador Award

Heartful Campus Award At National Education Conclave 2021

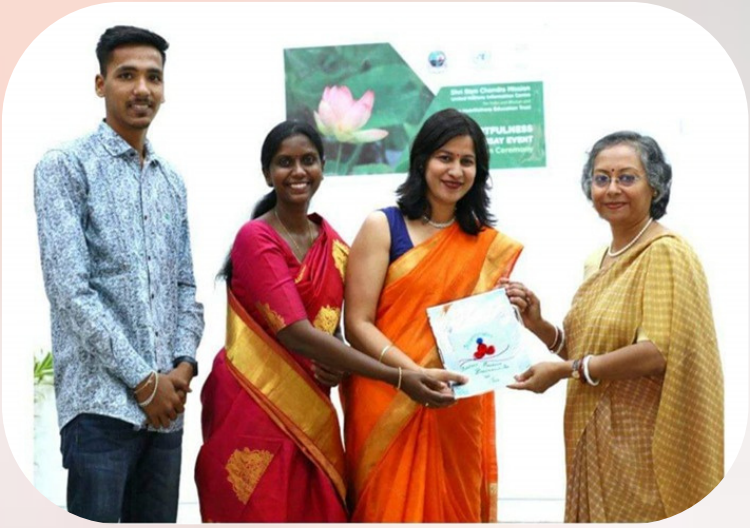


21 Days Meditation Challenge
Organized by TAPAS at Pillai College

Best Paper Award At WELLCON 2023 ITM Kharghar

A national conference-WellCon-2023 on "Integrating Eight Dimensions of Wellness" was organized by ITM School, Kharghar from 17th to18th March 2023. The conference attracted over 150 students and faculties. More than 50 researchers had presented their research work. Ms. Amita Kirar and Ms. Sanjana Philip from Medical Biotechnology, MGMSBS, Navi Mumbai secured first and second prize respectively along with a cash prize of 15000/-.

Essay Event At Heartfulness Meditation Centre, Panvel



MGMSBS participated in the Heartfulness Essay event 2019, which had over 3,75,000 entries from India. They were awarded the Bronze Medal, earning praise and recognition for their achievement

From Wonder, Wisdom
Heartfulness Education Trust

Letter of Appreciation

Dear Mansi Thakur,

Greetings from Heartfulness Education Trust !

It gives me immense joy that you chose to be a part of the **Heartfulness Essay Event 2019** as a **volunteer**. I appreciate all the efforts that you have put in the last few months to make this event a **Grand Success**.

I would personally like to **Thank You** for the all the efforts & hard work and hope that you keep up this good work to reach to as many as you can in spreading the awareness of raising the human consciousness.

Looking for your continued support,

Thanking you,

Yours truly,

Zonal Coordinator
Heartfulness Centre
Mumbai

Zonal Coordinator
S Connect
Mumbai

HEARTFULNESS ESSAY EVENT -2019

ORGANISED BY
Shri Ram Chandra Mission
United Nations Information Centre
and the Heartfulness Education Trust

UN Information Centre for India and Bhutan

Certificate of Appreciation

This Bronze category certificate is awarded to

MGMSBS, MGMIHS, NAVI MUMBAI

NAVI MUMBAI (MH-01/NAV/022647)

for their contribution to the successful organising of the Heartfulness Essay Event 2019 in the institution and ensuring the participation of 60 to 79 percent of eligible students. The spirit of participation of the institution is deeply appreciated.

Kamlesh D. Patel
PRESIDENT
Shri Ram Chandra Mission

Derk Segaar
DIRECTOR
UN Information Center
for India and Bhutan

Supported by Brighter Minds

PAPER PRESENTATION 2023

Recent statistics shows the burden of Mental Health in India 95% of the total population, persons with mental disorders, accounting for 14.3% of the country's total population. We at Department of Biotechnology MGMSBS MGMIHS had taken an initiative for prevention of mental health by providing the Heartfulness meditation as an intervention to drop down the stress and anxiety in youngsters. Based on data we had done a research.

Our Research work was Recognised and appreciated in International conference of Medicine & Meditation jointly organised by AIIMs New Delhi, All India Institute of Ayurveda and Heartfulness Institute from 23 rd to 25th August 2023

I would like to extend our warmest congratulations to my team members for notable achievement. I has been awarded 2nd for Poster Presentation at a the above mentioned conference out of 55+ Poster cum oral presentation.

Heartfelt thanks to MGMIHS for giving permission to conduct the research in this areas which is need of hour.

heartfulness

आरambh

MGMIHS

Science & Wellness Club

"AARAMBH" signifies a new beginning.

It represents a radical change,
a transformation,
a connection,
tranquility,
empowerment,
detoxification,
rejuvenation,
and exploration.

It aims to achieve a holistic transformation of the body, mind, and soul.

Vision

To create a nurturing community that explores the profound connection between science and wellness promoting holistic well-being.

Mission

Through research, we aim to bridge the gap between science and spirituality, exploring its physiological, psychological, and cognitive effects and contributing to the growing evidence supporting its benefits. Our mission is to cultivate meditative practices, nurture holistic well- being, promote scientific research, foster knowledge exchange, community outreach, and education, integrate environmental stewardship, and support personal growth.

Aim & Objectives

Aim

Our aim is to create an all-inclusive club for exploring heart-centered practices, and empowering individuals through workshops, sessions, research studies, and community initiatives.

Objectives

Cultivating Heart-centered practices

We strive to embark on an inward journey through heart-centered practices (fostering self-awareness, compassion, and gratitude) and mindfulness skills, and cultivate a deeper connection with their inner selves.

Promoting Holistic Well-being

Through regular meditation sessions, workshops, and educational programs, we aim to empower individuals to enhance their mental, emotional, social, spiritual and physical well-being.

Objectives

Advancing Scientific Research

By collaborating with researchers and experts, we are dedicated to conduct rigorous research studies that explore the physiological, psychological, and cognitive effects of heartfulness meditation, to promote evidence-based approaches to wellness and personal growth.

Knowledge Exchange and Collaboration

We would like to provide a platform for researchers, experts, and members of the community to share insights, exchange ideas, and collaborate on innovative projects of knowledge exchange and collaboration by organizing conferences, and competitions for interdisciplinary research.

Objectives

Community Outreach and Education

We are dedicated to spreading awareness and aim to ensure that individuals from all backgrounds have the opportunity to benefit from our program for their holistic well-being.

Environmental Stewardship

By raising awareness about environmental issues and taking action (reducing waste, conserving resources, and promoting eco-friendly initiatives) to minimize our ecological footprint, we aim to contribute to a healthier and more sustainable world.

Personal Growth and Empowerment

Through mentorship programs, guided meditation sessions, and personal development workshops, we aim to provide resources and guidance that facilitate individual transformation. We believe that empowering individuals to unlock their inner potential, we can create a ripple effect of positive change that extends far beyond the boundaries of our club.

Scope of work

MEDITATION
A calm and relaxed exploration

ENVIRONMENT
Help you achieve the optimum effects.

SOCIAL CONNECT
@aarambh.mgmihs

heartfulness
आरंभ
MGMIHS
Science & Wellness Club

YOGA
Explore the physical, mental and spiritual all at once

EDUCATION
scientific and practical

SPORTS
balance, relaxation, joy and passion

Logo

heartfulness
आरंभ
MGMIHS
Science & Wellness Club

T Shirt

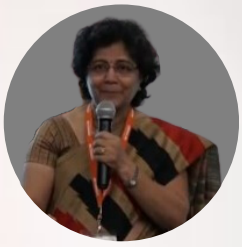
Advisory board at Aarambh

Dr. Shashank. D. Dalvi
Honorable Vice Chancellor

Dr. Nitin Kadam
Hon. Pro Vice Chancellor

Dr. Rajesh. B. Goel
Registrar

Dr. Rita M. Khadikar
IQAC Co-ordinator Navi Mumbai



Dr. Swati Shiradkar
IQAC Co-ordinator Aurangabad

Dr. P.G Ramesh
Finance Officer

Dr. Chandramani Pathak
Research Director

Dr. G.S .Narshetty
Dean, MGM Medical College Navi Mumbai

DR. R.B.Bohra
Dean, MGM Medical College Aurangabad

Advisory board at Aarambh

Dr. Mansee Thakur
Director, MGMSBS NM

Dr. Rajni Mullerpatan
Director, Physiotherapy NM

Dr. Prabha Dasila,
Director, Nursing NM

Dr. Uttara Deshmukh,
Director, Prosthetics & Orthotics NM

Dr. Rajesh K. Dase,
Director, MGMSBS Aurangabad

Dr. Rinkle
Director, Physiotherapy Aurangabad

Dr. Rakesh Ghildiyal
Prof. & HOD Psychiatry MGM MCH NM

Dr. Himanshu Gupta
Research Co-ordinator MGMSBS NM

Dr. Kapil Thakur
Co-ordinator Of Panvel Heartfulness,
Yoga & Meditation Center

Dr. Pradeep
Prof. Dept. Community Medicine
MGM MCH NM

Dr. Avinash Narayankar
Mentor MGMIHS NM

Mr. Anil Khandare
IT Co-ordinator MGMIHS NM

Committee Members

Ms. Amita Kirar
[President]

Ms. Sanjana Philip
[Secretary]

Mr. Subodh Rahate
[Faculty Coordinator]

Dr. Neelam Yeram
[Co-Faculty Coordinator]

Ms. Pooja Singh
[Disciplinary Head]

Mr. Rafiya Sangmeshwari
[Treasurer]

Mr. Saud Sain
[Event Head]

Ms. Parkar Ahlam
[Editorial Head]

Mr. Jitto Saji
[Social Media Head]

Ms. Nandini Agarwal
[Ideation Head]

Mr. Jay Morye
[Media Head]

Committee

Unity In Diversity

National Alumni Members

Dr. Yogesh Patil

Dr. Yogesh Navalsing Patil, Working in education and research field at MGM School of Biomedical Sciences Kamothe Navi Mumbai, as an Assistant Professor.
Education background: Completed Bachelor of Engineering in Biotechnology from University of Mumbai, Master of Science from BAMU, University Aurangabad and Doctor of Philosophy from MGM Institute of Health Sciences, Navi Mumbai
Under the guidance of extraordinary mentors at MGM institute of health sciences he was involved in research related activities of one design patent, two national patents and five research articles and half dozen of copy rights related to health sciences. Also volunteered in covid pandemic for diagnosis of almost 12 thousand individuals in critical time along with the motivated mentors
Heartfulness volunteer and practitioner since 2017 and won the campus youth ambassador award of heartfulness in 2021 under the guidance of peer mentors at MGM School of Biomedical Sciences.

Mr. Pratik Morade

Pratik Morade, 27 years, completed his M.Sc. in Dialysis Technology.
Currently working as Tutor, Dialysis Technologist at MGM SBS and MGM Hospital.
Meditator of Heartfulness since 2022

Ms. Ankita Ankush Jadhav

Ankita Ankush Jadhav, 24 years, currently pursuing her MSC in Medical technology from Symbiosis institute of health sciences, Pune.
Pursued masters in operation theatre and anesthesia technology, and have been sharing her knowledge and skills with upcoming students in the healthcare industry.
Alumni of MGM IHS (SBS), did her BSC Operation theatre and anesthesia technology.
Volunteer & Meditator of Heartfullness since 2019.

Ms. Suminisha Shaikh

Suminisha Shaikh, 22 years old, pursuing Masters of hospital administration from Bharti Vidyapeeth, Pune.
Currently also working as program manager, at universal cancer conquest (Cancer Samiksha) Pune (health care company).
Work experience as a moderator in Eduhelp all over Mumbai classes
Secured 2nd prize at National level (Trends and causes of cancellation and rescheduling of OT surgeries.)
Alumni of MGM IHS (SBS), did her B. BSC Operation theatre and anesthesia technology and was served as a Gold Medalist of batch 2018-2022.
NSS leader, volunteer & meditator of Heartfullness since 2019-2022.

Ms.Amita Kirar

Amita Kirar, currently pursuing her PhD in Medical Biotechnology under the guidance of Dr. Mansee Thakur at MGMIHS. She holds a Master's degree in Medical Biotechnology from MGMSBS, Navi Mumbai.
With a strong passion for research, she has experience in HPTLC analysis of medicinal plants and aspire to conduct integrative research.
Heartfulness volunteer and mediator since 2021.

Ms. Monica Movies

Monica Movies, 23 years, pursing her Master in Hospital Administration from M S Ramaiah University, Bengaluru.
Summer internship in Ramaiah Memorial hospital to have hand on practice as a quality executive.
Alumni of MGM IHS (SBS), did her Bachelor's in Anesthesia and operation theatre technology and was served as a Gold Medalist in 2023.
Volunteer & Meditator of Heartfullness since 2019.

Ms. Neha Rajeshwar Sharma

Ms. Neha Rajeshwar Sharma 22 years old currently pursuing her masters in Health Informatics from IIHMR Bangalore.
A member of community club engagement that works for public wellbeing .
Graduated from MGM SCHOOL OF BIOMEDICAL SCIENCES
Serving as a public figure in NGO in Mumbai.
Volunteer and meditator at heartfulness since 2022

Mr. Kshitija Purushottam kute

Kshitija kute, 23 years, pursuing PGDM in Health Informatics from Institute of Health Management and research, Bangalore.
Alumni of MGM IHS (SBS), did her Bsc in Operation Theatre and Anesthesia technology and was active as a NSS volunteer since 2019.
Volunteer & Meditator of Heartfullness since 2021.

Ms. Pranita Vijay Utekar

Ms. Pranita Vijay Utekar, 28 years, completed her M.Sc in Cardiac Care technology.
Recently working as Tutor under MGM school of Biomedical sciences, NM since 2021 as well as Cardiac technologist in MGM hospital, Kamothe since 2016.
Meditator of Heartfullness from July 2023.

Mr. Rohit I Gupta

Rohit I Gupta (PhD. Scholar) currently working as a Lecturer & UG / PG Course coordinator at Dept. of Optometry, MGM School of Biomedical Sciences, MGMIHS, Navi Mumbai with 5 years of Academics and clinical experience (certified under Medical Education Unit)
Consultant Optometrist at Dept.of Ophthalmology, MGM Hospital, Kamothe.
Achievements:
1. Chancellor's medal for best post graduate in M.Sc. Allied Health Sciences Batch 2018 - 2019.
2. Heartfulness Youth Ambassador Award 2021 by International Heartfulness Institute (Global Heartfulness Meditation Center)
3. Currently active and involved in mentoring both UG & PG students for clinical and academic research projects.
4. Active member of Board of Studies at MGMSBS, MGMIHS, NM
Volunteer & Meditator of Heartfullness since 2018.

International Alumni Members

Dr. Smital Poojary

Dr. Smital Poojary, a P.hD. holder in Medical Biotechnology working as a Technical Support Associate at HGS Canada and Freelancer Scientific Writer with many international clients in Saskatchewan, Canada.
Alumni of MGMIHS (SBS), she pursued her Master's and Doctorate in Medical Biotechnology.
A Heartfulness Meditation Practitioner and an abhyasi of Heartfulness Meditation Center since 2015

Mr. Preet Shah

Preet Shah, 23 years, doing his MS in Health Informatics from Hofstra University, New York.
Currently also working as an Informatics Intern with New York's largest employer Northwell Health & as a graduate assistant in the school of education at Hofstra University.
Serving as a Global Mentor in the university for incoming international students.
Alumni of MGM IHS (SBS), did his B. Optometry and was served as a Gold Medalist in 2022.
Volunteer & Meditator of Heartfullness since 2019.

Aarambh Initiative

Cleanliness Drive at Panvel 2023

The Aarambh team and Team Tapas recently organized a cleanliness drive at the shree Ram chandra mission Heartfulness Institute panvel, on June 4th, 2023. They took the initiative to clean and sweep the littered backyard, which was filled with leaves and dust. Some of team members also assist in roti making. With their collective efforts, they successfully transformed the area into a neat and tidy space. Their combined efforts resulted in a noticeable improvement in the ashram's appearance, benefiting both the community and environment.

World Environment Day Celebration

(MGM SBS-2023)

On World Environment Day, the enthusiastic members of Aarambh joined forces with the NSS Unit of MGMSBS for a significant event with the goal of making a positive impact. Their mission centered on turning the MGMIHS campus in Yog Vatika into a more environmentally friendly and pristine space, all while fostering awareness and motivating change.

Firstly, they began by organizing a campus cleanup initiative. This involved picking up litter, removing debris, and ensuring that the grounds were free of any pollutants. This action not only improved the physical appearance of the campus but also symbolized their commitment to a cleaner environment.

In addition to the cleanup, the group engaged in a creative endeavour by painting eco-awareness banners. These banners likely featured messages and artwork related to environmental conservation, sustainability, and the importance of protecting our planet. These banners served as a visual reminder of the collective responsibility to care for the environment.

Perhaps one of the most symbolic aspects of their event was the meditation session held in Yog Vatika. This practice aimed to underline the profound connection between a cleaner environment and personal well-being. Meditation in a serene, natural setting like Yog Vatika emphasized the tranquility and peace that can be derived from a harmonious coexistence with nature.

Overall, this collaboration between Aarambh and MGMSBS students on World Environment Day showcased a holistic approach to environmental stewardship. Through physical cleanup, artistic expression, and mindful meditation, they not only beautified the campus but also inspired a sense of responsibility and a deeper connection to the environment among participants and observers alike.

Kanha Visit
(2023)

20th AND 21st July, 2023

On July 21, 2023, 54 individuals of Team Aarambh and students of MGM-SBS, and Team Tapas embarked on a transformative journey, under the guidance of Dr. Kapil Thakur, Dr. Mansee Thakur(Director of MGM-SBS), Ms. Amita Kirar (President of Aarambh) with the help of Mr. Rushikesh Aher. The journey started at CSMT railway station, with the group's enthusiasm evident as they gathered before the train's 9:30 PM departure. games and laughter enlivened the long journey, fostering camaraderie.

By 11:30 AM, the train reached Vikarabad, followed by a short bus ride to Kanha shanti Vanam by 1:30 PM. The serene surroundings left a lasting impression, captured in commemorative posters. Participants found respite at East Comfort Zone, followed by a Sattvic lunch. The pure surroundings contributed to the experience. Team Aarambh along with the participants embarked on a visit to the esteemed oil extraction unit, located within kanha. The oil extraction process's highlight was the natural separation of oil and water through layer separation, showcasing sustainability and eco-friendliness. Also team Aarambh toured kitchen of kanha, unveiling large-scale food production intricacies and an automated roti making process. Dr. Mansee Thakur led a serene meditation session as sun set, creating a harmonious atmosphere of peace and rejuvenation.

22nd july 2023
Y20 Global Summit

Kanha Shantivanam is like a mesmerizing realm, where time stands still and magic fills the air. MGM-SBS, Navi Mumbai students visited Kanha on an occasion of Y20 Global Summit, With the guidance of Dr. Mansee Thakhur (Director of MGM-SBS), Dr. Kapil Thakur and other faculties on 22nd July from 9:00am to 1:00pm.The summit was attended by over 1200 youth from around the World. The panel discussions with Mrs. Mansee Joshi (an Indian para-badminton player), and Mrs Ayonika Paul (an Indian rifle shooter in Olympics) Mr. Swayam Srivastava(Renowned Motivational poet) Mr. Himadrish Suwan – (Chairperson confederation of young leaders, Winner of Global young achiever's award.

Founder of “Mission -E-Safai”)Mr. Vikrant Gharat – (Motivational Speaker, Author) Mr. Kunal Tilak – (Track Chair, Y20 Secretariat and Great-great-grandson of Lokmanya Balgangadhar Tilak) were like a gathering of majestic dragons, breaking down barriers and shaping the destiny of our future. The event had panel discussions on physical, emotional/ mental and spiritual wellness. The summit saw a closure through a musical finale by triple Grammy winner Ricky Kej. The students were all blessed to explore the serene beauty of Kanha.

Meditating in its tranquil surroundings, we tapped into the primal energy that resides within us all. Kanha transformed us, healing our emotions and awakening our spirits. The environment of Kanha, with its lush greenery and vibrant wildlife, made us feel so free, alive, and deeply connected to the natural world and also made aware of physical, mental and environmental wellness.

Exploring the Yatra Garden: A Spiritual Journey at Kanha Shanti Vanam Visit 2023

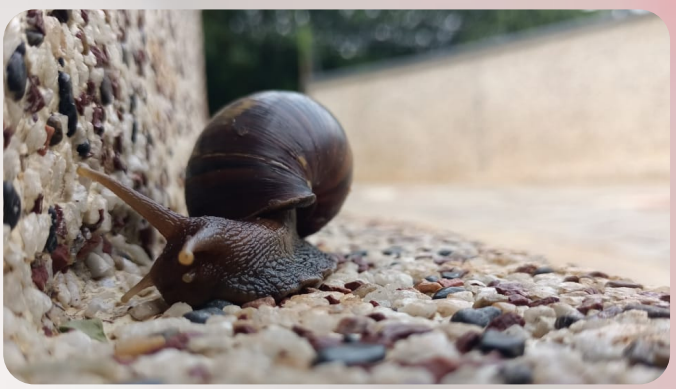
After the inspiring Y20 summit, a sumptuous lunch reinvigorated everyone's spirits. As the clock struck 4:00 PM, a sense of anticipation filled the air as students, faculty members, and attendees gathered at the enchanting Yatra Garden.

The Yatra Garden, a symbolic representation of the seeker's spiritual journey to attain union with the divine, stood before them. This garden embodies the profound spiritual heritage of Heartfulness, a unique journey within. It mirrors the soul's inner yatra, traversing the intricacies of energy chakras. Each step in the garden corresponds to the progression through the chakras, and as participants move from one habitat to another, the distinct qualities of each chakra are palpable. The Yatra Garden is thoughtfully designed with benches and sitting areas, inviting contemplation, meditation, reading, and absorption of the profound stages on this

spiritual odyssey. This pilgrimage through the chakras, from the heart's chakra (chakra 1) to the 13th, symbolizes the march towards liberation. This march represents the incremental evolution of consciousness, shedding layers of soul-bound limitations as each chakra is explored. The expansion of consciousness unfolds step by step, offering a deeper understanding of our spiritual selves.

An awe-inspiring aspect of the Yatra Garden lies in its use of colors. Each chakra is associated with a distinct color, and the garden's arrangement is meticulously curated to reflect this. As attendees traverse the garden, the colors resonate with their corresponding chakras, creating an immersive experience. For instance, white flowers and plants abound in the Peace section, representing chakra 1.
With every turn and step, participants are not only surrounded by vibrant colors but also immersed in the essence of each chakra's unique attributes. The Yatra Garden is more than just a physical space; it is a journey of self-discovery, a pilgrimage of the soul.

As the sun began its descent, marking the conclusion of Day 2 at Kanha Shanti Vanam Visit 2023, the Yatra Garden had served as a powerful reminder of the transformative march towards self-liberation, offering a glimpse into the intricate tapestry of the soul's evolution.



24th July 2023
Chariji's Birth Anniversary

On the auspicious occasion of Chariji Maharaj's 96th birth anniversary, Team Aarambh joined hands with the students and faculty of MGM-SBS for a captivating meditation experience led by the beloved Daaji. The serene session attracted the participation of 1000 individuals, all seeking a profound connection.

Post meditation, the Aarambh team and the enthusiastic attendees ventured into the lush embrace of the green forest. This natural haven treated them to a captivating array of plants and an enlightening encounter with organic farming practices. Dr. Mansee Thakur further graced the gathering with a meditative session, which was met with immense appreciation and enjoyment by all present.

The day was marked by an abundance of knowledge sharing and joyful interactions. The presence of Kanha added a unique charm to the experience, resulting in treasured memories that filled everyone's hearts with joy and cheerfulness.

As the clock struck 11:00 AM, it was time to bid farewell to Kanha, leaving behind a trail of mixed emotions. The departure on July 24, 2023, served as a poignant reminder of the unforgettable moments that were woven into the tapestry of that day. Although physically departing from Kanha Shanti Vanam tugged at heartstrings, the cherished memories formed there remain an integral part of each individual, a source of solace and inspiration. Indeed, Kanha Shanti Vanam will forever occupy a special and cherished place in our hearts.

Yoga Day Celebration

(2023)

Aarambh,MGMIHS students in Panvel celebrated International Yoga Day with great enthusiasm and community involvement on 21st 0f June 2023 . They extended their expertise to young learners from Kidz Garden School, teaching them fundamental yoga exercises and various benefits of yoga under the guidance of a professional heartfulness Heartfulness yoga trainer.Aarambh members also showcased their dedication by demonstrating these exercises. To add excitement, the students were introduced to brain exercises that left them thrilled and engaged. The festivities continued with an inspiring and entertaining yoga dance performance by Aarambh members, leaving everyone motivated. The event concluded on a delightful note with a delicious breakfast for all participants, fostering a sense of unity and well-being among the attendees

हर दिल ध्यान
हर दिन ध्यान

योग उत्सव

Industrial Visit

(2023)

Kanha Shantivanam is like a mesmerising realm, where time stands still and magic fills the air. MGM-SBS,Navi mumbai students visited Kanha on an occasion of Y20 Global Summit, With the guidance of Dr. Mansee Thakur(director of MGM-SBS), Dr. Kapil Thakur and other faculties on 22nd July from 9:00am to 1:00pm.The summit was attended by over 1200 youth from around the world.The panel discussions with Mrs. Mansee Joshi (an Indian para-badminton player), and Mrs.Ayonika Paul (an Indian rifle shooter in Olympics) Mr. Swayam Srivastava (Renowned Motivational poet)Mr. Himadrish Suwan – (Chairperson confederation of young leaders, Winner of Global young achiever's award. Founder of "Mission -E-Safai")Mr. Vikrant Gharat – (Motivational Speaker, Author) Mr. Kunal Tilak – (Track Chair, Y20 Secretariat and Great-great-grandson of Lokmanya Balgangadhar Tilak) were like a gathering of majestic dragons, breaking down barriers and shaping the destiny of our future.

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Induction Program (2023)

MGMSBS recently organized a comprehensive seven-day Induction Program for the incoming BSc and MSc batches, aimed at familiarising them with the college and its esteemed faculty dated from 1st august to 7th august. This initiative went beyond mere introductions, as it featured informative sessions by experienced lecturers who shed light on various career prospects in the field ,research, benefits about yoga and meditation ,available schemes online for students, and many more. Aarambh, the college's science and wellness club, played a pivotal role in ensuring the program's success, with dedicated student volunteers actively contributing to its smooth execution. They also familiarised the students with each other by conducting social games. This induction program not only welcomed new students but also set the stage for their promising academic journeys.

MGM INSTITUTE OF HEALTH SCIENCES
NAVI MUMBAI

MGM INSTITUTE OF HEALTH SCIENCES
HOW TO USE A FIRE EXTINGUISHER :-
Healthcare Fire Safety
R A C E
P A S S

EALTH SCIENCES

Corporate Connect

5th August 2023

On August 5th, 2023, at the Shree Ram Chandra Mission Heartfulness Centre, the Aarambh members organized a "Corporate-Connect" event with the corporate members of Continental Coffee. Approximately 30 to 50 corporate members attended the event. The Aarambh team hosted an unforgettable evening filled with song, dance, and games for their friends from Continental Coffee. With their vibrant energy and infectious enthusiasm, the Aarambh members transformed the event into an enchanting experience. They introduced Aarmbh to all the corporate members, providing them with a much-needed escape from their hectic routines and allowing them to create unforgettable memories. The atmosphere was electric, with the aroma of freshly brewed coffee adding an extra touch of indulgence to the night. It was truly a night to remember.

Tree Plantation

(2023)

A trek was organized by Aarambh Committee of MGM School of Biomedical Sciences on the occasion of Independence Day, 15th August, 2023. The day began with a fresh and sporty energy at the meeting point of Adai Hills. Adai Hills known for it's evergreen beauty welcomed us with cool early morning breeze. Accompanied with a trek expert, we followed the trail with great enthusiasm, singing patriotic songs and chanting slogans. Climbing all the way up through the green, we realized the importance of fitness and health.

Flag hosting was conducted shortly after. Tiranga looked even wondrous with serene surrounding of the hills. Proceeding with the main event of tree plantation, Dr. Kapil Sir and other instructors guided us in planting saplings that we dearly bonded with along the way.

Maintaining the agenda of Aarambh, meditating and practicing peace. The team gathered around and sat peacefully, meditating.
The precious 15 minutes of meditation with rain dripping down was definitely the most amazing experience of the day. Followed by some fun time and preparations to climb down, Aarambh members carried great memories and moments back to the ground. It was indeed a day with patriotism at it's peak!

Corporate Connect

2nd September 2023

On September 2nd, 2023, Aarambh hosted an exciting event called C-Connect with Corporate Continental Coffee. This event, which was held for the second time, generated a great deal of anticipation among both new and existing members.

Aarambh went above and beyond to ensure a memorable experience for everyone involved.

The event featured a variety of engaging activities, including lively song and dance performances, as well as entertaining games, all tailored to cater to the corporate members. The atmosphere was filled with joy and enthusiasm as everyone enthusiastically participated and enjoyed themselves.

Aarambh's meticulous planning and dedicated volunteers played a crucial role in the event's success. The corporate members expressed their sincere gratitude for the effort and dedication shown by Aarambh. They were truly inspired by the team's unwavering enthusiasm and hard work. Keep up the excellent work, Aarambh! Your commitment to creating meaningful connections is truly commendable.

Cultural Program

(2023)

On September 28th, 2023, the Heartfulness Centre organized a cultural celebration in honour of the beloved Daaji's 68th birthday which started with a meditation session. Team Aarambh took centre stage and actively participated, filling the air with heartfelt songs that touched everyone's hearts. Even the little ones joined in with their adorable performances. Aarambh members showcased their talents not only through songs but also with an energetic dance that captivated the crowd.

Their enthusiasm and involvement were greatly appreciated and applauded by everyone present. After the song and dance, the event took an informative turn as Daaji's videos were shared, offering valuable insights and guidance for daily life and its challenges. Aarambh members were truly blessed to have meditation sessions with such kind-hearted individuals, making the event even more special.

Session at Yogita Dental College & Hospital, Khed

(2023)

The students of Aarambh, Jay Morye and Ganesh Patange, along with their mentor Dr. Avinash Narayankar, embarked on an enlightening journey to Yogita Dental College and Hospital in Khed, Ratnagiri. Their visit took place on the 31st of August and 1st September 2023. The purpose of their visit was to introduce and showcase the "Aarambh" initiative, a remarkable endeavor initiated by the students themselves, aimed at promoting the practice of heart-based meditation and yoga among people.

The participants were guided through various yoga postures and breathing exercises, fostering a sense of physical and mental well-being.
The students of Aarambh, with their unwavering dedication and passion, left a lasting impression on the audience, showcasing their commitment to the cause.
In addition to the enlightening sessions, the students of Aarambh were honored with certifications in the Basics of Medical Photography. This recognition highlights their dedication to expanding their knowledge and skills in the field of healthcare.
Overall, the visit to Yogita Dental College and Hospital was a resounding success, providing a platform for knowledge exchange, personal growth, and the promotion of holistic well-being. The students of Aarambh, under the guidance of Dr. Avinash Narayankar, have truly set an example for their peers, demonstrating the power of self-initiated initiatives and the positive impact they can have on the community.

Gandhi Jayanti Cleanliness Drive

(2023)

On October 1st, 2023, The “Swachanjali” cleanliness drive, organized by the dynamic team of Heartfulness Youth and Aarambh MGMIHS, in collaboration with the NSS unit of MGMSBS, took place at the esteemed Heartfulness Centre, Shree Ram Chandra Mission. The atmosphere was charged with enthusiasm and a shared sense of purpose as Aarambh members and NSS volunteers, armed with brooms and determination, embarked on a mission to restore cleanliness and serenity to every corner of the ashram. No area was left untouched by their diligent efforts. From the lofty heights of the terrace to the hidden corners of the backyard, from the hallowed halls of the library to the sacred spaces of the ashram, the dedicated team worked tirelessly to ensure that every inch was pristine and inviting.

Their commitment and attention to detail were truly commendable, as they meticulously scrubbed, swept, and tidied each area with unwavering dedication. The transformative impact of their hard work cannot be overstated. The ashram now stands as a shining testament to their unwavering spirit and their unwavering commitment to cleanliness and hygiene. It has become a haven of tranquility, where seekers can immerse themselves in the teachings and practices of Heartfulness with a renewed sense of peace and serenity.The success of the “Swachanjali” cleanliness drive serves as a powerful reminder of the positive change that can be achieved when like-minded individuals come together with a shared vision. The collaboration between Heartfulness Youth, Aarambh MGMIHS, and the NSS unit of MGMSBS exemplifies the power of unity
and collective action.

Mingles with Goldies

(2023)

On October 8th, 2023, at the Shree Ram Chandra Mission Heartfulness Centre in New Panvel, Team Aarambh organized a wonderful event called “Mingles with Goldies.” The event was based on the theme “Old is Gold.” Miss Amita Kirar, the President of Aarambh, started the event with an introductory session about Aarambh. Aarambh members passionately volunteered and conducted various games, songs, dances, and fun activities for the elderly attendees. They all enjoyed the session and actively participated in every activity. Some even came forward to sing their favorite songs, creating unforgettable memories. They played and laughed like children, proving that age is just a number. Later, Dr. Mansee Thakur and Dr. Kapil Thakur provided a brief talk and led a meditation session, which the attendees thoroughly enjoyed. They expressed their gratitude to Team Aarambh for providing them with a carefree and enjoyable time. The event was a true success in bringing joy and relaxation to the elderly participants.

World Mental Health Day Celebration

(2023)

On 10th October, 2023 on the occasion of World Mental Health Day, we organized an extraordinary event in collaboration with Heartfulness at Alkem Laboratory LTD Head Office, Taloja. The atmosphere was filled with excitement as Ms. Amita Kirar, the president of Aarambh, delivered a captivating introduction, emphasizing the importance of mental health.

Dr. Mansee Thakur and Dr. Kapil Thakur then took the stage, transporting us to the serene Kanha Shanti Vanam. Their insightful descriptions of Heartfulness left us in awe, and we couldn't wait to dive into the practice.

Dr. Kapil Thakur led a meditation session that was nothing short of transformative. The tranquil surroundings allowed us to delve deep into our souls, experiencing a profound sense of harmony and inner peace.

But the magic didn't stop there! Laughter and camaraderie filled the air as we engaged in a series of captivating games. These activities not only brought us closer together but also reminded us of the joy that comes from shared experiences.

To conclude the event on a high note, Team Aarambh graced us with a beautiful and uplifting song. The audience was left impressed and energized by their incredible performance.

Stress Management Session at MGM Hospital (2023)

A 3-day stress management session organized by Aarambh, MGMIHS, and Heartfulness Organization at MGM Medical College, Kamothe from 17th -19th October, was a resounding success. Dr. Kapil Thakur's sessions, coupled with the activities conducted by Aarambh members, provided valuable tools and insights to help the hospital staff destress, reconnect with one another, and focus on self-love and care. The program was attended by key figures in the healthcare community, further emphasizing its significance in promoting the well-being of hospital staff. This event serves as an example of the commitment of these organizations in supporting the healthcare professionals who play a crucial role in society.

Theme 2:
Connect

Change
challenge

Event Calender

JUNE

5th June
World Environment Day

10th June
Global Wellness Day:
“Wellness is a connection of knowledge & action.”
Stress management sessions
Zumba sessions

21st June
Yoga Day:
“Yoga is the journey of the self, through the self, to the self.”
yoga session

JULY

24th July
Celebration at Heartfulness Yoga Meditation center.

AUGUST

Youth Conference at Kanha Hyderabad
Youth conference

Event Calender

SEPTEMBER

1st to 7th September
National Nutrition Week:
"Nutrition is not just about eating it is about eating right."
Spreading awareness about nutrition and Anaemia in villages

5th September
Teacher's Day:
"A teacher presents the past, reveals the present, & creates the future."
Celebration with MGM SBS Faculty

28th September
Celebration at Heartfulness Yoga Meditation center.

OCTOBER

1st October
International Day for the Elderly:
"Youth is the gift of nature, but age is the work of art."
Visit an Orphanage or old age home

2nd October
Gandhi Jayanti
Celebration in college

10th October
World Mental Health Day:
" There is no health without mental health."
Session with Psychiatrist

Event Calender

NOVEMBER

14th November

Children's day celebration:

“Children are the world's greatest treasure and our future. Let's celebrate their innocence, nurture their dreams, and empower them to shape a brighter tomorrow.”

Visit School

Encouraging children's towards yoga and meditation .

DECEMBER

3rd December

World Day handicapped:

“Helping hands towards differently-abled not disabled.”

Visit NGO

contribution towards society.

Enthusiast program**.**

Event Calender

JANUARY

3rd January

International Mind ,body wellness day:

"A time to recommit to loving both our bodies and minds by putting new strategies for development & wellness into action.

(Yoga , Meditation , Healthy Lifestyle)

Session of Zumba : Short Marathon

12th January

National Youth Day :

"Empowering the youth of today as they are the leaders of tomorrow."

Youth Awareness

Psychiatrist Session

Heartfulness Communication

30th January

National Cleanliness Day:

"Promoting cleanliness & sanitation as a way of life."

Detoxification of Body

Hygiene Awareness

College Premises Cleaning

Beach Cleaning

FEBRUARY

2nd February

Celebration at SRCM Heartfulness Meditation center

14th February

Valentine's Day

Love, Life, and Laughter

Event Calender

MARCH

21st March
World forestry day:
“Protecting what we all have in common our mother earth.”
Tree plantation
Connect with nature
Awareness of deforestation

22nd march
world water day
Methods of water filtration

APRIL

7th April
World Health Day:
“Investing in your health today, Will lead to a healthier future tomorrow.”
Health camps and checkup.

30th April
Celebration at Heartfulness Yoga Meditation center

MAY

17th May
Hypertension day
Workshop on stress releasing activities

21st May
World meditation day:
“Quiet the mind & the Soul will speak.”
Meditation session
Zumba
Yoga session

Inhouse Days Celebration

4th January – World Braille Day
Visit to blind school

27th February - world NGO Day
NGO visits
contribution towards society.

22nd March - World water day
Rainwater harvesting

22nd April - Earth Day
Plantation
Webinar on Decomposition of domestic wastes.

Celebration at Heartfulness Yoga Meditation center
(Green zone)

17th May - World hypertension day
MGM Hospital visit

5th June – World Environment Day
Trekking
Time with nature.

Personality Development Activities

Personality development is a continuous process, and everyone's journey is unique.

We wish to achieve this by conducting sessions on

Self-awareness
Self-improvement
Self-reflection
Continuous learning
Emotional intelligence
Communication skills
Positive mindset
Adaptability and resilience
Social skills
Performance art
Self-defense session
Logging personal thoughts
Cognitive challenge.

Plantation Drive

Tree Plantation will be carried out after every event

Testimonials

In 2019, our Director planned a visit to Kanha Shanti Vanam, and little did we know how it would impact our lives. As a young boy, I went there with no idea that this experience would change my life. At Kanha, we learned meditation at a whole new level. It taught us about divine energy and the power of our subconscious mind. We participated in various competitions, such as sports, plays, quizzes, and more, and even won several prizes his experience helped me focus on my academics at a higher level. I discovered that my mind was free from distractions, allowing me to open up more. The environment was filled with healthy competition and a beautiful world. My confidence and positivity reached their peak, leaving no room for negativity. It was truly the best experience of my life. want to express my gratitude to our Director for providing us with this wonderful experience by taking us to such a magnificent place

Atharva Dehadraya
B. Optometry

Inner peace leads to world peace! In the month of February 2019, our institution provided us with the opportunity to visit Kanha Shanti Vanam, the Global Heartfulness Meditation center with state-of-the-art infrastructure. We were taught and encouraged to practice meditation in the Heartfulness way, which has the power to transform lives and give them a sense of purpose. Speaking from my personal experience, after visiting the global center, I started practicing daily meditation for 15-20 minutes. Over the course of a year and a half, I noticed several positive changes in myself:

1. Clarity of thought.
2. Perspective on humanity.
3. Sense of purpose in life.

Since then, I have been volunteering in two NGOs:

1. Robinhood Army: Contributing towards addressing hunger issues.
2. Switch India organization: Focusing on education and promoting moral values in society.

By volunteering in these organizations, I aim to make a positive impact on society and contribute to its betterment.

Thanking you
Regards
Preet Shah

The session was truly calming and relaxing. I felt very energetic, and it served as a great stress buster. Thank you for organizing this session.

Harsh Bhoir
Bsc Mrit
First year, 1st sem

Thank you for organizing this wonderful meditation webinar. I felt really calm and relaxed during the session. The meditation provided a kind of positive energy and brought me a lot of happiness. Both meditation sessions were really good. Thank you so much to the SBS department for conducting this wonderful meditation session.

Divya Madane
Mlt-1st year sem

The session that started yesterday was not initially focused, but it turned out to be a wonderful day. However, today's session was truly wonderful and lovely. Both the ma'am and sir in yesterday's session were fantastic. The session was relaxing, informative, and gave us insights into meditation. Today's session focused on different aspects of meditation and rejuvenation, and it was also a wonderful experience. It helped us relax and understand the benefits of meditation. Both sessions were very good, and they have influenced my daily routine. Before, I didn't give much time to myself, but these two days made me realize how our body can relax, feel fresh, and stay focused. Thank you, ma'am, for organizing such a wonderful session, and thanks to both the ma'am and sir for their contribution to this session.

Teena Singh
MLT-21-21
1year (1 semester)

It was a very good experience as the session was about meditation. It provided a kind of positive energy and peace of mind, helping us build more concentration power. I felt happy and energetic. Due to the impact of the pandemic, we had developed a habit of sleeping late and waking up late, but after these two sessions, I realized the importance of utilizing this time for meditation and other activities. Thank you, ma'am, for facilitating such a nice experience. I would also like to express my gratitude to the organizers. Thank you, ma'am, for the sessions.

Vighnesh Naik
Dialysis (MDT)

The session held on January 17th, 2022, was really good. It was a calming and relaxing session that made me feel something different. The meditation provided a positive energy and peace of mind, enhancing my concentration power and bringing happiness. Today's session, on January 18th, 2022, was focused on the heartfulness cleaning technique, and it was truly wonderful. I would like to express my gratitude to all the organizers for conducting such nice sessions. Thank you so much.

Hitakshi koli
OTAT course

As Mahatma Gandhi said, "Be the change that you want to see in the world." We are truly grateful and thankful to the SBS Department and Mansee Mam for conducting such peaceful sessions. Personally, I have felt a change within myself over the past two days. In our busy schedules, we often forget the precious and valuable things that we love to do. However, this session has given us a chance to reconnect with ourselves and reflect on what we need to adopt and eliminate. Thank you.

Smruti Vilas Mhatre
BSC MDT
1st Year (Sem)

Thank you for organizing this workshop. On the first day of the workshop, the experience was very different. While meditating, my thoughts were not clashing, and I was able to focus on a single thought. Throughout the day, I felt fresh and free from unnecessary thoughts. I also tried meditating before sleeping, which was very helpful because I woke up feeling refreshed. On the second day of the workshop, the experience was great because I was able to plan my day more efficiently and avoid wasting time.

Jidnyasa Pawar
1st year 2nd Semester
B. Optometry

Thank you for organizing this session. The last two meditation experiences were really good, and I feel some positive changes within myself. I feel very enthusiastic.

Pratham Pokharkar
Bsc MRIT 21-8

The Heartfulness meditation workshop was a great experience. On the first day, January 17, 2022, the early morning meditation session was really helpful in my life. It gave me positive vibes, relaxation, and a sense of calm. I felt fully energized for the whole day. On the second day, January 18, 2022, the rejuvenation meditation session provided me with refreshment. From now on, I have decided to incorporate it into my daily life.

Sneha sonawane
Msc medical genetics

The session was very relaxing. I felt really good and thoroughly enjoyed both sessions. Thank you so much for organizing this session. It was much needed.

Walid Khot
MRIT-21-04

The session held on January 17, 2022, was incredibly calming and relaxing. I felt something indescribable, but it was a beautiful feeling. The presentation was detailed and explained beautifully. Today, on January 18, 2022, the session focused on rejuvenation. After the session, I felt a sense of lightness. It's difficult to put into words, but it felt like something ignited within me. I felt really good and connected to myself. Thank you for organizing this session.

Namrata Wadekar
Optometry course

I would like to start by expressing my gratitude to MGM SBS for organising a trip to Kanha. Which moved me personally. It was very insightful to have the spiritual understanding which otherwise we wouldn't have received if it wasn't this trip. It has been an eye opener in all aspects of life gave us more clarity, got connected to my own self to a deeper level. This trip has moulded my life in a better & much broader perspective. MGM SBS takes care of a student's mental well-being as well as academic growth much to me feels is required for overall growth in life.

Namrata Trivedi
MSC Biotechnology
Batch 2021-2023

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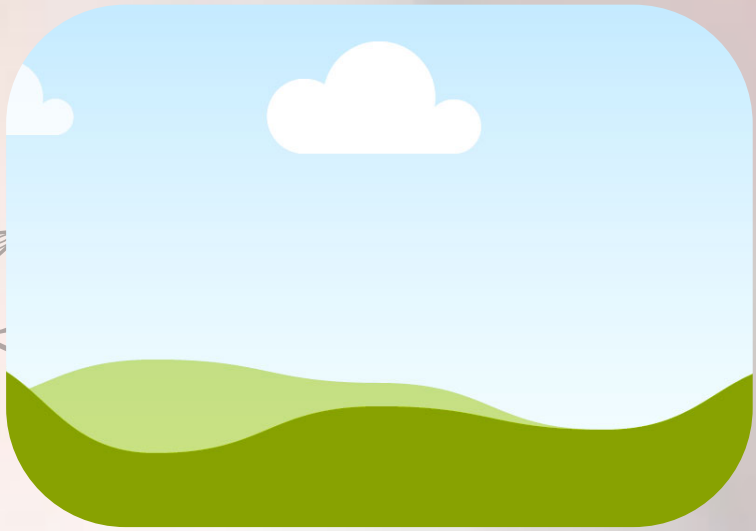


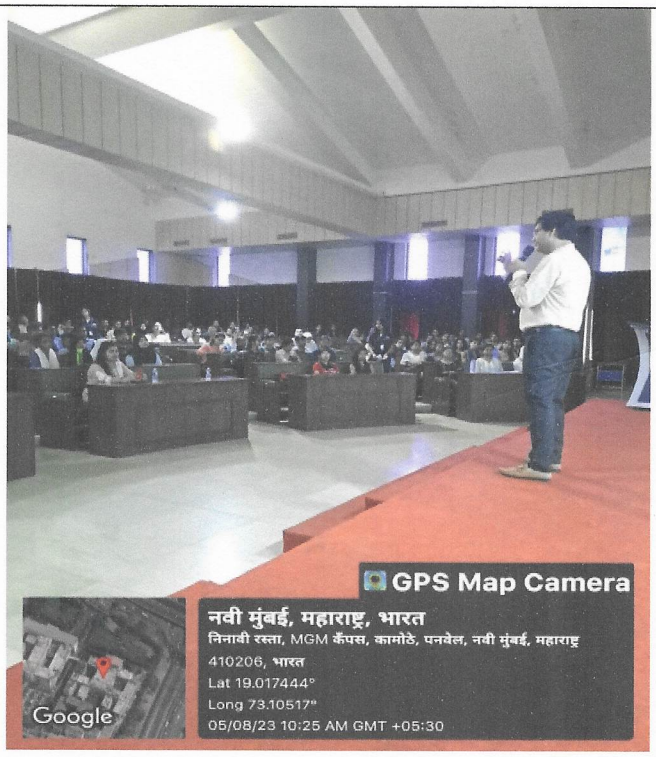
Event Name: DEEKSHARAMBH 2023 (INDUCTION PROGRAM)

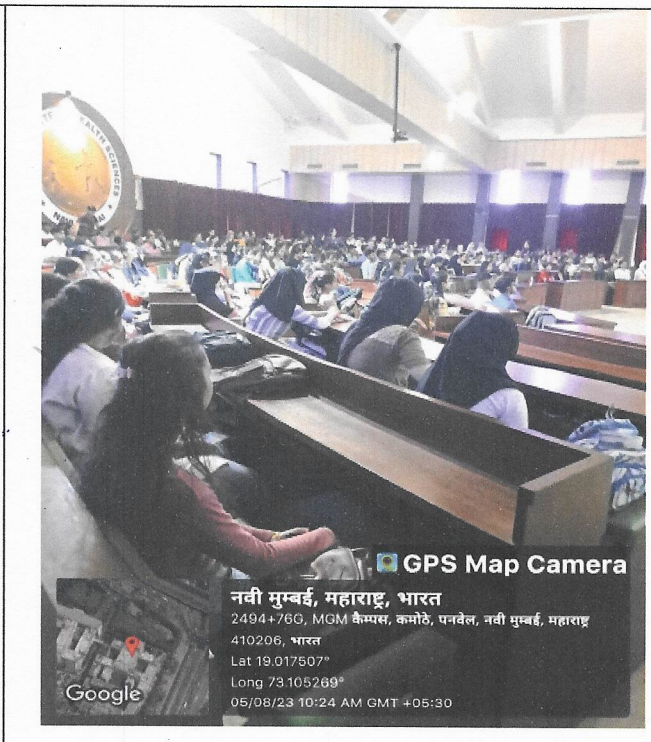
Date & Time: 05/08/23 & 10:00 am – 4:30 pm

Location: University Auditorium,3 rd Floor Medical College Building, MGMIHS,Kamothe, NaviMumbai

Sr. No.	Event Tile & Venue Details	Program Host & Coordinators (Team members name)	Total No. of Participants
1	DEEKSHARAMBH 2023 University Auditorium,3 rd Floor Medical College Building, MGMIHS,Kamothe, NaviMumbai	Mrs. Rashmi Kulkarni Ms. Pranita Utekar Mr. Pratik Morade	250

Day 5 of Deeksharambh 2023





Director
MGM School of Biomedical Sciences
MGM Institute of Health Sciences
Kamothe, Navi Mumbai- 410 209, India

M.G.M. SCHOOL OF BIO-MEDICAL SCIENCES
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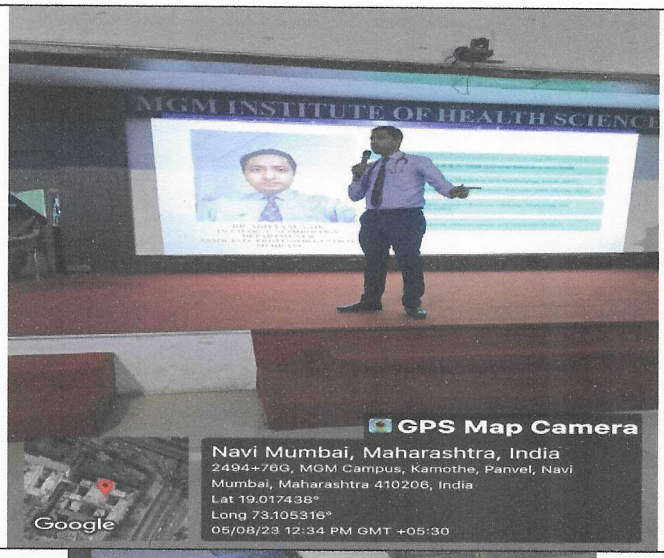
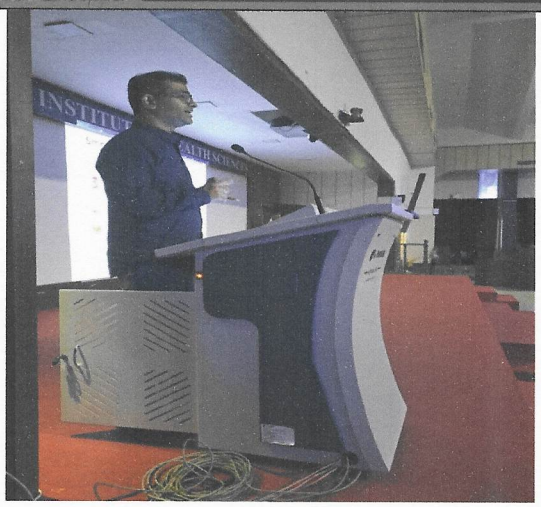
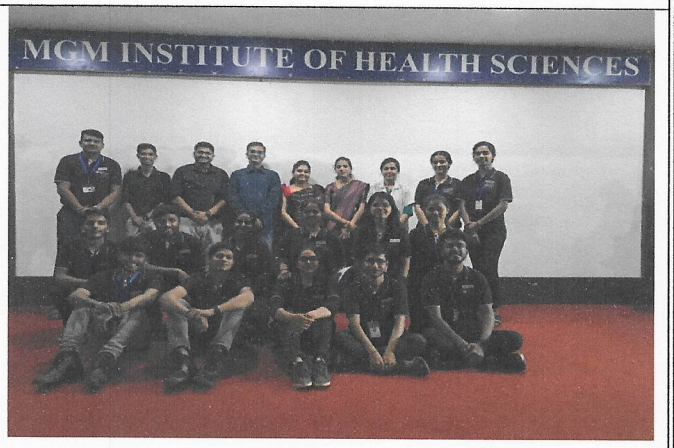
MUMBAI







Short Event Report

DEEKSHARAMBH 2023, An Induction training program for the academic year 2023-24 was **conducted by the MGM School of Biomedical Sciences, Navi Mumbai for the first year students of undergraduate and postgraduate courses.**

Day 5 of the induction program was conducted on 5th of August 2023 at the University Auditorium, Medical College Building, 3rd Floor.

The event was coordinated by Mr. Pratik Morade (Tutor & coordinator, Medical Dialysis Technology MGMSBS, NM) along with the Aarhamb Volunteers (Science & Wellness Club of MGMIHS) and it was hosted by Mrs. Rashmi Kulkarni (PhD Scholar, Dept. of Clinical Nutrition MGMSBS, NM) and Ms. Pranita Utekar (Tutor & coordinator, Cardiac care technology)

The Sessions that were conducted was thoughtfully designed to equip the students with knowledge.

First Session.

The day commenced with **Stress Management and Heartfelt Communication** session which was conducted by **Mr. Sudesh Tripathi (Heartfullness Trainer, Panvel),** followed by Relaxation and Meditation session by respected speaker. Session was very mind relaxing as well as about how anyone can see life with the spiritual aspect.

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Second Session.

Second session on **Gender Sensitization** were virtually and thoroughly discussed by **Dr. Swati Shiradkar (Professor & HOD Dept of OBGY , MGM Medical College, Aurangabad)** with very attractive and informative power point presentation, which helps to understand the students about equality.

Third Session.

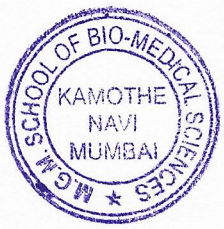
This session was on **Professionalism and etiquettes which was conducted by Dr. Aditya Nayak, (Professor & HOD, Dept of Nephrology),** spoke about the professional attitude, behaviour and communication in health care sector with the patients, colleagues as well as with the students. Session was very informative and interactive. Overall session was about to encourage the students about future aspects in health care sector.

Fourth Session.

Dr. Rohan Bartakke (Specialist in tobacco treatment, Indian Cancer Society) conducted the session on **Tobacco Dr-addiction.** This session was very informative about addictions, habitats in new generation and how anyone can overcome that situation and help someone to come out of it.

The Day concluded with a vote of thanks.

Report Prepared By- Ms. Pranita Vijay Utekar (Tutor & Coordinator Cardiac Care Technology, MGMSBS, NM)



Director
MGM School of Biomedical Sciences
MGM Institute of Health Sciences
Kamothe, Navi Mumbai- 410 209, India

Event Name: International Yoga Day

Date & Time:21/06/2021 (11:00am to 1:00pm)

Location: NSS Unit MGM SBS Virtual webinar

Sr. No.	Event Tile & Venue Details	Program Coordinators (Team members name)	Total No. of Participants
1	International Yoga Day	Dr. Mansee Thakur & Mrs. Anamika Chalwadi	48
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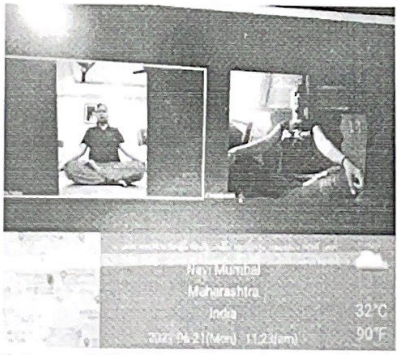

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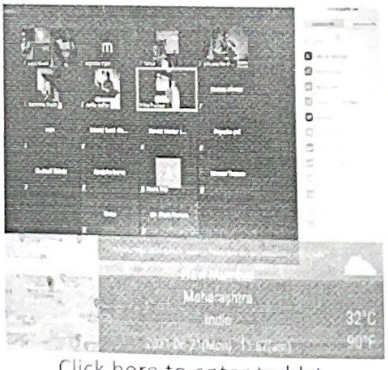

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Short event report

International Yoga day 2021 was observed on 21st June 2021 by NSS unit of MGM School of biomedical sciences, Navi mumbai

Online session was conducted on 21st June 2021 at 11am to 1pm.

Thanks to Yoga trainer and instructor Mrs. Pritha Pradeep madam from Heartfullness Institute for her movitation and for giving training to our students.

Total number of online participants- 48

Students appreciated and cleared their doubts and queries about yoga and also pledged to spare 15 min in a day for yoga and relaxation of mind and body to be fit physically and mentally.

Report Prepared by: Anamika Chalwadi (NSS Program Officer)

M.G.M. SCHOOL OF BIO-MEDICAL SCIENCES KAMOTHE NAVI MUMBAI

Contact details : SBS MGM

Director
MGM School of Biomedical Science
Kamothe, Navi Mumbai

Event Name: Aarambh Team's Community Service Activities

Date & Time: June 4th, 2023

Location:SRCM, Heartfulness Centre, Panvel

Sr. No.	Event Title & Venue Details	Program Coordinators (Team members name)	Total No. of Participants
1	Community Service Activities at SRCM, Heartfulness Centre, Panvel	Ms. Amita Kirar	16 students

Sahaj Marg Sadhana Meet

Aarambh team Members helping in the Kitchen

Heart to heart talk: about group bonding session

Cleaning of backyard (green zone) by Aarambh and Tapas members

SCHOOL OF BIO-MEDICAL SCIENCES M.G.M. KAMOTHE NAVI MUMBAI

Director
MGM School of Biomedical Scien
Kamothe, Navi Mumbai

Day 6, on August 7th, began with another session on Yoga and Relaxation led by the Aarambh members. Alumni, both online and offline, shared their experiences in a talk session. Entrepreneurship insights were provided by Sri Harsh, a former student and founder of Hypothalamus. Dr. Yogesh Patil discussed opportunities for student entrepreneurs through Accelerators/Incubation. Fit India was discussed by Dr. Hiranmayee Barge, and the significance of Body and Organ Donation was explained by Mr. Prakash Mane. The day concluded with a session on "Soul & Music" by Mr. Rohit Gupta and Mr. Subodh Rahate, along with the showcasing of hidden talents in the SBS Talent Hunt, such as drawing, singing, and dancing skills. It was a blast to witness all that talent in action. Aarambh team members volunteered throughout the seven days of induction program. Along with these, they also showcased their talents during the Talent Hunt session. From solving Rubik's cube to beat boxing, rapping and singing.

Overall, it was an amazing program filled with excitement and support for the new joiners. The sessions were informative and also interactive, fostering a positive and motivating environment for the new students to begin their educational journey at MGMSBS, MGMIHS.

Report Prepared by: Editorial Team, Aarambh MGMIHS

Ms. Amita Kirar (President, Aarambh MGMIHS)

Ms. Sanjana Philip (Secretary, Aarambh MGMIHS)

Mr. Subodh Rahate (Faculty Coordinator, Aarambh MGMIHS)

Dr. Neelam Yeram (Co-Faculty Coordinator, Aarambh MGMIHS)

M.G.M. SCHOOL OF BIO-MEDICAL SCIENCES KAMOTHE NAVI MUMBAI

Director
MGM School of Biomedical Sciences
MGM Institute of Health Sciences
Kamothe, Navi Mumbai- 410 209, India

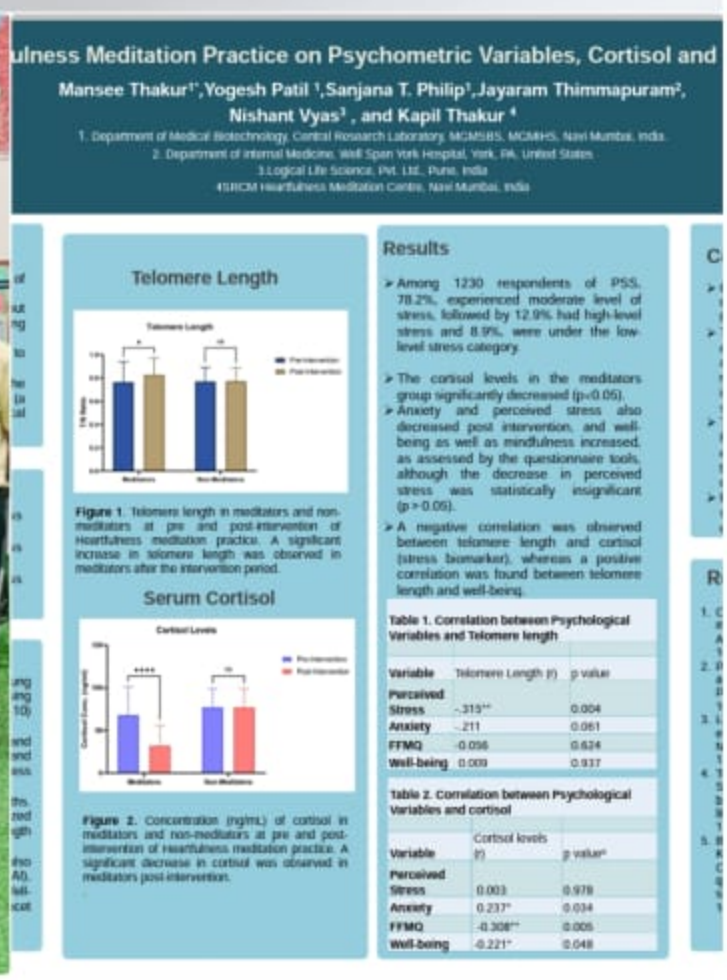
Medicine
and
Meditation
Elevating Healthcare through
Humane Values and Spirituality
August 23-25, 2023

ALL INDIA

and Meditation

heartfulness
G20
आज़ादी का अमृत महोत्सव
Medicine and Meditation
Elevating Healthcare through
Humane Values and Spirituality
August 23-25, 2023
This is to certify that
Mansee Thakur
presented poster in the Workshop on 23rd - 25th August, 2023 and won 2nd Prize
organized by AIIMS, New Delhi, AIIA And Heartfulness Institute
Prof. Suman Jain
Chairperson
Poster Assessment Committee
Dr. Ishaprasad Bhagwat
Co Chairperson
Poster Assessment Committee

ndia Institute of Ayurveda
HEALTH EMERGENCIES


ulness Meditation Practice on Psychometric Variables, Cortisol and
Mansee Thakur[1*],Yogesh Patil [1],Sanjana T. Philip[1],Jayaram Thimmapuram[2],
Nishant Vyas[3] , and Kapil Thakur [4]
1. Department of Medical Biotechnology, Central Research Laboratory, MGMSBS, MGMIHS, Navi Mumbai, India.
2. Department of Internal Medicine, Weill Spain York Hospital, York, PA, United States.
3.Logical Life Science, Pvt. Ltd., Pune, India
4SRCM Heartfulness Meditation Centre, Navi Mumbai, India
Telomere Length
Figure 1. Telomere length in meditators and non-meditators at pre and post-intervention of Heartfulness meditation practice. A significant increase in telomere length was observed in meditators after the intervention period.
Serum Cortisol
Figure 2. Concentration (ng/mL) of cortisol in meditators and non-meditators at pre and post-intervention of Heartfulness meditation practice. A significant decrease in cortisol was observed in meditators post-intervention.
Results
Among 1230 respondents of PSS, 78.2%, experienced moderate level of stress, followed by 12.9% had high-level stress and 8.9%, were under the low-level stress category.
The cortisol levels in the meditators group significantly decreased (p<0.05).
Anxiety and perceived stress also decreased post intervention, and well-being as well as mindfulness increased, as assessed by the questionnaire tools, although the decrease in perceived stress was statistically insignificant (p > 0.05).
A negative correlation was observed between telomere length and cortisol (stress biomarker), whereas a positive correlation was found between telomere length and well-being.
Table 1. Correlation between Psychological Variables and Telomere length
Variable | Telomere Length (r) | p value
Purcsived Stress | -.315** | 0.004
Anxiety | -.211 | 0.061
FFMQ | -0.056 | 0.624
Well-being | 0.009 | 0.937
Table 2. Correlation between Psychological Variables and cortisol
Variable | Cortisol levels (r) | p value*
Perceived Stress | 0.003 | 0.978
Anxiety | 0.237* | 0.034
FFMQ | -0.308** | 0.005
Well-being | -0.221* | 0.048

Event Name: Beach Cleaning drive for Viksit Bharat @2047

Date & Time: 22nd December, 2023 at 9.30 am

Location: Varsoli Beach, Alibaug

Sr. No.	Event Title & Venue Details	Program Coordinators (Team members name)	Total No. of Participants
1	Beach Cleaning Drive for Viksit Bharat @2047 at Varsoli Beach, Alibaug	Dr. Neelam Yeram, Mr. Subodh Rahate, Ms. Amita Kirar, Ms. Sanjana T. Philip	93 participants

Director
MGM School of Biomedical Sciences
MGM Institute of Health Sciences
Kamothe, Navi Mumbai- 410 209, India

Short event report

MGMSBS, in collaboration with NSS, Aarambh, and Tapas, Pillais, organized a Beach Cleaning Drive on the 22rd of December 2023 at Varsoli (Alibaug), under the initiative of Viksit Bharat @2047, which demonstrated their commitment to fostering positive change and nurturing a deeper connection between individuals and the environment. Beyond the traditional focus on environmental preservation, the event brought about a positive change in nature while infusing elements of fun and entertainment.

The initiative commenced with a relaxation session conducted by a dedicated Aarambh volunteer. This session aimed to instill profound reflections in each participant, emphasizing the idea to connect with our surroundings. This approach set the tone for the day, blending environmental consciousness with a spiritual perspective. The participants then diligently picked up litter, removed debris, and worked towards rejuvenating the coastal environment. This collective effort not only elevated the beach's aesthetic appeal but also made tangible contributions to the overall well-being of the coastal ecosystem.

The transformative impact of the Beach Cleaning Drive extended beyond the physical cleanup; it resonated with a deeper connection between the volunteers and the environment. The event encapsulated the spirit of community engagement, where individuals came together not only to address environmental concerns but also to foster a sense of shared responsibility. By infusing elements of fun and entertainment into the initiative, the organizers succeeded in making environmental consciousness an engaging and enjoyable experience. This approach not only attracted a diverse group of participants but also highlighted the idea that caring for the environment can be a positive and fulfilling endeavor.

In conclusion, the Beach Cleaning Drive was more than just a cleanup event; it was a holistic and transformative experience that left a positive imprint on the natural landscape and the collective consciousness of those involved. The combination of environmental action, spiritual reflection, and community engagement highlighted the potential for positive change when diverse forces unite for a common cause.

Report Prepared by: Sanjana T. Philip (Editorial Coordinator, Aarambh MGMIHS, Navi Mumbai)

Verified by-

Mr. Subodh Rahate (Faculty Coordinator, Aarambh MGMIHS, Navi Mumbai)

Dr. Neelam Yeram (NSS Progam Officer, MGMSBS, Navi Mumbai)

Enclosures:

Director
MGM School of Biomedical Sciences
MGM Institute of Health Sciences
Kamothe, Navi Mumbai- 410 209, India

1. Title of the Practice: Holistic Development of students through AARAMBH: A Science and Wellness Club at MGMSBS

2. Objectives of the Practice

What are the objectives / intended outcomes of this "best practice" and what are the underlying principles or concepts of this practice (in about 100 words)?

- **Academics & Personal Growth**
  a) implementation in academic curriculum in the form of POISE subject.
  b) Conducting mentorship programs, guided meditation sessions
  c) personality development workshops to facilitate individual transformation.
  d) Cultivating Heart-centered practices for self-awareness, compassion, and gratitude

- **Promoting Holistic Well-being**: Conducting regular Yoga & meditation sessions to enhance mental, emotional, social, spiritual and physical well-being.

- **Advancing Scientific Research:** Collaborating with researchers and experts for evidence-based approaches to wellness and personal growth.

- **Community Outreach and Environmental Stewardship:** Spreading awareness to individuals from all backgrounds about environmental issues and taking action for a healthier and more sustainable world.

3. The Context

What were the contextual features or challenging issues that needed to be addressed in designing and implementing this practice (in about 150 words)?

The NEP 2020 underscores the importance of holistic well-being in HEIs, necessitating comprehensive support systems. Mental health plays a pivotal role in academic success and personal growth. To address the holistic well-being of students, the University Grants Commission (UGC) prescribes various initiatives to promote physical fitness, sports engagement, and psychological support. It also prescribes integration of Yoga practices, including Yogic asanas and Pranayama with Heart-based (Heartfulness) meditation. Therefore, in accordance with the UGC Guidelines for the Promotion of Physical Fitness, Sports, Students' Health, Welfare, Psychological, and Emotional Well-Being at Higher Educational Institutions of India, " **AARAMBH**: A Science and Wellness Club" at MGMIHS was introduced by MGMSBS, dedicated to enhancing the physical, psychological, and emotional well-being of our students with the help of heart-centered meditative practices and to provide a safe and supportive environment that nurtures their holistic development and prepares them to face the challenges of the future. Our MGMSBS students come from various backgrounds, including those from minority and marginalized communities. Many of them face challenges in effective communication. At Aarambh, we aim to support them by enhancing their communication

skills, nurturing their leadership qualities, and amplifying their inherent talents. Our goal is to build their confidence and eliminate any feelings of inferiority, reducing the risk of mental health issues.

4. The Practice

Describe the practice and its uniqueness in the context of India higher education. What were the constraints/ limitations, if any, faced (in about 400 words)?

AARAMBH encompasses diverse initiatives: At the forefront stands the Heartfulness CME program 2017, a collaborative effort between MGMSBS, MGM Medical College, and the Annenberg Centre for Health, USA. This program delved into the profound realm of Heartfulness Meditation, exploring its profound benefits for healthcare professionals, with more than 200 actively engaged students. MGMSBS in collaboration with the Heartfulness Institute, initiated masterclasses to cater to students and faculty, equipping them with practical meditation techniques and the empirical benefits of daily practice. This approach, grounded in well-being, has translated into reduced stress, enhanced patience, heightened awareness, and a serene environment. Physical health is recognized as an indispensable component of the holistic well-being we aspire to cultivate. Keeping this in mind, we have also celebrated International Yoga Day to promote a healthier lifestyle. Furthermore, the commitment to community well-being and environmental consciousness is evident through numerous cleanliness drives and World Environment Day celebrations. These initiatives emphasize our role in promoting a clean and sustainable environment, including reducing pollution.

The incorporation of the Pursuit of Inner Self Excellence (POISE) as a credit-based course in both undergraduate and postgraduate programs since last 5 years has been a life-changing addition. The course focused on inculcating the human values which also emphasize on recent NEP policy 2020. This program has empowered students with essential skills such as patience, communication, observation, and decision-making, vital for their careers in allied healthcare.

The active participation in spiritual youth festivals and visits to Kanha Shanti Vanam has underlined the importance of spiritual growth and holistic development in nurturing the physical, mental, and emotional well-being of the MGMSBS community. Participation in the International Rising with Kindness Youth Summit and engagement in international conferences further amplifies MGMSBS's dedication to holistic well-being and knowledge dissemination. These experiences have added dimensions to the knowledge exchange and enriched the well-being of students.

In the scientific realm, we have also published our scientific work in high-impact factor journals such as Frontiers in phycology. Several extramural research proposals submitted for extramural funding underscore MGMSBS' dedication to advancing knowledge. These proposals focus on areas such as immunomodulation, cardiovascular health, and molecular

biomarkers, emphasizing the significance of Heartfulness Yoga and Meditation in health and well-being.

The practice's uniqueness lies in its integration of ancient wisdom with contemporary well-being practices, creating a comprehensive approach to student development. Constraints include the need for continuous engagement and potential resource limitations.

5. Evidence of Success

Provide evidence of success such as performance against targets and benchmarks, review/results. What do these results indicate? Describe in about 200 words.

- The incorporation of the Pursuit of Inner Self Excellence (POISE) as a credit-based course has empowered **744 UG and 30 PG students** till date with essential skills such as patience, communication, observation, and decision-making, vital for their careers in allied healthcare. It has also enhanced their academic performance.

- This approach has translated into reduced stress, enhanced patience, heightened awareness among students and faculty members

- **Research**- This approach has also been translated to research by 9 MSc and 3 Ph.D. students, with publications in high impact factor journals such a Frontiers in physiology and Journal of Health and Allied Sciences NU, Knowledge exchange through conferences and Faculty and students received awards for various oral and poster presentations at National and international Conferences at various institute such as AIIMS Delhi, ITM etc. Our Faculty Members are our nominated in the international research team of Heartfulness.

- **Environment**- cleanliness drives and World Environment Day celebrations have promoted a clean and sustainable environment, including reducing pollution.

-**Heartfulness Corporate Connect (C-connect) programs** - Students have also extended this initiated to corporates to help their employees relieve stress and focus on their mental health too.

- MGMIHS has received various awards such as Heartful Organization Award, Youth Campus Ambassador award by the Global Heartfulness Meditation Center, 21 days meditation challenge award, Heartfulness Essay event for successfully organizing the event

6. Problems Encountered and Resources Required

Please identify the problems encountered and resources required to implement the practice (in about 150 words).

Challenges include to keep participants involved and interested over time. This challenge may arise from competing priorities such as exams, postings, etc. or changing circumstances. Additionally, resource constraints, both in terms of human and financial resources, pose obstacles to the smooth conduction of ongoing initiatives. To overcome these challenges, securing sustained faculty support is essential for organizational continuity and the effective functioning of initiatives. Collaborating with external organizations can provide additional expertise, networks, and resources, fostering a more comprehensive approach. Financial backing, including funding for events and programs, is crucial for sustaining impactful initiatives and ensuring their longevity. Overcoming these challenges will contribute to the successful and continuous implementation of initiatives aimed at promoting well-being in the academic environment.

7. Notes (Optional)

Please add any other information that may be relevant for adopting/implementing the Best Practice in other Institutions (in about 150 words).

The integration of AARAMBH's principles and practices can serve as a model for other constituent units of MGMIHS aiming to enhance student well-being and foster holistic development. As this is a student driven initiative, students from nearby colleges such as Pillais College, DY Patil, etc are also actively approaching for MoU and for conducting such activities in collaboration.

heartfulness

आरambh

MGMIHS

Science & Wellness Club

Initiated in April 2023

Link: Aarambh Master File.pdf

The Science Behind Heartfulness.pdf

Objective 1: Academics & Personal Growth

a) Implementation in academic curriculum in the form of POISE subject.
b) Conducting mentorship programs, guided meditation sessions
c) Personality development workshops to facilitate individual transformation.
d) Cultivating Heart-centered practices for self-awareness, compassion, and gratitude

A) Implementation in Academic Curriculum in the form of Pursuit of Inner Excellence (POISE) Subject (4 credit)

SYLLABUS OF POISE

Name of the Course	**Pursuit of Inner Self Excellence (POIS)**
Course Code	**GEC 001 L**

Teaching Objective	• To inculcate moral values in students – Self-Discipline , Time Management, Develop attitude of Service with humility, Empathy, Compassion, brotherhood, Respect for teachers, colleagues & society members. • Develop Effective means of communication & presentation skills in students • To develop wisdom in students for deciding their career based on their areas of interest and inner skills. • Introduce techniques for Relaxation, Meditation & Connecting with innerself. • Rejuvenation Techniques which can be used by students to distress themselves •To improve performance of students during various assignments, projects, elocutions, events, quiz, interviews.
Learning Outcomes	• Students will become self dependent, more decisive and develop intuitive ability for their study and career related matter. • Student's ability to present their ideas will be developed. •Enhanced communication skills, public speaking & improved Presentation ability. • Students will be able to explore their inner potential and inner ability to become a successful researcher or technician & hence become more focused. • Students will observe significant reduction in stress level. • With the development of personal attributes like Empathy, Compassion, Service, Love & brotherhood, students will serve the society and industry in better way with teamwork and thus grow professionally.

Sr. No.	Topics	No. of Hrs.
1	**Spiritual Values for human excellence :** The value of human integration; Compassion, universal love and brotherhood (Universal Prayer) ; Heart based living ; Silence and its values, Peace and non-violence in thought, word and deed ; Ancient treasure of values - Shatsampatti , Patanjali'sAshtanga Yoga ,Vedic education - The	10

	role of the Acharya , values drawn from various cultures and religious practices - Ubuntu, Buddism, etc.; Why spirituality? Concept – significance ; Thought culture	
2	**Ways and Means :** Correlation between the values and the subjects ;Different teaching techniques to impart value education; Introduction to Brighter Minds initiative; Principles of Communication; Inspiration from the lives of Masters for spiritual values - Role of the living Master	15
3	**Integrating spiritual values and life:** Relevance of VBSE (Value Based Spiritual Education) in contemporary life ; Significant spiritual values ; Spiritual destiny ; Principles of Self-management; Designing destiny	10
4	**Experiencing through the heart for self-transformation (Heartfulness Meditation):** Who am I? ; Introduction to Relaxation; Why, what and how HFN Meditation?; Journal writing for Self-Observation ; Why, what and how HFN Rejuvenation (Cleaning)? ; Why, what and how HFN connect to Self (Prayer)?; Pursuit of inner self excellence ; Collective Consciousness-concept of *egregore effect;*	10
Total		**45 hrs**

Books:

- The Art of Learning: **A Journey in the Pursuit of Excellence,** Josh Waitzkin, Simon and Schuster, 2007
- Reality at Dawn. By Shri Ram Chandra, Published by ISRC

BSC & MSC PROGRAMS with POISE Subject

Sr No	BSc	MSC
1	Cardiac Care Technology	Medical Biotechnology
2	Medical Radiology & Imaging Technology	Medical Radiology & Imaging Technology
3	Medical Laboratory Technology	Cardiac Care Technology
4	Medical Dialysis Technology	Master in Hospital Administration
5	Perfusion Technology	Master in Public Health
6	Operation Theatre & Anesthesia Technology	M. Optometry
7	B. Optometry	Medical Dialysis Technology
8	Physician Assistant	Medical Genetics
9		Biostatistics

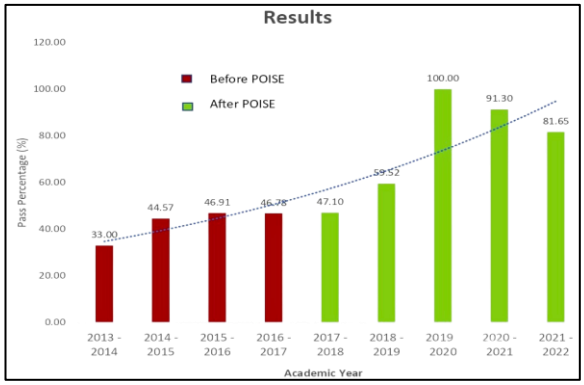
Academic: Students Enrolled & Passed Out in POISE

Bachelor of Sciences (B.Sc.)

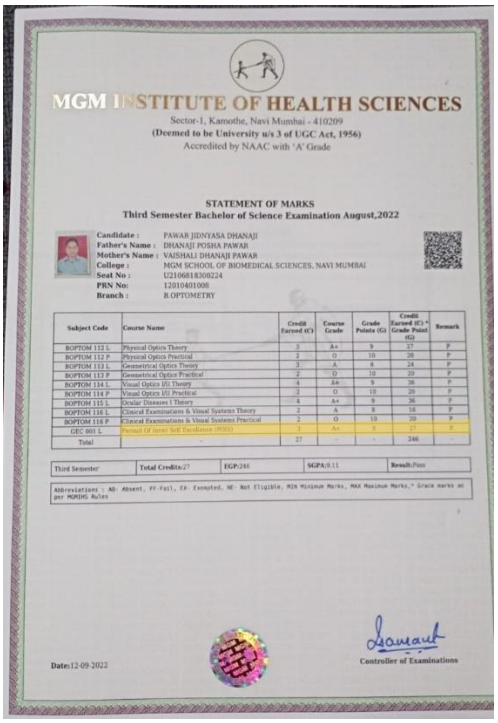
Sr No	Year	**No of students enrolled**	No of students passed
1	2018-2019	120	120
2	2019-2020	134	134
3	2020-2021	118	118
4	2021-2022	114	114
5	2022-2023	126	126
6	2023-2024	130	130
Total No		**742**	**742**

Master of Sciences (MSc)

Sr No	**Year**	**No of students enrolled**	**No of students passed**
1	2018-2019	3	3
2	2019-2020	6	6
3	2020-2021	8	8
4	2021-2022	13	13
Total No		**30**	**30**



ACADEMIC OUTCOME



MGM INSTITUTE OF HEALTH SCIENCES

Sector-1, Kamothe, Navi Mumbai - 410209

(Deemed to be University u/s 3 of UGC Act, 1956)

Accredited by NAAC with 'A' Grade

STATEMENT OF MARKS

Third Semester Bachelor of Science Examination August,2022

Candidate : PAWAR JIDNYASA DHANAJI
Father's Name : DHANAJI POSHA PAWAR
Mother's Name : VAISHALI DHANAJI PAWAR
College : MGM SCHOOL OF BIOMEDICAL SCIENCES, NAVI MUMBAI
Seat No : U2106818300224
PRN No: 12010401008
Branch : B.OPTOMETRY

Subject Code	Course Name	Credit Earned (C)	Course Grade	Grade Points (G)	Credit Earned (C) * Grade Point (G)	Remark
BOPTOM 112 L	Physical Optics Theory	3	A+	9	27	P
BOPTOM 112 P	Physical Optics Practical	2	O	10	20	P
BOPTOM 113 L	Geometrical Optics Theory	3	A	8	24	P
BOPTOM 113 P	Geometrical Optics Practical	2	O	10	20	P
BOPTOM 114 L	Visual Optics I/U Theory	4	A+	9	36	P
BOPTOM 114 P	Visual Optics I/U Practical	2	O	10	20	P
BOPTOM 115 L	Ocular Diseases I Theory	4	A+	9	36	P
BOPTOM 116 L	Clinical Examinations & Visual Systems Theory	2	A	8	16	P
BOPTOM 116 P	Clinical Examinations & Visual Systems Practical	2	O	10	20	P
GEC 601 L	Pursuit Of Inner Self Excellence (POISE)	3	A+	9	27	P
Total		27	--	-	246	-

Third Semester | Total Credits:27 | EGP:246 | SGPA:9.11 | Result:Pass

Abbreviations - AB- Absent, FF-Fail, EX- Exempted, NE- Not Eligible, MIN Minimum Marks, MAX Maximum Marks,* Grade marks as per MGMIHS Rules

Date:12-09-2022

Controller of Examinations

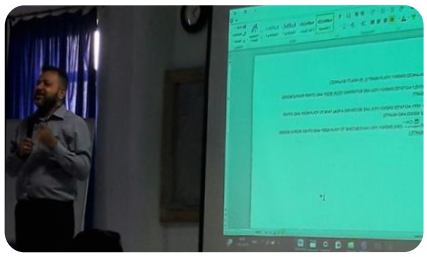
B) Conducting Mentorship Programs-Guided Meditation Sessions

1. Continuing Medical Education (CME)

Booklet link-CME DOCKET 29042017- final.pdf

Heartfulness CME in collaboration with MGM Medical College and Annenberg Centre For Health

No of Beneficiary: 80 (Medical, Nursing, Dental, Physiotherapy & Allied Health Professionals)



Start "U" P program since 2019 till date
Report: Heartfulness Start up program 2022.pdf
No of Beneficiary in 2022: 111

1. **Master Class at Aurangabad Campus**

No of Beneficiary: 100

2. **Master Class at MGM Medical College**
   No of Beneficiary: 100

Foundation course at MGM Medical College Vashi- Heartfulness Meditation

Session by: Dr Mansee Thakur Dr kapil & Dr Swati

Highly interactive & actively participated by students/ faculty.

c. Visit to Kanhashantivanam

a. IHW International Conference at Kanha Shanti Vanam:

Report: IHW Conference 2022 .pdf

The Heartfulness Institute organized a scientific conference on "Integrative Approach to Health and Wellbeing" from **December 16th to 18th, 2022,** in the serene environment of Kanha Shanti Vanam in Hyderabad, India. The conference brought together approximately **20 participants**, including faculty members, (from MGM Medical college and MGMSBS) MSc., and Ph.D. students

b. Y20 Youth Conference 2023

Report: [Y20 Global Summit.pdf]

Team Aarambh along with students of MGM-SBS visited Kanha on an occasion of Y20 Global Summit, With the guidance of Mrs. Mansee thakur (director of MGM-SBS), Mr. Kapil thakur and other faculties on **22nd July 2023** the summit was attended by over **1200 youth** from around the world.

c. Rising with Kindness Youth Conference No of Beneficiary: 120

Heartfulness, in collaboration with AICTE and UNESCO Mahatma Gandhi Institute of Education for Peace and Sustainable Development (MGIEP), organized the International Rising with Kindness' Youth Summit at Kanha Shanti Vanam - Heartfulness Headquarters on the outskirts of Hyderabad **from August 12th to 14th, 2022**. On the occasion of this international youth conference, Rising with Kindness, MGM Institute of Health Science, Deemed University arranged an industrial visit for the students of MGM School of Biomedical From Navi Mumbai and Aurangabad campus Sciences under the guidance of Director Dr. Manse Thakur.

d. Visit to Kanha Shanti Vanam: 2019

No of Beneficiary: 75

In February 2019, MGM School of Biomedical Sciences, MGMIHS, Navi Mumbai organized a visit to Kanha Shanti Vanam for **72 students and 3 staff members**. The visit was facilitated by Dr. Mansee Thakur, a trainer from the Heartfulness organization. This was the first group to visit Kanha, and the experience proved to be transformative for the students.

Visit to Kanha Shanti Vanam

e. Kanha Shanti Vanam Retreat 2022

No of Beneficiary: 200

In March 2022, 200 students from MGM School of Biomedical Sciences, under the guidance of their Director, Dr. Mansee Thakur, visited Kanha Shanti Vanam. The purpose of the visit was to engage in activities that would instill virtues while providing an enjoyable experience for the students. The itinerary included yoga, meditation, Zumba, and Brighter Minds activities. These activities fostered connections between the students and volunteers, benefiting everyone involved. Students reported feeling relaxed and joyful while participating in these activities**.**

Kanha Shanti Vanam Retreat

f. Kanha Shanti Vanam visit 2023:

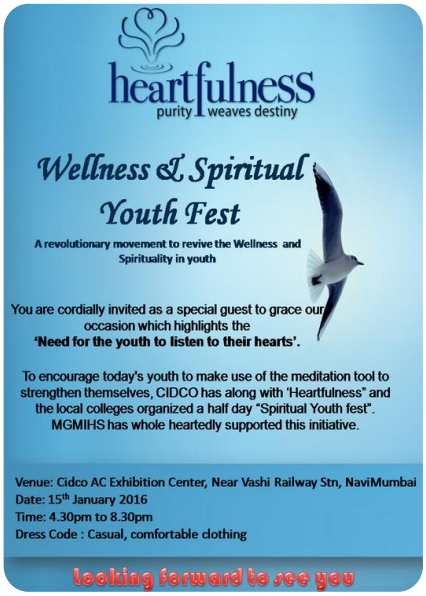
No of Beneficiary: 80

g. Kanha Shanti Vanam Spiritual Celebration 2023

No of Beneficiary: 100

Objective 2: Promoting Holistic Well-being: Conducting regular Yoga & meditation sessions to enhance mental, emotional, social, spiritual and physical well-being.

Spiritual Youth Fest (2016)



d) Cultivating Heart-centered practices

SPEAKERS: an insightful session was conducted by Dr. Archana Mishra at MGM School of Biomedical Sciences in Navi Mumbai

Speaker: session was conducted by Dr. Tarak Meheta at MGM School of Biomedical Sciences in Navi Mumbai

International Yoga Day Celebration for Inhouse students

Every year, MGM School of Biomedical Sciences organizes a Yoga and meditation session in honor of the International Day of Yoga., where Participants get the privilege of learning about the numerous advantages of yoga and meditation for their overall health and well-being.

International Yoga Day Celebration with Dr. Mohandas Hedge at MGMSBS, MGMIHS, Navi Mumbai: 2017

Report: The Heartfulness way by Dr. Mohandas Hegde .pdf

No of Beneficiary: 70

International Yoga Day Celebration with Dr. Mohandas Hedge at MGMSBS, MGMIHS, Navi Mumbai.

International Yoga Day Celebration at Marine Drive: 2018

No of Beneficiary: 200

International Yoga Day Celebration at Marine Drive.

International Yoga Day Celebration at MGMSBS, MGMIHS, Navi Mumbai: 2019

No. of Beneficiaries-120

International Yoga Day Celebration at MGMSBS, MGMIHS, Navi Mumbai.

International Yoga Day Celebration 2021

No. of Beneficiaries-48

Report:7.1.11_MGMSBSNM_International Yoga Day (2).pdf

International Yoga Day Celebration at Marine Drive, 2022

No. of Beneficiaries-50

Report:MGMSBSNM_International Yoga Day_21.06.22 New (1).pdf

International Yoga Day Celebration at SRCM Yoga and Meditation Centre, Panvel., 2023

Report: MGMSBSNM_International Yoga Day Celebration (1).pdf

No. of Beneficiaries-40

International Yoga Day Celebration at Yog Vatika, MGM Ground, MGMIHS, Navi Mumbai, 2023

No. of Beneficiaries-40

Report:MGMSBSNM_Cleanliness drive at Yog Vatika (1).pdf

International Yoga Day Celebration at Yog Vatika, MGM Ground, MGMIHS, Navi Mumbai.

I. REGULAR VISIT & STUDENTS VOLUNTEERSHIP AT SRCM CENTRE, PANVEL

Report: Aarambh team's community.pdf

Objective 3: Advancing Scientific Research, Collaborating with researchers and experts for evidence-based approaches to wellness and personal growth.

I. Scientific Conferences

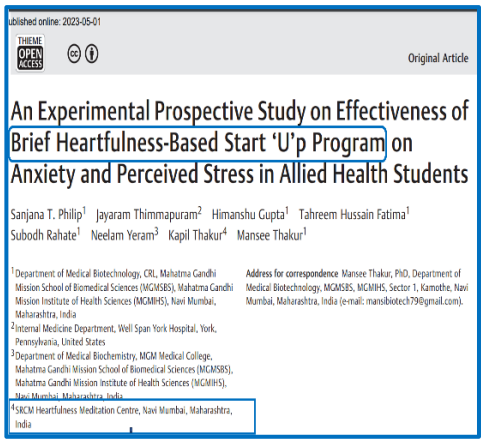
a. **Integrated Health and Well-being (IHW) Conference,2022 Hyderabad- ..\Downloads\IHW Conference 2022 .pdf**

b. **Wellcon Conference, 2023, Mumbai**

c. **Medicine & Meditation, AIIMS Delhi Conference, 2023**

d. **India Secure @ 75: 93rd Annual Session of National Academy of Sciences (NASI) 2023**

II. Research Publications



ublished online: 2023-05-01

THEME OPEN ACCESS

Original Article

An Experimental Prospective Study on Effectiveness of Brief Heartfulness-Based Start 'U'p Program on Anxiety and Perceived Stress in Allied Health Students

Sanjana T. Philip[1] Jayaram Thimmapuram[2] Himanshu Gupta[1] Tahreem Hussain Fatima[1] Subodh Rahate[1] Neelam Yeram[3] Kapil Thakur[4] Mansee Thakur[1]

[1]Department of Medical Biotechnology, CRL, Mahatma Gandhi Mission School of Biomedical Sciences (MGMSBS), Mahatma Gandhi Mission Institute of Health Sciences (MGMIHS), Navi Mumbai, Maharashtra, India
[2]Internal Medicine Department, Well Span York Hospital, York, Pennsylvania, United States
[3]Department of Medical Biochemistry, MGM Medical College, Mahatma Gandhi Mission School of Biomedical Sciences (MGMSBS), Mahatma Gandhi Mission Institute of Health Sciences (MGMIHS), Navi Mumbai, Maharashtra, India
[4]SRCM Heartfulness Meditation Centre, Navi Mumbai, Maharashtra, India

Address for correspondence Mansee Thakur, PhD, Department of Medical Biotechnology, MGMSBS, MGMIHS, Sector 1, Kamothe, Navi Mumbai, Maharashtra, India (e-mail: mansibiotech79@gmail.com).

frontiers | Frontiers in Psychology

TYPE Original Research
PUBLISHED 05 June 2023
DOI 10.3389/fpsyg.2023.1158760

Check for updates

OPEN ACCESS

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PUBLISHED 05 June 2023

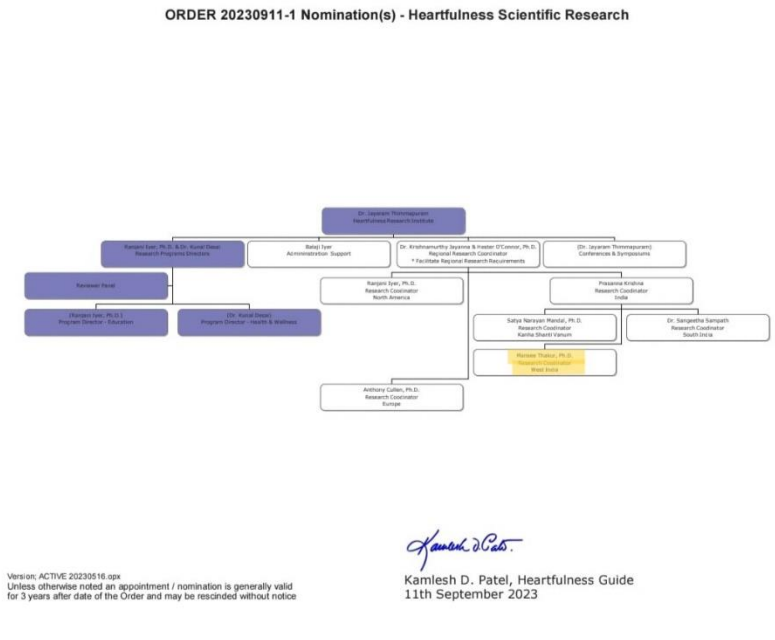
Impact of Heartfulness meditation practice on anxiety, perceived stress, well-being, and telomere length

Mansee Thakur*, Yogesh Patil[1], Sanjana T. Philip[1], Tahreem Hamdule[1], Jayaram Thimmapuram[2], Nishant Vyas[3] and Kapil Thakur[4]

[1]Department of Medical Biotechnology, Central Research Laboratory, Mahatma Gandhi Mission School of Biomedical Sciences, Mahatma Gandhi Mission Institute of Health Sciences, Navi Mumbai, India, [2]Department of Internal Medicine, Well Span York Hospital, York, PA, United States, [3]Logical Life Science, Pvt. Ltd., Pune, India, [4]SRCM Heartfulness Meditation Centre, Navi Mumbai, India

1. Start Up Paper 1.5.23.pdf
2. Frontiers Telomere Paper Published.pdf

III. Dr. Mansee Thakur, Director MGMSBS MGMIHS Navi Mumbai is a part of International Research Team: Heartfulness Research Coordinator for Western India



ORDER 20230911-1 Nomination(s) - Heartfulness Scientific Research

Version: ACTIVE 20230516.opx
Unless otherwise noted an appointment / nomination is generally valid for 3 years after date of the Order and may be rescinded without notice

Kamlesh D. Patel, Heartfulness Guide
11th September 2023

heartfulness
purity weaves destiny
INSTITUTE

1 800 103 7726
kanha.research@heartfulness.org
https://www.heartfulnessinstitute.org

December 19, 2023

Dear Dr Mansee Thakur,

We hope you are doing well. This is to share that an overview of the processes involved in submitting proposal, review, and approval of proposal, preparation / documentation for ethics review, conducting research up to its closure and finally getting the outcome published in a reputed journal was undertaken by Margaret and others in October – November 2023 to help standardize these processes that would greatly support the research works at Kanha and elsewhere.

While overviewing the processes, the need for constituting a Scientific Review Committee (SRC) comprising of the domain experts from various areas of research was envisaged to review and provide approval to the proposals to proceed ahead with the research work.

We feel privileged and are pleased to approach you as one of the domain experts to be on the SRC as its Esteemed Member. We have enclosed herewith a copy of the "Overview of Processes" referred above and the "Workflow for Data Collection at Kanha" for ready reference and to familiarize you with the processes envisaged. Being aware of your busy work schedule, may we request you to kindly provide us with your acceptance at your earliest to the proposed nomination to SRC, which would be valid for two years i.e. up to December 31, 2025.

Should you need any clarification / information on the matter, we would be pleased to provide the same.

Looking forward to having your fruitful participation to the SRC.

With Heartful regards,

Dr Satya Mandal & Dr Margaret Schenkman

Chair, Scientific Research Committee (SRC)

Kanha Shanti Vanam, 13-110, Kanha Village,
Nandigama Mandal, Ranga Reddy District, Telangana 509325

IV. PhD Students Enrolled for integrative research

Sr. No	Name of the PhD Student	Title of the Project	Guide	Co-Guide	CTRI No.	IEC Approval
1.	**Sanjana T. Philip**	Study Of T Cell Immunomodulation And Stress Biomarkers In Subjects Enrolled For Heartfulness Meditation Program	Dr. Mansee T	Dr. Nishant V	CTRI/2023/10/058423	30th November, 2022
2.	**Subodh Rahate**	Assessment of Psychological & Biochemical Parameters: Effect of Heartfulness Yoga and Meditation in Mental Health	Dr. Mansee T	Dr. Shubhangi Dr. Veronique N	CTRI/2023/11/060151	05th October, 2023
3.	**Pooja Singh**	Molecular and Cellular Assessment Using Heartfulness Meditation & Yoga as a Preventive Intervention in Hypertension	Dr. Mansee T	Dr. Mitesh Thakkar, Dr. Veronique N	CTRI/2024/01/061035	05th October, 2023

V. Extra Mural Funding for integrative research

Sr. No.	Title of Proposal	Funding Body	Name of P.I.	Name of Co-P.I.
1.	Benefits of Heartfulness Meditation on T Cell Immune Response	Indian Knowledge System (IKS)	Dr. Mansee Thakur	Dr. Nishant Vyas
2.	Study of T Cell Immunomodulation and Stress Biomarkers in Subjects Enrolled in Heartfulness Yoga and Meditation Program	Department of Science & Technology (DST)	Dr. Mansee Thakur	Dr. Veronique Nouzille Nicolai, Dr. Nishant Vyas
3.	Molecular and Cellular Level of Clinical Assessment Using Heartfulness Yoga & Meditation as a Preventive Intervention in Cardiovascular Disease	Department of Science & Technology (DST)	Dr. Chandramani Pathak	Dr. Mansee Thakur, Dr.Shilpa Kadam, Dr. Veronique Nouzille Nicolai
4.	Impact of Meditation on Heart Health: Enhancing Blood Flow and Modulating Inflammatory Gene Expression in Patients after a Myocardial Infarction	Department of Biotechnology (DBT)	Dr. Shilpa Kadam	Dr. Mansee Thakur
5.	Development and validation of Yoga & Heart based Meditation Protocol for evaluation of molecular & cellular biomarkers in healthy individuals	Council of Scientific & Industrial Research (CSIR)	Dr. Mansee Thakur	Dr. Veronique Nicolai, Dr. Yogesh Patil

VI. MSC Students Enrolled for integrative research

Sr. No.	Name of the Student	Title of the Project	Guide	Co-Guide
1.	Simran A Sakhrani	To study the effect of Mind-Body intervention on Modulation of Serotonin Receptor gene expression in Anxiety patients.	Dr. Neelam Yeram	Dr. Mansee Thakur, Dr. Shubhangi Dere
2.	Kalyani Vinod Chaudhari	Expression of Monoamine Oxidase A (MAOA) gene in response to mind-body intervention in Anxiety subjects.	Dr. Neelam Yeram	Dr. Mansee Thakur, Dr. Shubhangi Dere
3.	Aashita K Soni	Assessment of FKBP5 Gene Expression in Anxiety patients following Heartfulness Meditation Practice.	Dr. Neelam Yeram	Dr. Mansee Thakur, Dr. Shubhangi Dere
4.	Akshata Kiran Thakur	Expression of NF-κB gene in response to mind-body intervention in Hypertensive subjects.	Dr. Yogesh Patil	Dr. Mansee Thakur, Dr. Mitesh Thakkar
5.	Dhruvi Prabhakar Ganekar	Effect of Yogic Practices on biochemical parameters in individuals with Hypertension.	Dr. Mansee Thakur	Dr. Mitesh Thakkar
6.	Atharva Yashwant Dhoble	interplay of oxidative stress markers in Hypertensive patients undergoing integrated approach of Heartfulness Meditation & Yoga intervention.	Dr. Yogesh Patil	Dr. Mansee Thakur, Dr. Mitesh Thakkar
7.	Samruddhi Surve	Correlation of Happy Hormones and Meditation Depth Index in subjects with and without Yogic Transmission.	Dr. Mansee Thakur	-
8.	Aishwarya Sharma	Inner Peace Experience with and without Yogic Transmission using happy hormones (serotonin and dopamine)	Dr. Mansee Thakur	-

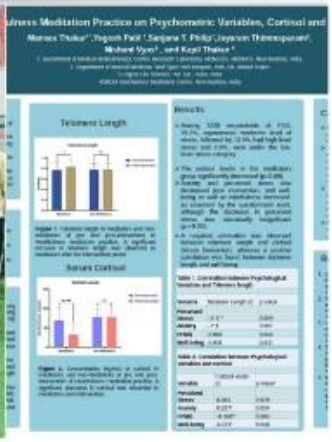
Awards & Achievements-2023

1. Integrated Health and Well-being (IHW) Conference,2022 Hyderabad
2. Wellcon Conference, 2023, Mumbai
3. Medicine & Meditation, AIIMS Delhi Conference, 2023

Medicine
and
Meditation
Elevating Healthcare through
Humane Values and Spirituality
August 23-25, 2023

heartfulness
G20
Medicine and Meditation
Elevating Healthcare through
Humane Values and Spirituality
August 23-25, 2023
This is to certify that
Manasi Thakur
presented poster in the Workshop on 23rd - 25th August, 2023 and won 2nd Prize
organized by AIIMS, New Delhi, AIIA And Heartfulness Institute
Prof. Suman Jain
Dr. Ishaprasad Bhagwat

ndia Institute of Ayurveda


Treatment Length
Serum Cortisol

AWARDS AND ACHIEVEMENTS

Heartfulness certified Trainer: Awarded to Dr Mansee Thakur

Shri Ram Chandra Mission

By the Benevolent Grace of the Great Master

Mansee Thakur

has been permitted to impart spiritual training by Pranahuti, as a Preceptor of the Shri Ram Chandra Mission under the direct instruction and authority of the President.

Place Panvel, Mumbai
Date 12th September 2015

President
Shri Ram Chandra Mission

heartfulness
purity weaves destiny

MANSEE THAKUR
Preceptor

INMTAE042

Shri Ram Chandra Mission

D. No: 13-110, Kanha Village
Nandigama Mandal
Ranga Reddy District
Telangana 509325

www.heartfulness.org
info@heartfulness.org
Toll Free: 1-800-121-DHYANA

INMTAE042

01-Jan-2004

Essay Event at Heartfulness Meditation Centre, Panvel

Report: Heartfulnesss Essay Event .pdf

MGMSBS and students Of Medical College participated in the Heartfulness **Essay event 2019**, which had over **3,75,000 entries** from India. They were awarded the Bronze Medal, earning praise and recognition for their achievement

Letter of Appreciation

Dear Mansi Thakur,

Greetings from Heartfulness Education Trust !

It gives me immense joy that you chose to be a part of the **Heartfulness Essay Event 2019** as a **volunteer**. I appreciate all the efforts that you have put in the last few months to make this event a **Grand Success**.

I would personally like to Thank You for the all the efforts & hard work and hope that you keep up this good work to reach to as many as you can in spreading the awareness of raising the human consciousness.

Looking for your continued support,

Thanking you,

Yours truly,

Zonal Coordinator
Heartfulness Centre
Mumbai

Zonal Coordinator
S Connect
Mumbai

HEARTFULNESS ESSAY EVENT -2019

ORGANISED BY
Shri Ram Chandra Mission
United Nations Information Centre
and the Heartfulness Education Trust

UN Information Centre for India and Bhutan

Certificate of Appreciation

This Bronze category certificate is awarded to

MGMSBS, MGMIHS, NAVI MUMBAI

NAVI MUMBAI (MH-01/NAV/022647)

for their contribution to the successful organising of the Heartfulness Essay Event 2019 in the institution and ensuring the participation of 60 to 79 percent of eligible students. The spirit of participation of the institution is deeply appreciated.

Kamlesh D. Patel
PRESIDENT
Shri Ram Chandra Mission

Derk Segaar
DIRECTOR
UN Information Center for India and Bhutan

Supported by Brighter Minds

Heartful Organization Award By- Heartfulness International Institute
Received On 8th February 2020

MGMIHS received the prestigious Heartfulness Organization award from the Heartfulness International Institute on **February 8th, 2020**, in Hyderabad. Dr. Sudhir Kadam, Trustee of MGMIHS, received the Heartful Organization award for 2020, instituted by Dr. Kamlesh D Patel. In total, **49 awards were presented to organisations and institutions amidst a congregation of over 30,000** people at the world's largest Meditation Centre, located at Kanha Shanti Vanam, Hyderabad.

Heartful Campus Award At National Education Conclave 2021

We are proud to share that our institute, MGM School of Biomedical Sciences Navi Mumbai (MGMIHS), has been bestowed with the Youth Campus Ambassador award by the Global Heartfulness Meditation Center. This esteemed recognition was presented to us virtually during the National Education Conclave 2021. Among numerous institutions across India**, only five have been** honored with this prestigious award, and we are thrilled to be one of them!

Recipients of the Award

1.Mr. Yogesh Patil, PhD

2.Mr. Rohit Gupta, M. Optometry

3.Ms. Suminisha Shaikh, Bsc ATOT

4.Ms. Monica Movies, Bsc ATOT

5.Mr. Preet Shah, B. Optometry

21 Days Meditation Challenge Organized by TAPAS at Pillai College

Best Paper Award At WELLCON 2023 ITM Kharghar.

A national conference-WellCon-2023 on "Integrating Eight Dimensions of Wellness" was organized by ITM School, Kharghar from 17th to18th March 2023. The conference attracted **over 150 students and faculties**. More than 50 researchers had presented their research work. Ms. Amita Kirar and Ms. Sanjana Philip from Medical Biotechnology, MGMSBS, Navi Mumbai secured first and second prize respectively along with a cash prize of 15000/-

ITM BUSINESS SCHOOL

Supported by

WELLCON-2023

CERTIFICATE OF APPRECIATION

THIS IS TO CERTIFY THAT

Mr/Ms/ Dr. 2nd - Sanjana T Philip presented/participated

Research Paper titled Effect of Heartfulness Meditation on Well-being.

received the **Best Paper Award** at **WELLCON-2023** held on

17th-18th March, 2023 organized by ITM Business School, Kharghar.

Dr. Lakshmi Mohan
Director & Campus Head
ITM Business School

Dr. Preeti Narendra HOD
HR(Convenor)
ITM Business School

ITM BUSINESS SCHOOL

WELLCON-2023

CERTIFICATE OF APPRECIATION

THIS IS TO CERTIFY THAT

Mr/Ms/ Dr. 1st - Amita Kirar presented/participated

Research Paper titled Integrated Heartfulness Meditation Technique.

received the **Best Paper Award** at **WELLCON-2023** held on

17th-18th March, 2023 organized by ITM Business School, Kharghar.

Dr. Lakshmi Mohan
Director & Campus Head
ITM Business School

Dr. Preeti Narendra HOD
HR(Convenor)
ITM Business School

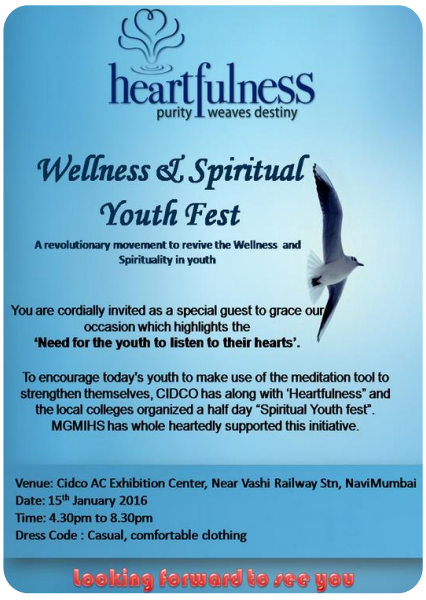
Objective 4: Community Outreach and Environmental Stewardship: Spreading awareness to individuals from all backgrounds about environmental issues and taking action for a healthier and more sustainable world.

Occasional Visits to Heartfulness Meditation Center Panvel

No of Beneficiary: 30

Spiritual Youth Fest (2016)

No of Beneficiary: 200



2019: International women Day at MGMSBS, MGMIHS

Report: International women's week.pdf

No of beneficiary: 127

6 Jun 2023 Cleanliness Drive at MGM Institute of Health Science.

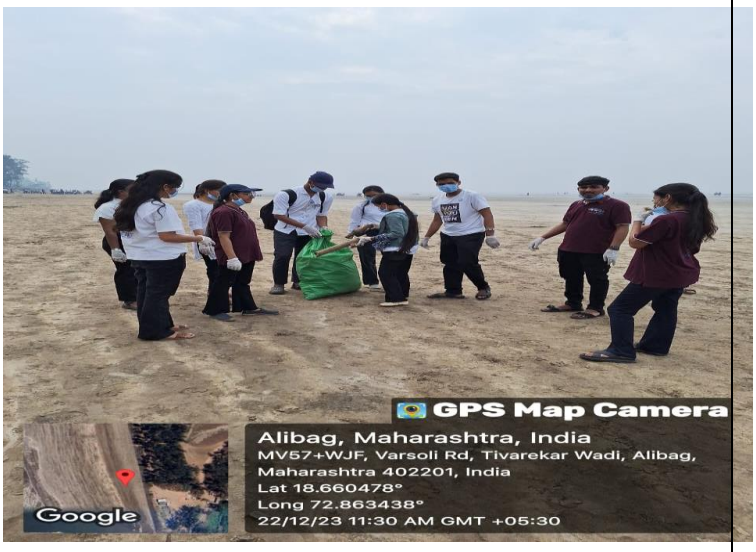
Report: MGMSBSNM_Cleanliness drive at Yog Vatika (1).pdf

No of beneficiary: 50

22December 2023 cleanliness drive : Beach cleaning at varsoli

Report: Beach cleaning drive.pdf

No of beneficiary: 93



15 August 2023 Tree plantation at Adai Hills Panvel

Report: Independence day celebration .pdf

No of beneficiary: 35

1 August – 8August 2023 Induction program at MGM Institute of Health Science.

Report: Deeksharambh program.pdf

No of beneficiary: 300

29April 2023- 1May 2023 Yog Mohotsav for community at CDICO Exhibition Center

Report: [yog mahotsav vashi.pdf]

No of beneficiary: 3000

22jun 2023 Yog Utsav at heartfulness ashram Panvel for community

Report: International yoga day panvel .pdf

No of beneficiary: 300

2023: Tree plantation at Pune SRCM Retreat Center
No of beneficiary: 40

Cleanliness drive at New Panvel: June 4th, 2023
No of Beneficiary: 30

Swachanjali – cleanliness drive at SRCM Panvel : October 1st 2023

Report: International yoga day panvel .pdf

No of beneficiary: 90

World’s AIDS Day Celebration at MGM Hospital: 1st December, 2023

Report: world's AIDS Day celebration.pdf

No of beneficiary: 25

Session at Yogita Dental College: 31st Aug- 1st September, 2023

Report: yogita dental college.pdf

No of beneficiary: 30

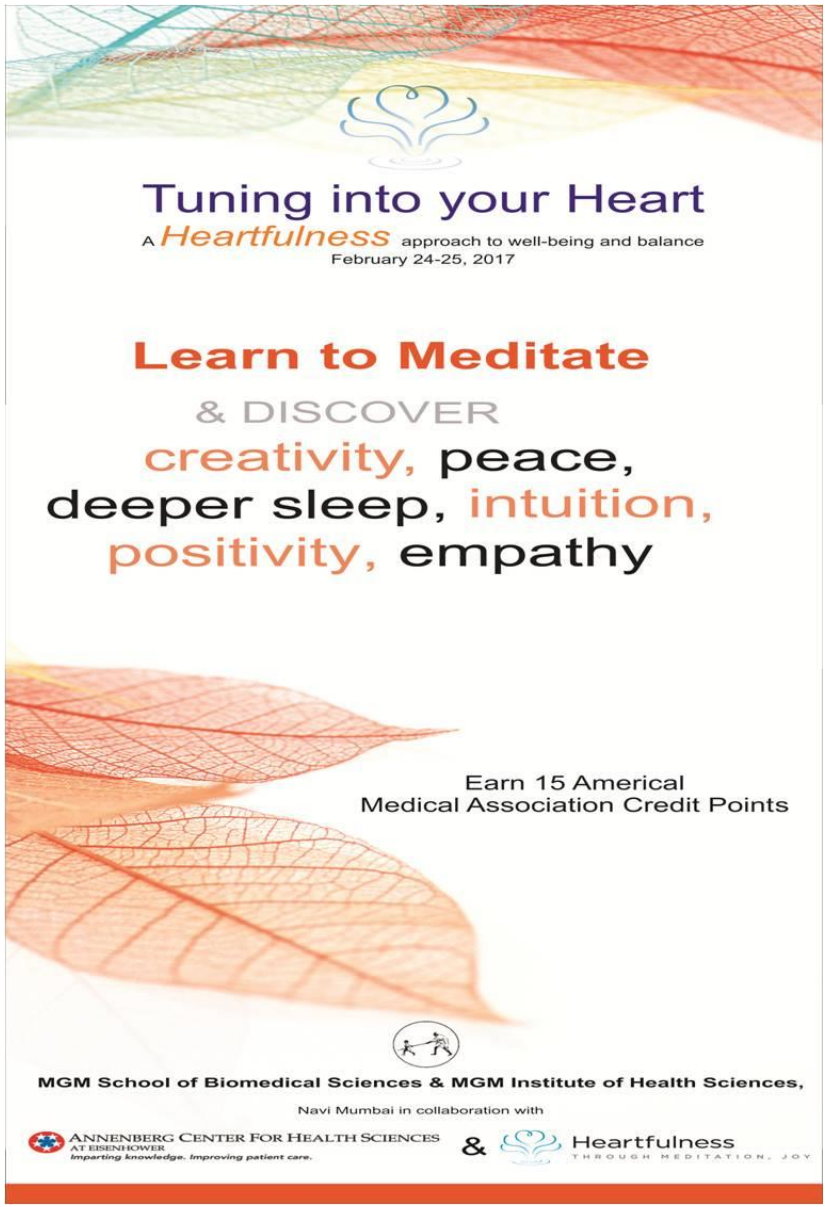
World Mental Health Day at Alkem Laboratories: 10th October 2023

Report: world mental health day.pdf

No of beneficiary: 100

Our Social media handle

Instagram: @aarambh.mgmihs
Facebook: Aarambh.Mgmihs


Tuning into your Heart
A Heartfulness approach to well-being and balance
February 24-25, 2017
Learn to Meditate
& DISCOVER
creativity, peace,
deeper sleep, intuition,
positivity, empathy
Earn 15 Americal
Medical Association Credit Points
MGM School of Biomedical Sciences & MGM Institute of Health Sciences,
Navi Mumbai in collaboration with
ANNENBERG CENTER FOR HEALTH SCIENCES
AT EISENHOWER
Imparting knowledge. Improving patient care.
&
Heartfulness
THROUGH MEDITATION, JOY

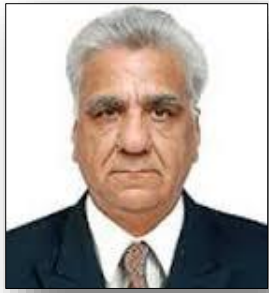
Dr. S.N.Kadam
Vice Chancellor
MGM Institute of Health Science

It gives me immense pleasure to welcome you all for the CME on Heartfulness "Tuning into your heart" organised by MGM School of Biomedical Sciences and MGMIHS ,Navi Mumbai.

How should one lead a life with the promises it holds and turbulences it generates? Follow your heart, has always been the answer of wisdom. When it comes to the life of a health professional, this question takes on a greater importance as it involves not only dealing with one's own life but also the lives of many people whose situation is entrusted to our care.

It takes a great emotional strength on the part of the care provider to provide a care of excellence. In the process of striving for it, if we do not take care of our inner state of poise, it is very likely that we may end up with what is called a "Burnout". Therefore this CME would be of great help in our noble profession.

I wish the CME program a grand success



Dr. ChanderPuri
Pro Vice Chancellor (Research)
MGM Institute of Health Science

I am delighted to know that MGM School of Biomedical sciences Navi Mumbai is organising a CME on Heartfulness-"Tuning into your heart". It is indeed a pleasure to pen down a few lines on this occasion,

From a scientific point, I have questioned practices of meditation in the past .But when I felt the changes myself, my opinion changed into a personal conviction. I feel meditation is a wonderful tool to open up the inner treasure of the wisdom of the heart and refine our intellect for us to lead a life with its challenges in a state of inner equanimity. The guidance of one's heart and utilization of a refined intellect can act as two wings of a bird to help us soar higher and higher.

I wish the CME a grand success.

Professor Dr. R.B. Goel
The Registrar
MGM Institute of Health Science

Greetings from MGM institute of Health Sciences, MGM Medical college & Hospital , Navi Mumbai . It is my pleasure to welcome you for the CME of Heartfulness organised by the MGM Medical College & Hospital ,Navi Mumbai . This CME will provide us a way not just to relax & focus the mind but it also make us able to connect the heart & mind. So it is really important for all of us to practice meditation & other yoga exercises for a healthy life. The activities, training & guidance which are organized at the CME programme will truly give us useful & important knowledge about meditation & yoga for our routine healthy life. Heartfulness is truly a simple & practical way to experience the heart's unlimited resources. I wish the CME programme a grand success.

Dr. Mansee Thakur
I/C Director,
MGM School of Biomedical Sciences,
MGM Institute of Health Science
&
Heartfulness Trainer

It gives me immense pleasure to welcome all for the CME-Tuning into your Heart, organized by MGM Institute of Health Sciences and Heartfulness Institute.

I am short of words as meditation has very positive results. Physicians participating in heartfulness training report enhanced personal wellbeing, decreased burnout and improved attitude towards patient care.

I am sure it will be beneficial for you as well and you will personally realize the change- a positive change.

I wish the CME a grand success.

Heartfulness

THROUGH MEDITATION, JOY

11th April 17

Dr. S.N.Kadam
Vice Chancellor,
MGM Institute of Health Sciences
Sector1, Kamothe
Navi Mumbai, Maharashtra
India 410209

Dear Sir

We appreciate the visionary initiative taken by you, and the enthusiasm shown by your entire staff of MGM College in organising and assisting in conducting the CME (Continuing Medical Education) program offered by Heartfulness institute in the premises of Kamothe Medical College on February 24th 25th and March 24th 25th of 2017.

As you are aware, the objectives of Heartfulness Institute are aligned with your institute's mission to offer qualitative education by applying innovative and dynamic pedagogical techniques. This CME program consisting of 15 modules offers additional education in the life-skill management for all professionals in the medical field. This program is accredited in the USA through Annenberg Centre for Health Sciences and can be used for a credit program wherever American Medical Association Professional Recognition Award accreditation is accepted.

We are happy to learn through the testimonials received, that your entire staff that participated has benefitted in many ways. Dr Mansi Thakur has wholeheartedly helped and contributed towards the program. The department of research and biomedical professionals offered exemplary level of service to make this a huge success.

We look forward to working with you as you make this CME program a part of the curriculum in your college and we commit to assisting you in that process. Please don't hesitate to reach out to me personally, if I can be of assistance.

Sincerely

Victor Kannan
President

CC: Dr Mansee Thakur, Associate Professor - Dept of Medical Biotechnology
Office In charge - Laboratory for Infectious Diseases (CRL), MGMIHS, Kamothe

CC: Dr Snehal Deshpande (PT), Director - CME Services, Heartfulness Institute USA, India division

CC: Dr. Ranjani Iyer PhD, Global Director, CME Services, Heartfulness Institute USA

www.heartfulness.org
11901 Jim Bridger Road Austin, TX 78733-4107
1 844 879 4327
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Heartfulness

THROUGH MEDITATION, JOY

11th April 17

Dr Mansee Thakur
Associate Professor
IMGM school of Biomedical Sciences
MGM institute of Medical Sciences,
IMGMIHS
Kamothe Navi Mumbai,
Maharashtra India 410209

Dear Madam

We appreciate the initiative you have taken to host the CME at your institute, offered by Heartfulness Institute, USA. Your positive and continued involvement with the program till the end made the program a grand success.

We are happy to learn through the testimonials received, that your entire staff that participated has benefitted in many ways. The entire staff wholeheartedly helped and contributed towards the program. The department of research and biomedical professionals offered exemplary level of service to make this a huge success.

We look forward to working with you as you make this CME program a part of the curriculum in your college and we commit to assisting you in that process. Please don't hesitate to reach out to me personally, if I can be of assistance.

Sincerely

Victor Kannan
President

CC: Dr Snehal Deshpande(PT), Director - CME Services, Heartfulness Institute USA, India division

CC: Dr. Ranjani Iyer PhD, Global Director, CME Services, Heartfulness Institute USA

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Dr. Snehal Deshpande

Dr. Snehal Deshpande has a massive contribution in improving the quality of life of the differently abled she is also an active Heartfulness trainer.

Dr.Snehal Deshpande is an eminent and highly qualified member in the physiotherapy fraternity. With more than two decades of experience in the field of pediatric physiotherapy she has developed into personnel maintaining the decorum of the pediatric rehabilitation to its high stature.

She has conducted various Lectures, workshops and interactive sessions on personality development, value based education and philosophy of life for children, teenagers and adults organized at various schools, colleges and associations on behalf of The Heartfulness institute.

Her natural endowments have been spirituality for all and benefitting the masses for their self-development.

She made the sessions interactive with various group activities and incorporating fitness.

Dr Haresh Mehta

Dr Mehta has been practicing heartfulness meditation for the past 8 years since 2007 and is also a preceptor (spiritual trainer).

Dr. Haresh G Mehta is an interventional cardiologist who is currently affiliated with prominent hospitals across Mumbai such as Lilavati Hospital and Research Centre, Hinduja Healthcare Surgical, S L Raheja. He has done his fellowship at University Hospital, Bern (Switzerland) and is also a visiting faculty at its Department of Cardiology. He has worked as a fellow at Hospitals across the globe such as Lenox Hill Hospital, NY and Hanusch University Hospital, Vienna. He is actively involved with various medical bodies and frequently gives lectures and provides demonstrations of complex angioplasty techniques. He is also the founder of Healing Hearts.

Mr. Tushar Pradhan

Mr. Tushar has been practicing the Heartfulness meditation for the past 16 years and is a Preceptor (spiritual trainer) since 2007.
He is a Zonal Coordinator of Heartfulness Institute for Mumbai Metro Region.

Tushar Pradhan is the (CIO) Chief Investment Officer at HSBC Global Asset Management Company (India) Limited, Mumbai. He is responsible for all investment activities and investment strategy.

He is an MBA from the Barney School of Business and Public Administration, University of Hartford, CT, USA and has worked in various organizations in the US and India.

Dr. Bharat Dhareshwar

Dr. Bharat Dhareshwar, chief medical director western railway, deal with around 4lacs beneficiary.MD internal medicine, fellow in critical care medicine, DNB teacher for internal medicine and diploma course in critical care medicine with 35years experience in a 440 bedded multispecialty hospital with OPD attendance of around thousand patients in various specialties.

Mrs. Pragya Kalia

Pragya has been practicing Heartfulness mediation for the past 20 years and is also a preceptor (Spiritual Trainer).

Pragya Kalia has a diverse career in the Indian Corporate sector for about 17 years. She has been a part of the leadership teams at Philips, ICICI Securities and Eureka Forbes. She was the CEO of a Eureka Forbes JV till 2015 and Country Head for another MNC in an earlier stint. A post graduate in Economics with an MBA from Symbiosis, Pune, she has attended Strategy & Leadership programs at The Wharton School, University of Pennsylvania, USA.

Mrs. SushilaSharangdhar

Mrs. Sushila Sharangdhar is a Registered Dietitian, recognized by the Indian Dietetic Association. Additionally, she has successfully completed Post Graduate Diploma in Hospital Administration as well as Diploma in Yogic Education.

Mrs. Sushila Sharangdhar is a highly experienced and accomplished Foods and Nutrition Post Graduate with Post Graduate Diploma in Hospital administration. She has over 34 years of experience in field of clinical nutrition and hospital food service, academics, research and employee wellness. She is a qualified leading Nutrition Expert with proven experience of more than 4 decades in Preventive & Clinical Nutrition. She has been very active in promoting good health through nutrition and life style changes. It is important to prevent obesity. Besides balancing food intake with appropriate exercise, diet also play an important role in preventing obesity and life style related diseases.

Why Heartfulness is important in healthcare?

More than ever, health care professionals find that stress has a huge impact on their patient's health and their own. Heartfulness cultivates a stable healing presence that benefits patients and providers alike. Heartfulness meditation techniques are widely used to manage stress, and are especially effective at reducing the stresses of time pressure and excessive workload that make modern health care so difficult.

More than ever, healthcare professionals find that stress has a huge impact on their patients health and their own. Heartfulness cultivates a stable healing presence that benefits patients and providers alike. Heartfulness meditation techniques are widely used to manage stress and are especially effective at reducing the stresses of time pressure and excessive workload that make modern health care so difficult.

But it has much more to offer health care providers than simple stress management. The art of healing is as important as its science. Meditation is primarily a reflective discipline that requires a quiet introspection, typically leading to a fundamental shift in one's perspective on daily life.

Meditation techniques have been practiced for thousands of years because they cultivate presence, empathy, compassion, and connectedness in a simple and straightforward way. These experiences have a special importance for health care providers because they restore a component of healing that is often overlooked by our modern health care system. As we become more adept at dwelling in the living presence of our own

experience, we begin to connect more deeply with patients, as well as co-workers and family members.

Heartfulness practice provides a simple and practical way to recapture the calling of healing. Also, it allows to learn how to use heartfulness meditation as a way to manage personal stress and to enrich their professional lives. A total of 24 optional CE Credits are available for nurses, psychologists and Physicians.

Heartfulness practice provides a simple and practical way to recapture the calling of healing. Also, it allows learning how to use heartfulness meditation as a way to manage personal stress and to enrich their professional lives. A total of 24 optional CE Credits are available for nurses, psychologists, and Physicians.

Several disciplines and practices can cultivate Heartfulness, such as yoga, tai chi and qigong, but most of the literature has focused on heartfulness that is developed through heartfulness meditation — those self-regulation practices that focus on training attention and awareness in order to bring mental processes under greater voluntary control and thereby foster general mental well-being and development and/or specific capacities such as calmness, clarity and concentration. Following are some of the benefits:

- Stress reduction. Many studies show that practicing Heartfulness reduces stress.
- Boosts to working memory. Improvements to working memory

appear to be another benefit of Heartfulness, research finds. In addition, meditation practice was directly related to self-reported positive affect and inversely related to self-reported negative effect.

- Less emotional reactivity and more cognitive flexibility. Another line of research suggests that in addition to helping people become less reactive, heartfulness meditation may also give them greater cognitive flexibility.
- Relationship satisfaction. Several studies find that a person& ability to be mindful can help predict relationship satisfaction — the ability to respond well to relationship stress and the skill in communicating one& emotions to a partner.
- Empathy: Several studies suggest that Heartfulness promotes empathy.
- Compassion: Heartfulness-based stress reduction training has also been found to enhance self-compassion among health-care professionals. Self-compassion fully mediated the relationship between perspective taking and Heartfulness.
- Counseling skills. Empirical literature demonstrates that including Heartfulness interventions in psychotherapy training may help therapists develop skills that make them more effective.
- Better quality of life. The findings suggest that meditation may serve buffering role for mental health workers in the wake of a disaster.
- Other benefits. Heartfulness has been shown to enhance self-insight, morality, institution and fear modulation, all functions associated with the brain& middle prefrontal lobe area.

Tuning into the heart

Heartfulness institute is a US based 501(c)3, not for profit educational institution, which helps us to learn simple and effective relaxation, meditation and breathing techniques to lead a happy, healthy and balanced life, and to be the best in all walks of life. HFN offers the course in over a hundred countries throughout the world for schools, universities, corporate, communities and individuals.

Heartfulness Institute is offering CME/CE accredited programs to relax, meditate and rejuvenate in collaboration with Annenberg Center for Health Sciences at Eisenhower for physicians, nurses and psychologists. During this CME several speakers from the medical profession will share their perspectives and discoveries through practicing Heartfulness Meditation and enable the attendees learn the method of Heartfulness Meditation. The course includes an in-depth study of personal assessment, the importance of values and self - development and how to impart them in a medical profession. For a CME of 15 modules for physicians, nurses, dentists giving a 15 AMA (American Medical Association) category 1 credits.

A 4 day CME program title "***Tuning into the Heart***" was inaugurated on 24th February 2017 at MGM Institute of Health Sciences, Kamothe, and Navi Mumbai.

Amidst the august gathering of Doctors, Nurses, Physiotherapist, Dentists, Allied Health Professionals and students of MGM Institute of Health Sciences, along with the members of Heartfulness Institute in the MGM Medical college campus, Navi Mumbai inaugurated the CME "Tuning into the heart". A total gathering of about 150 members were present for the entire CME. The program was inaugurated by lighting of the lamp by our Hon'ble Vice Chancellor, Pro VC, Registrar, Director, Deans of constituent colleges and other dignitaries.

The program began by the inaugural speech of Dr. Sudhir Kadam Vice-chancellor, MGMIHS. The guests of honor along with Dr. Sudhir Kadam were Dr. Chander Puri(Pro-VC Research) , Dr. Rajesh Goel (Registrar), Dr. Mansee Thakur(Director SBS), Dr. Snehal Deshpande (Heartfulness Trainer), Dr. Bharat Dhareshwar (Heartfulness Trainer), Dr. Haresh Mehta (Cardiologist).

He then offered floral tributes to the dignitaries of HFN institute present for the event.

Dr. Mini Mol welcomed the gathering and gave a brief introduction of all the dignitaries. Our Hon'ble VC opened the CME with his kind words and conveyed his commitment to spreading the message of peace and meditation across the institution. He said HFN institute is a first of its

kind to train people on relaxation techniques and meditation. Sir, was kind enough to share with us his personal experience on HFN meditation. Sir conveyed his heartfelt thanks to Heartfulness Institute for conducting this one of a kind collaborative CME with Annenberg Centre for Health sciences, Eisenhower, USA.

A well-themed skit was performed by our BSc Allied Health sciences students on the theme of "**Acceptance"**.

The stage was then taken over by Dr. Snehal Deshpande

Dr. Snehal Deshpande pointed out how we can change the world by changing ourselves, just by changing the tendency of our mind and opening our hearts. She focused on how meditation can help in bringing relief from the overactive thoughts triggering disturbance like stress and tension during our work, which can lead to harmful effects.

She made the sessions interactive with various individual and group activities

There are also other natural daily cycles in the human body that we can easily observe. Being in tune with Nature is an important part of wellness and all-round good health - physical, mental and spiritual. So, here we explore the cycle that guides us on the best times during the day to meditate, do physical activity, mental activity and rest.

Regular physical activity can produce long term health benefits. People of all ages, shapes, sizes, and abilities can benefit from being physically active. The more physical activity you do, the greater the health benefits along with the meditation was well demonstrated by Miss. Asmali (Yoga Trainer). She explained benefits of regular exercise and maintaining the fitness. These exercises increases energy levels, improves muscle strength and helps to maintain a healthy weight.

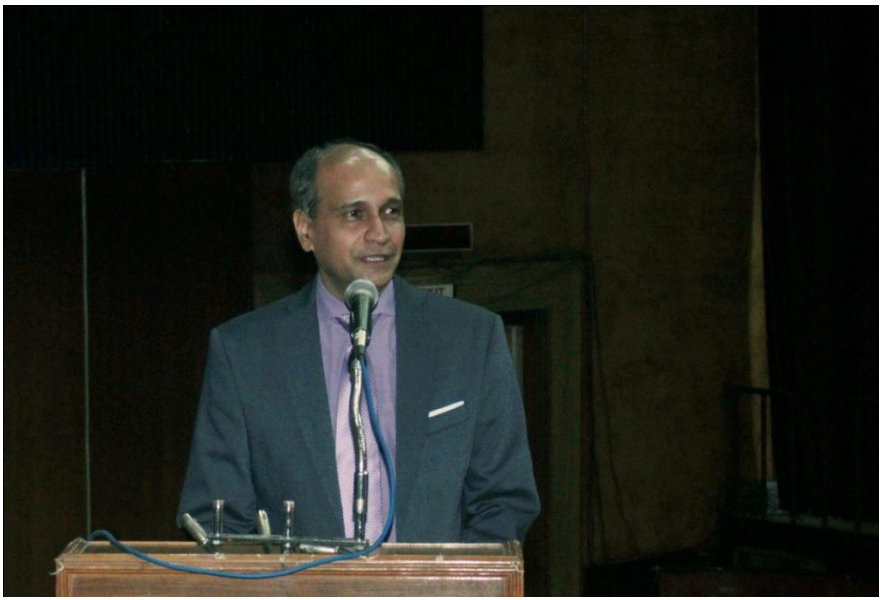
Mr. Tushar Pradhan, Chief Investment Officer with HSBC, Mumbai, he explained time management. Whether it's in your job or your lifestyle as a whole, learning how to manage your time effectively will help you feel

more relaxed, focused and in control.

"The aim of good time management is to achieve the lifestyle balance you want,"

Work out who you want to be, your priorities in life, and what you want to achieve in your career or personal life,

Then he explained scientifically the importance of meditation and its benefits play an important role in time management and making your life stress free especially for healthcare professionals.

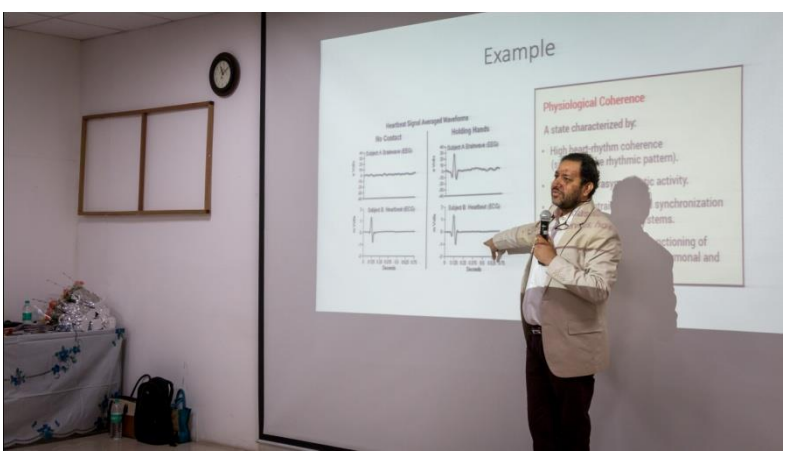


Dr. Haresh Mehta, Interventional Cardiologist, Hinduja Hospital, Mumbai, spoke on varied subjects like Resiliency and stress management, Self-compassion and dealing with suffering, Enhanced compassion

through creativity, communication and connection, Thriving Together Teamwork, Inspiring and aspiring from the heart & the role of heart in fostering caring behaviors.

He focused on peace of mind that comes from meditative practice. He also explained how it can establish a link with the "**Spark of Divinity**" in the heart scientifically.

He mentioned of research demonstrating that electromagnetic field of the heart is a most powerful rhythmic field in the body, extending at least 3 feet in all directions from the body vis-à-vis mind which extends to one foot. Thus our heart signals are communicated around us. When heart and mind are aligned and balanced, which we can achieve through mediation on the heart, then our work becomes naturally more efficient and those around us may feel our calmness.



He had a very heart to heart interactive session with the participants, with hilarious punch lines in between, for lightning the moments.

He gave an autobiographical talk on this journey and the progress in the field of SPIRITUALITY, followed by meditation. He emphasized on the importance on how to meditate and how beneficial to all human kind in today hectic stressful scenario all over the world. He kept everyone in the auditorium spell bound.

Dr. Dhareshwar introduced the subject "Why to meditate" and gave them the introductory transmission sitting for 15 mins. Mrs. Lalita Rajgopal taught the participants relaxation technique. He encouraged and inspired the participant to start mediation in their day to day activity. It was very unique and first of its kind program for medical professions.

Mrs. Sushila Sharangdhar, a highly experienced and accomplished Foods and Nutrition Post Graduate with Post Graduate Diploma in Hospital administration With over 34 years of experience in the field of clinical nutrition and hospital food service, academics, research and employee wellness.

She is very active in promoting good health through nutrition and life style changes. It is important to prevent obesity she stressed. Besides balancing food intake with appropriate exercise, diet also plays an important role in preventing obesity and life style related diseases.

She has provided her expert advice for a balance and healthy diet and emphasized the importance of exercise.

Mrs. Pagya Kalia, Enhance compassion through creativity, communication and connection thriving together –teamwork

After completion of each session, participants felt cheerful and enthusiastic. CME ended with vote of thanks by Ms. Sumi Elizabeth and feedback from the participants says that the complementary process of yogic cleaning frees the soul of heaviness, all the impressions our thoughts and deeds have created in the past. Once we are cleaned of past impressions, we have a clearer vision of Reality.

Thanks to meditation and the rejuvenative process of cleaning, these methods will benefit for me how to communicate heart to heart with my patients, and better see what is to be treated. It is no longer a question of removing or suppressing symptoms, as I would rather take into account the person's whole being: body, mind and soul. There is no longer any partition between them and me, any partition at the level of our souls, because I realize we are all connected to the same Source. So through this CME we are now more benevolent, compassionate attitude. We are able to receive wholeheartedly the suffering the person presents, in order to be relieved.

A ray of inner joy has dawned on the participants and faculty of MGMIHS that is sure to inspire them for years.

The entire team was deeply motivated by the way the practice has changed and enriched their lives.

A certificate of completion of the course was awarded to every participant by Annenberg institute

HEARTFULNESS GUIDED RELAXATION

Sit comfortably and close your eyes very softly and very gently. Let's begin with the toes. Move your toes. Now feel them relax. Relax your ankles and feet. Feel energy move up from the earth... up your feet to your knees relaxing the legs. Relax your thighs. The energy moves up your legs ... relaxing them. Now, deeply relax your hips ... stomach ... and waist. Relax your back. From the top to the bottom the entire back is relaxed. Relax your chest ... and shoulders. Feel your shoulders simply melting away... Relax your upper arms. Relax each muscle in your forearms ... your hands ...right up to your fingertips. Relax the neck muscles. Move your awareness up to your face. Relax the jaws ... mouth ... nose ... eyes ... earlobes ... facial muscles ... forehead ... all the way to the top of your head. Feel how your whole body is now completely relaxed. Move your attention to your heart. Rest there for a little while. Feel immersed in the love and light in your heart. Remain still and quiet, and slowly become absorbed in yourself. Remain absorbed for as long as you want, until you feel ready to come out.

Scan to Download Relaxation audio

What is Heartfulness?

Heartfulness is all about feelings. Our entire life is led by feelings and inspirations, and that is the role of the heart. When we listen to the heart and capture the inspiration that comes from within, we can master our life. This exercise of fine-tuning the heart with the mind is done through meditation on the heart. It is simple, easy and effective, and can be done every day in the comfort of your own home.

We offer experiential heart-based meditation to aspirants across the world for inner wellness

***Reach us at*:**
heartspots.heartfulness.org
***Write to us at*:**
mumbai@heartfulness.org
Call us on: 9167798860
Toll Free: 1800-103-7726

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EXPERIENCE MEDITATION

Find a place where you are free from distractions; sit comfortably and relax. Close your eyes and suppose that a Divine Light is illuminating your heart from within.

Rather than trying to visualise it, simply tune in to your heart and be open to any experience that you may have.

Do this for 30 minutes. If your mind wanders, gently bring your attention back to your heart.

Points for Reflection

How long was I able to sit for meditation today?

How do I feel after my meditation today?

EXPERIENCE CLEANING

Sit in the same posture as for meditation for half an hour with a suggestion to yourself that all complexities and impurities, including grossness, darkness, etc., are going out of the whole system through the back in the form of smoke or vapour, and that in their place the sacred current of the Divine is entering into your heart.

Do not meditate on those things which you want to get rid of. Simply brush them off. Finish with the conviction that the cleaning was completed effectively.

Points for Reflection

How do you feel after doing the cleaning?

Do you find any difference in your meditation after doing the daily cleaning?

www.heartfulness.org

MGM
NIKE

Heartful Affirmations

1. I am deeply connected with everyone around me…Everything surrounding us, the air particles, people, the birds, the trees… everything around me is deeply connected.

2. I am genuine in my thinking...All human beings are developing correct thinking, right understanding and an honest approach to life. They are attaining rightness in action and perfection in character.

3. I am calm, clear and confident with my words and deeds.

4. I am happy, joyful and grateful for all my life experiences.

5. I am becoming more empathetic, compassionate and loving.

6. I am balanced. I meditate.

Breathing with Awareness of Purpose

"Breathe In" what is needed, good and positive for the betterment of yourself.
"Breathe out" what is good for others

1. Breathe in what is good for me, Breathe out what is good for everyone

2. Breathe in Positivity, Breathe out Optimism

3. Breathe in Sensitivity, Breathe out Compassion

4. Breathe in Trust, Breathe out Team Spirit

5. Breathe in Appreciation, Breathe out Joy

6. Breathe in Understanding, Breathe out Love

ACTIVITY # 1.

FIRE IN THE BUILDING

One of the activities conducted in "heartfullness CME" was the game "**fire in the building**".

The audience were divided into 2 teams and were told to assume a situation where they were trapped in a building which has caught fire and they have to escape from it. The only way to escape the fire was a fire-proof paper provided to them, they had to cover 10 steps distance using that paper and each team was given 5 sheets of paper.

The aim of this activity was to explain people about **selflessness, being helpful to others in the** panic situation, having compassion towards others, team work and about leadership quality that one should have.

Like in this case if the two teams could communicate with each other and collaborate with each other they could easily escape from the fire in the building, by combining the sets of fire-proof paper they had because a number of steps they had to cover was 10.

The aim was common for everyone and if they communicate and co-operate this situation can be easily sorted out.

In the end this activity taught us that being selflessness and helpful is important in any kind of situation, how to protect ourselves and others

during natural calamities. It taught us team work & amp; leadership quality along with good communication skills is important. Also protecting as many people we can without being selfish, also having compassion for others and being calm and strategic during any kind of calamity.

THE BALLOON BATTLE

The balloon battle was a great energizer to get everyone moving while creating a situation to introduce some concepts like strategy, team work collaboration and win-win situation.

The activity included with a goal of protecting the balloon and whoever protects his/her balloon till the end wins.

The participants had lots of fun running around attacking other people's balloons. At the end of the game, some concepts were explained like teamwork, strategy, a perception of responsibility and the most important competitive human nature, which at times, works against the win-win situation.

For instance, if no one moves and attacks other people balloons, everyone accomplishes the goal of protecting their own balloon and everyone wins.

It taught us that "**pushing other people down won't get you to where you want to go."**

PHYSICAL ACTIVITY WITH MEDITATION.

The physical activity sequence emphasizes balance: on your hands, hands and knees and standing on one leg as well as when moving the spine in all directions, forward, backward and sideways. It is great to do whenever you want to cultivate balance and presence in your body/mind – first thing in the morning or last thing before going to bed or anytime in between.

It is particularly useful to do this sequence before meditation practice as it will create both, strength, flexibility and stamina that will support the physical effort required for sitting.

The positive impacts of heartfulness thru meditation could improve doctor and nurse decision making and quality of care – the 2 key elements in improving patient safety.

Any chronic illness can be benefited from emptying ones mind and not think and breathe more deeply.

In heartfulness based meditation, a person sits in silence and observes the thoughts that pop up without engaging them.

It also involves deep breathing and choosing to "let go" of any thoughts.

This CME will help you appreciate life more, make you and those around you happier.

Heartfulness through meditation is not about concentration it's actually about de-concentration. It's not about focusing ones thoughts on one thing but instead of becoming thoughtless. It also cleanses and nourishes you from within and calms you whenever you feel overwhelmed, unstable or emotionally shutdown.

SEMINAR HALL

214
SEMINAR HALL

Heartfulness
Through meditation, calm

ORGANIZING COMMITTEE

PATRONS

Dr. S.N. Kadam
Dr. S.K.Kaul
Dr. ChanderPuri
Dr. Rajesh Goel

ORGANIZER

Dr. Mansee Thakur

COORDINATOR

Dr. Mini Mol, Mrs. Himanshu Gupta

REGISTRATION COMMITTEE

Dr. Sumi Elizabeth Reny, Ms. SmitalKulkarni, Ms. SrushtiWagh

HOSPTITALITY COMMITTEE

Mr. Poonam Patil, Mr. Yogesh Patil

MEDIA

Mohan Babu,, Mahesh Patil

IT SUPPORT

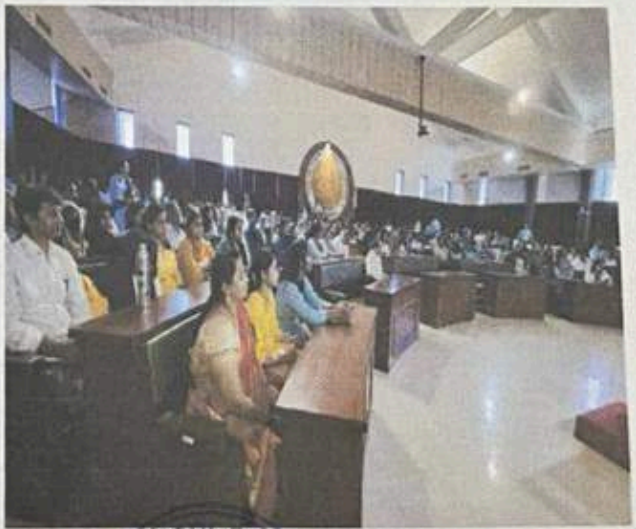
Mr.Patric, Mr. Anil Khandare, Mr. Mukund

Event Name: DEEKSHARAMBH-Induction Program 2023-24

Date & Time:1st August-7th August, 2023

Location: University Auditorium, Third floor, MGMIHS, Navi Mumbai

Sr. No.	Event Title & Venue Details	Program Coordinators (Team members name)	Total No. of Participants
1	DEEKSHARAMBH-Induction Program 2023-24 At University Auditorium, Third floor, MGMIHS, Navi Mumbai	Ms. Amita Kirar, Ms. Sanjana Philip, Mr. Subodh Rahate, Dr. Neelam Yeram, Ms. Rafiya Sangemeshwari, Ms. Pooja Singh	300 students



Director
MGM School of Biomedical Scien
MGM Institute of Health Scienc
Kamothe, Navi Mumbai- 410 209.

Short event report

MGM-SBS conducted induction program-Deeksharambh, from August 1st to August 7th,2023 to welcome and familiarise the new UG and PG students to the college.

The event commenced on August 1st, 2023, with an engaging Inauguration session led by Dr. Himanshu Gupta, where the institute's Mission, Vision, and the Induction Programme Schedule were outlined. Dr. Priyanka Pareek followed, shedding light on the Management of MGMIHS, introducing the Trustees, Vice-Chancellor, Registrar, and department heads. The teaching and non-teaching staff were also introduced. Dr. Shashank Dalvi, the Vice-Chancellor of MGMIHS, addressed the audience, setting a positive tone for the event. Subsequent sessions highlighted key aspects such as Education Loan Awareness by PNB, perspectives from Dr. G. S. Narshetty, the Dean of MGM Medical College, and insights shared by Dr. Mansee Thakur, the Director of MGMSBS. Dr. Sharvari Samant provided valuable insights into the Code of Conduct, while Dr. Santosh Gawali introduced the concept of Mentorship. Awareness about disability was raised by Dr. Uttara Deshmukh, and crucial Examination Rules were discussed by Dr. Neelam Yeram. The day concluded with a presentation by Mr. Subodh Rahate on various governing committees related to student welfare.

Day 2, on August 2nd, began with a focus on well-being through Yoga and Relaxation, led by the Student Council and Aarambh members. With an emphasis on mental and spiritual health, students were guided on maintaining tranquility amidst the college's bustling environment through a yoga and relaxation session throughout the seven days of Deeksharambh. Mrs. Anamika Chalwadi introduced students to Life & Career goal settings in Allied Health Sciences. Dr. Avinash Narayankar discussed e-learning platforms and Medical Photography. Later, the Student Council and Aarambh members brought attention to their roles and activities. An informative Self-Defence Session was conducted by Ms. Divya Bansode and Mr. Tanvesh Kadam, students of MGMSBS.

Physical and Mental Wellness remained a theme on Day 3, with the continuation of Yoga and Relaxation activities led by the Student Council and Aarambh members. Dr. Archana Mishra discussed Personality Development for a better future. Dr. Samir Pachpute presented Universal Standard Precautions in the medical field, ensuring students' safety. Nutritional insights were shared by Dr. Priyanka Pareek. Students explored various laboratories and the library with guidance from Mrs. Anamika Chalwadi, Mr. Subodh Rahate, Mr. Rohit Gupta, Mr. Pratik Morade, and Ms. Poonam Patil. The day concluded with sports and festival-related activities under Mr. Rohit Gupta's direction.

Day 4, on August 4th, began with Yoga and Relaxation led by the Aarambh members. Dr. Mansee Thakur emphasized Compassion in Profession, followed by an introduction to NSS and various outreach activities by Mrs. Anamika Chalwadi and Dr. Neelam Yeram. The day also included discussions on Medical Ethics & Research Methodology by Dr. Ponchitra R. and insights into Research and Future Opportunities shared by Dr. Chandramani Pathak. Fire Safety Training was conducted by Security Officers/ Guards, enhancing students' safety awareness.

Day 5, August 5th, commenced with a session on Stress Management and Heartfelt Communication by Mr. Sudesh Tripathi. Dr. Aditya Nayak discussed Professionalism and Etiquettes, while Dr. Swari Shiradkar delved into Gender Sensitization. Dr. Rohan Bartakke provided valuable information on Tobacco De-addiction, addressing a significant health concern.

Director
MGM School of Biomedical Scie
MGM Institute of Health Scien
Kamothe, Navi Mumbai- 410 209

Day 6, on August 7th, began with another session on Yoga and Relaxation led by the Aarambh members. Alumni, both online and offline, shared their experiences in a talk session. Entrepreneurship insights were provided by Sri Harsh, a former student and founder of Hypothalamus. Dr. Yogesh Patil discussed opportunities for student entrepreneurs through Accelerators/Incubation. Fit India was discussed by Dr. Hiranmayee Barge, and the significance of Body and Organ Donation was explained by Mr. Prakash Mane. The day concluded with a session on "Soul & Music" by Mr. Rohit Gupta and Mr. Subodh Rahate, along with the showcasing of hidden talents in the SBS Talent Hunt, such as drawing, singing, and dancing skills. It was a blast to witness all that talent in action. Aarambh team members volunteered throughout the seven days of induction program. Along with these, they also showcased their talents during the Talent Hunt session. From solving Rubik's cube to beat boxing, rapping and singing.

Overall, it was an amazing program filled with excitement and support for the new joiners. The sessions were informative and also interactive, fostering a positive and motivating environment for the new students to begin their educational journey at MGMSBS, MGMIHS.

Report Prepared by: Editorial Team, Aarambh MGMIHS

Ms. Amita Kirar (President, Aarambh MGMIHS)

Ms. Sanjana Philip (Secretary, Aarambh MGMIHS)

Mr. Subodh Rahate (Faculty Coordinator, Aarambh MGMIHS)

Dr. Neelam Yeram (Co-Faculty Coordinator, Aarambh MGMIHS)

M.G.M. SCHOOL OF BIO-MEDICAL SCIENCES * KAMOTHE NAVI MUMBAI

Director
MGM School of Biomedical Sciences
MGM Institute of Health Sciences
Kamothe, Navi Mumbai- 410 209, India

MGM INSTITUTE OF HEALTH SCIENCES
(Deemed to be University u/s 3 of UGC Act, 1956)
Grade 'A' Accredited by NAAC
UNIVERSITY DEPARTMENT OF PROSTHETICS AND ORTHOTICS
Sector-01, Kamothe, Navi Mumbai - 410 209 Tel 022-27437620, Fax 022 – 27431094

REPORT OF HEARTFULNESS ESSAY EVENT-2019 PRIZE DISTRIBUTION CEREMONY

Name of the event:"Heartfulness Essay Event-2019 Prize Distribution Ceremony.

Purpose of the event: To attend the Prize Distribution Ceremony for "Heartfulness Essay Competition" event.

Location of the event: BMA Panvel, Plot no- 2/a & 2/b, Sector-16, Near C K Thakur High School, New Panvel, Mumbai, Maharashtra.

Date of the event: Date: 23rdFebruary 2020
Time: 10.00AM TO 1.00 PM

No of attendees: 2 Faculties and 7 Students.

PROCEEDINGS OF THE EVENT:

Heartfulness essay competition event-2019 was organized by Shri Ram Chandra Mission, United Nation information Centre and the Heartfulness Education Trust in the month September, 2019. The aim of this event was to create awareness about Yoga and Meditation among the participants and in common public in day to day life.

Topic for essay was "ALL LOVE IS EXPANSION & SELF LOVE IS CONTRACTION" in 3 Language formats English, Hindi, Marathi as regional language.Essays from various institutes were received by this Center. Many students from various institutes of MGMIHS also participated. 38 Students from MGM Institute University Department of Prosthetics & Orthotics participated in each format of competition out of which, 6 students got the Prizes (Two prizes for each language) and hard copies of certificates, and all students got the E-certificates.

The Prize distribution Ceremony was followed by Lunch.

Dr. Uttara Deshmukh (P&O)
I/C, Head of the Department,
MGM Institute's University Department of Prosthetics & Orthotics,
Kamothe, Navi Mumbai.

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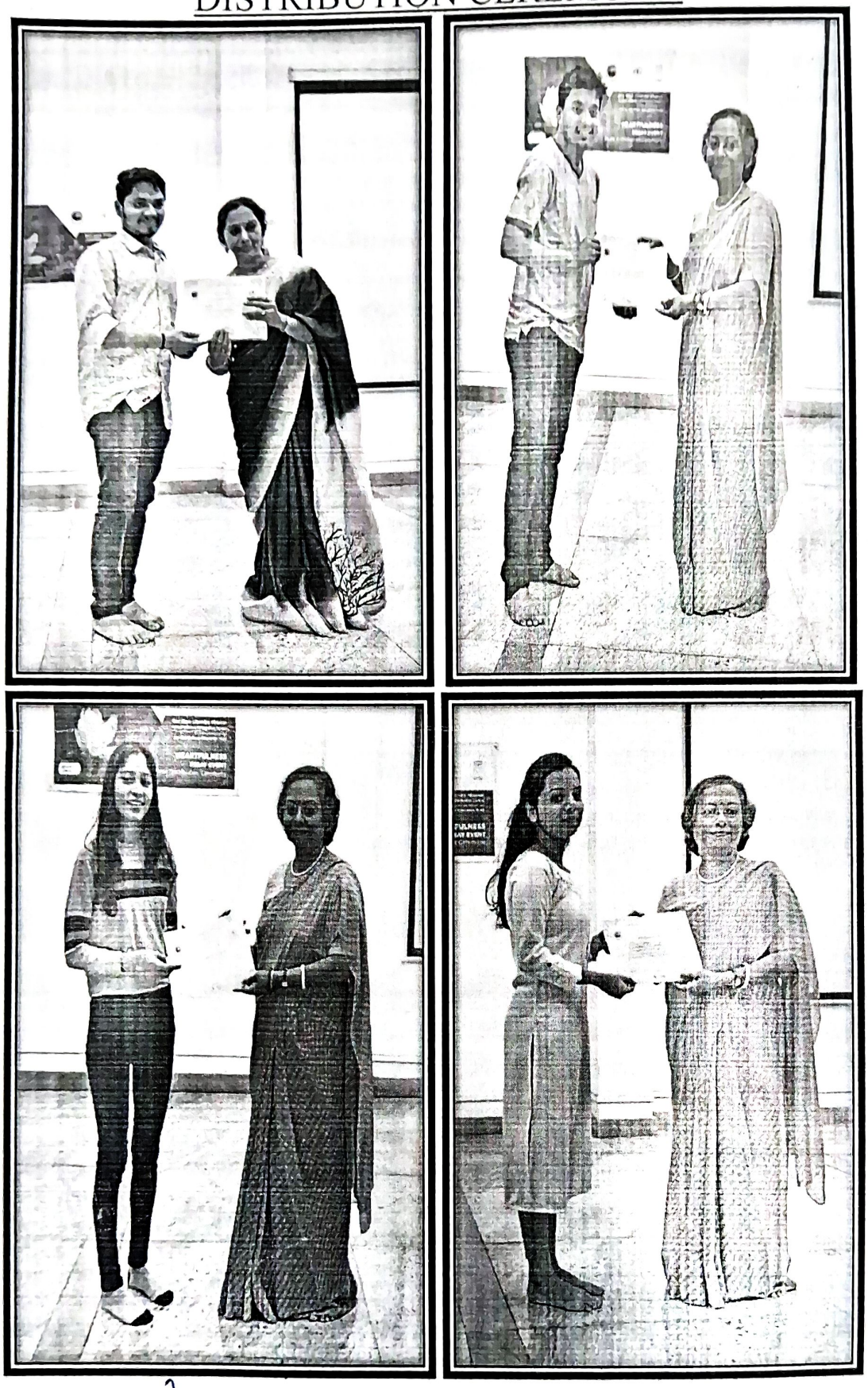
HEARTFULNESS ESSAY EVENT-2019 PRIZE DISTRIBUTION CEREMONY



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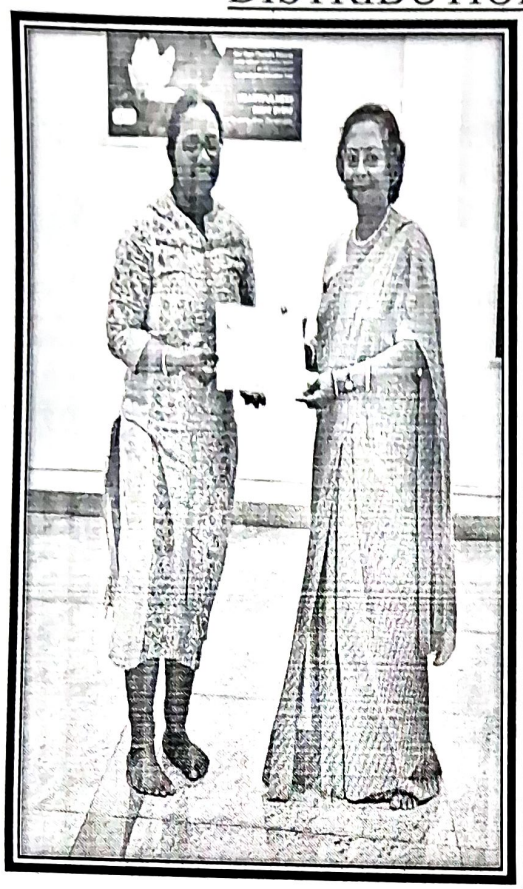
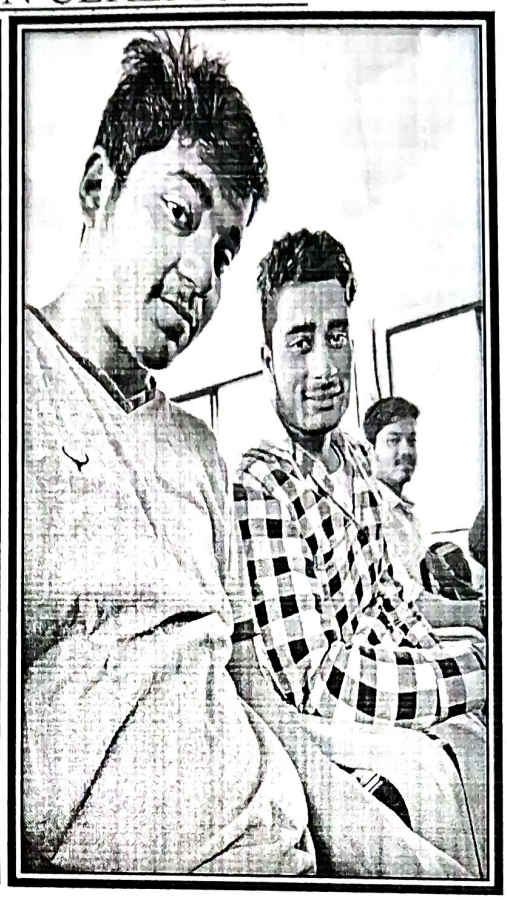
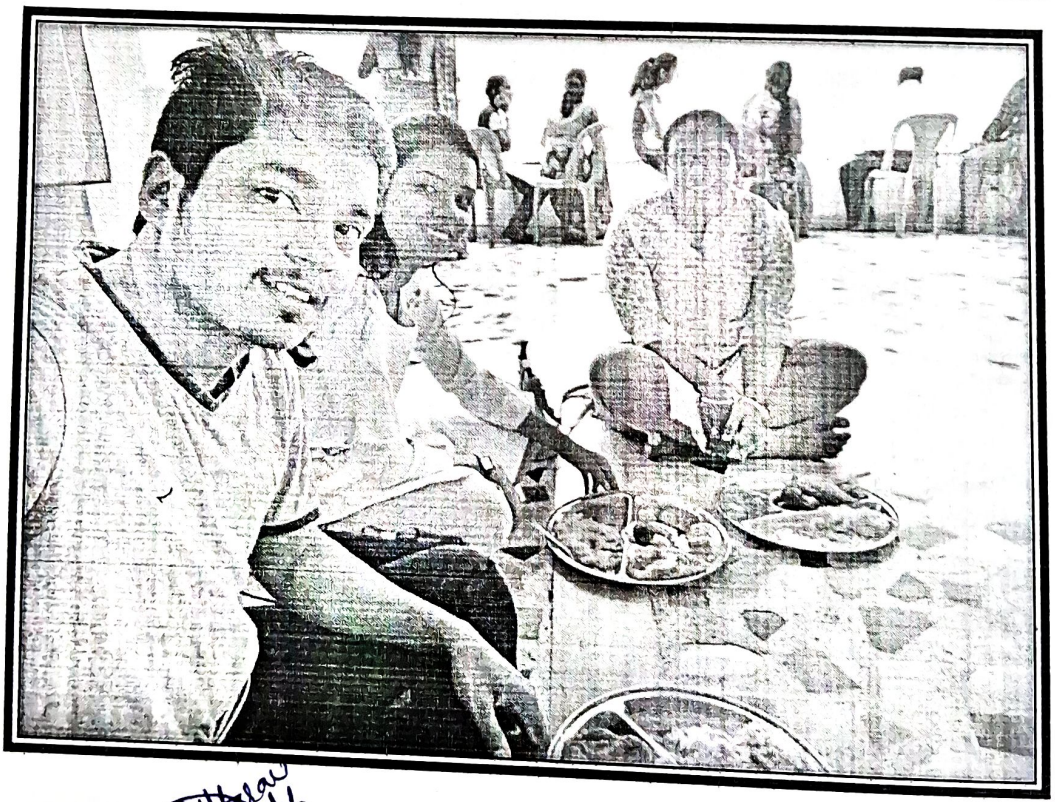
HEARTFULNESS ESSAY EVENT-2019 PRIZE DISTRIBUTION CEREMONY







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HEARTFULNESS ESSAY EVENT-2019 PRIZE DISTRIBUTION CEREMONY

HEARTFULNESS ESSAY EVENT -2019

ORGANISED BY

Shri Ram Chandra Mission
United Nations Information Centre
and the Heartfulness Education Trust

UN Information Centre for India and Bhutan

Certificate of Merit

This is to certify that LAV KUMAR

of MGM INSTITUTE UNIVERSITY DEPARTMENT OF PROSTHETICS & ORTHOTICS

MGM UNIVERSITY 3RD FLR, SEC-1 KAMOTHE,NAVI-MUMBAI-(MH-01/NAV/024998)

participated in the All India Essay Writing Event 2019 in category 1 (class 9 to 12) / category 2 (college UG/ PG) and received an Honorable Mention among all the entries received from his/her institution in the Category.

Kamlesh D. Patel
PRESIDENT
Shri Ram Chandra Mission

D. Segaar
Derk Segaar
DIRECTOR
UN Information Center for India and Bhutan

Supported by

Uttara Deshmukh

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Impact of Heartfulness meditation practice on anxiety, perceived stress, well-being, and telomere length

Mansee Thakur[1]*, Yogesh Patil[1], Sanjana T. Philip[1], Tahreem Hamdule[1], Jayaram Thimmapuram[2], Nishant Vyas[3] and Kapil Thakur[4]

[1]Department of Medical Biotechnology, Central Research Laboratory, Mahatma Gandhi Mission School of Biomedical Sciences, Mahatma Gandhi Mission Institute of Health Sciences, Navi Mumbai, India, [2]Department of Internal Medicine, Well Span York Hospital, York, PA, United States, [3]Logical Life Science, Pvt. Ltd., Pune, India, [4]SRCM Heartfulness Meditation Centre, Navi Mumbai, India

Objective: Exhaustion, stress, and burnout have all been found to be reduced using techniques like yoga and meditation. This study was carried out to check the effectiveness of Heartfulness practice (a form of meditation) on certain psychological and genetic variables.

Methods: A total of 100 healthy individuals (aged 18–24) were recruited and randomized into two groups-Heartfulness intervention and control group. The intervention was carried out for 03months. Participants from both groups were analysed for their cortisol levels and telomere length before and after the intervention. Psychometric measures of anxiety, perceived stress, well-being and mindfulness were carried out using Beck Anxiety Inventory (BAI), Perceived Stress Scale (PSS), WHO-Well-being Index (WHO-WBI) and Five Facet Mindfulness Questionnaire (FFMQ).

Results: The cortisol levels in the meditators group significantly decreased ($p<0.001$) after the intervention as compared to the non-meditators group, whereas, the telomere length increased in the mediators group. This increase was not significant ($p>0.05$). Anxiety and perceived stress also decreased post intervention, and well-being as well as mindfulness increased, as assessed by the questionnaire tools, although the decrease in perceived stress was statistically insignificant ($p>0.05$). A negative correlation was observed between telomere length and cortisol (stress biomarker), whereas a positive correlation was found between telomere length and well-being.

Conclusion: Our data provide evidence that Heartfulness meditation practice can improve our mental health. Additionally, telomere length is shown to be affected by cortisol levels, and this meditation practice can also help to increase telomere length, and thereby slow down cellular aging. However, future studies with larger sample size are required to confirm our observations.

KEYWORDS

anxiety, cortisol, Five Facet Mindfulness Questionnaire (FFMQ), Heartfulness meditation, RT-PCR, stress, telomere

Introduction

A growing number of people are suffering from complicated lifestyle disorders such as cardiovascular disease (CVD), infertility, diabetes, depression, and cancer. These conditions require special care and treatment to achieve optimal quality of life. These diseases have become a burden on modern society because they are significantly linked to accelerating cellular aging (Boccardi et al., 2016; Tolahunase et al., 2017). Major depressive disorder (MDD) is associated with a significantly increased risk of developing serious medical illnesses that are more commonly seen with advanced age, such as diabetes, cardiovascular disease, immune impairments, stroke, dementia and osteoporosis. A major depressive episode has been compared to "accelerated ageing," with an increased risk of aging-related disorders (Thimmapuram et al., 2017). The human body undergoes constant changes, causing changes in cells and tissues over the course of a lifetime. Some changes that occur in cells are normal processes that help keep the body healthy. Other changes can occur as a result of certain diseases or conditions, such as cancer or aging (Lipton, 2008). Certain cells in the body have specialized structures called telomeres, which are the protective caps found at the end of chromosomes that shorten with each cell division. Eventually, if the telomeres are too short, the cells cannot divide anymore and become damaged, which can lead to cell death. Cellular senescence is another consequence of shortened telomeres (Blackburn, 2000). Telomere length has an impact on total life expectancy, and telomere shortening is a sign of molecular aging (Blackburn, 2009; Beery et al., 2012; Karthik et al., 2014; Alda et al., 2016; Thimmapuram et al., 2017). Telomere shortening has been linked to cytotoxic stresses such as oxidative stress, which destroys telomeric DNA more than non-telomeric DNA, and chronic inflammation, even in non-dividing cells. Increased telomere shortening makes cells more vulnerable to apoptosis and death (Wolkowitz et al., 2011).

Cortisol is a stress hormone that is produced by the adrenal glands. Research has shown that under normal circumstances, the body maintains or regulates normal cortisol levels. However, if under higher stress conditions, the body secretes more of this hormone (Lengacher et al., 2014). Cortisol is also responsible for several stress-related changes in the body. The concentration of cortisol has also been reported to be a useful prognostic marker of stress (Álvarez-López et al., 2022).

Exhaustion, stress, weariness, and burnout have all been found to be reduced using techniques like yoga and meditation (Walsh and Shapiro, 2006; Thimmapuram et al., 2017). Yoga is also effective in treating depression (Cramer et al., 2013; Seppälä et al., 2014; De Manincor et al., 2016; Falsafi, 2016; Cramer et al., 2017; Prathikanti et al., 2017; Ramanathan et al., 2017; Streeter et al., 2017), even in the perinatal period (Cramer et al., 2013; Davis et al., 2015). The results with yoga vs. exercise and yoga vs. medication were found to be similar, as concluded by a systemic review (Cramer et al., 2017). However, results indicating yoga for the treatment of anxiety is unclear. Few studies have found that yoga is effective as compared to no treatment (Michalsen et al., 2012; Parthasarathy and Jaiganesh, 2014; Vorkapic and Rangé, 2014; Falsafi, 2016; Ramanathan et al., 2017), whereas other studies suggest no improvement in anxiety (Davis et al., 2015; De Manincor et al., 2016). Tai chi is another practice that has shown to reduce anxiety in older adults, when used as an adjunct therapy along with medications (Song et al., 2014). A small body of literature indicates mixed evidences for qi gong therapy. A qi-gong-based stress reduction program showed reduced anxiety (Hwang et al., 2013), however a meta-analysis revealed contradictory results (Wang et al., 2010). Tai chi and qi gong therapies have also shown evidence to reduce depression (Tsang et al., 2013; Yin and Dishman, 2014; Yeung et al., 2017). Apart from these strategies, meditation can also be used as an effective treatment strategy for psychiatric disorders such as depression and anxiety. For instance, Mindfulness-Based Interventions (MBIs) showed better results for reducing depression as compared to no treatment. It is also worth noting that this intervention was found to be equivalent to treatment by selective serotonin reuptake inhibitors (Goldberg et al., 2018). Anxiety and mood disorders can also be reduced using MBIs as determined by a meta-analysis (Hofmann et al., 2010). A study showed that depression in patients with a traumatic brain injury was reduced by MBI (Bédard et al., 2014). Similarly, MBI was effective in patients with PTSD and depression, although statistically significant results were not obtained for anxiety and quality of life (Hilton et al., 2017).

In recent years, there has been a growing interest in exploring the possible impacts of meditation practice on telomere dynamics, in addition to diet and physical activity (Dyrbye et al., 2008). In leukocytes, psychological stress has been linked to rapid telomere shortening, whereas meditation has been linked to increased telomere length (Blackburn, 2009; Beery et al., 2012; Karthik et al., 2014; Thimmapuram et al., 2017). Shorter telomeres are also linked with diseased conditions diseases (Zhao et al., 2013; Haycock et al., 2014; Ridout et al., 2016). A growing body of research suggests that meditation, which has been shown to support healthy biological processes, may also affect biomarkers associated with aging. The findings suggest that practicing mindful meditation may be one way to build resilience against disease through maintaining a healthy body and mind (Sudsuang et al., 1991; Pace et al., 2009; Lengacher et al., 2014; Turan et al., 2015; Alda et al., 2016; Álvarez-López et al., 2022). In fact, intensive meditation training has been linked to increased telomerase activity (Jacobs et al., 2011) and longer telomere length in blood cells, which are considered potential biomarkers of human ageing. Recent research suggests that these factors may be influenced by psychological stress, stress assessments, and well-being (Epel et al., 2004; Walvekar et al., 2015; Alda et al., 2016). Investigations have demonstrated a beneficial correlation between meditation and longer telomeres (Alda et al., 2016) in addition to an increase in telomerase (Zi and Shuai, 2013), suggesting that meditation may be crucial for disease prevention.

Heartfulness meditation is one such practice of meditation. This tradition uses three primary methods: 1) meditation, 2) cleaning, and 3) prayer. These techniques are intended to purify and broaden consciousness and awareness about oneself (Sylapan et al., 2020). Heartfulness meditation was chosen because of its characteristic yogic transmission which helps to achieve a state of Samadhi even in beginners due to the effectiveness of Pranahuti. Furthermore, the Heartfulness technique draws upon the research and practical experience of yogis, as opposed to abstract theory. They emphasize "direct perception" as the preferred method, which is considered to be a more accurate method of learning from Yoga (van't Westeinde and Patel, 2022).

Heartfulness meditation has been shown to positively influence physical and mental health outcomes, however there are relatively few studies exploring its biological mechanisms.

This study was carried out to support the idea that Heartfulness meditation is linked to longer telomeres. The second objective was to link it with decreased cortisol levels and psychological variables such as stress, anxiety, mindfulness and well-being. Only a few researchers have shown this connection (Epel et al., 2004; Zi and Shuai, 2013; Walvekar et al., 2015; Alda et al., 2016). Questionnaire tools such as PSS, BAI, WHO-WBI, and FFMQ were used to show the effect of meditation on different psychological constructs.

Methodology

Participants and setting

The study was a prospective cohort analysis carried out for 12 weeks from October 2022–December 2022. It is a single-arm randomized-controlled trial with one intervention condition (guided Heartfulness meditation) and one active-control condition (sham meditation). The design employed was a 2 (condition) × 2 (time) parallel-group design which is explanatory in nature. A convenience sampling method was chosen to recruit healthy-matched ($N = 100$) participants. The principal investigator (PI) sent emails to volunteers to assess their interest in participation. Participants were assigned randomly into two groups-the meditators (intervention) and the non-meditators (no intervention). Participants enrolled had a similar lifestyle and were matched by gender and age (±2 years). Participants in both groups were aged between 18 to 24 years. The participants did not have any experience in any of the meditation practices. According to G Power Software, a sample size of 100 participants (50 meditators and 50 non-meditators) was required for an effect size of 0.8 and 80% power for Type I error; $\alpha = 0.05$ (Faul et al., 2007). 50 participants were randomly allocated into the meditaors group and 50 into the non-meditators group. There was an exclusion from the study for participants with psychiatric disorders, those undergoing pharmacological or psychological treatment or those with medical conditions that may affect the activity of telomerase (such as cancer, lupus, rheumatoid arthritis) (Thimmapuram et al., 2017). To ensure the integrity of the study, all the selected participants were given an information sheet explaining the details about the purpose of the study, voluntary participation, duration of the study, participants' responsibilities and potential benefits of the study. Written consent was also obtained from each participant. Ethics approval for this study was granted by the Ethics Review Committee, of MGMIHS (MGM/DCH/IEC/109/22).

Intervention

A Heartfulness-certified trainer briefed the participants of the meditators group on how to practice Heartfulness meditation. These participants practiced the meditation technique once daily on all working days (online-through HeartssApp, and offline) and on their own on holidays by using Heart App software. They meditated weekly once in the Heartfulness meditation centre-located at New Panvel, Navi Mumbai, India.

Guided audio clips were also shared with the participants to follow Heartfulness core practices (meditation, rejuvenation, and bed-time relaxation and meditation) every day for 12 weeks in the following schedule:

Sr. no.	Practice	Description of practice	Duration (mins)
1.	Heartfulness meditation-morning	Participants were asked to sit comfortably and with their eyes closed, were made to focus their attention on the source of light that is present within the heart. Rather than strictly trying to visualize this, participants were asked to simply tune in to their hearts and be open to any experience that they may feel (van't Westeinde and Patel, 2022)	30
2.	Heartfulness rejuvenation/cleaning-evening	Participants were asked to imagine that stress and heaviness ('impurities and complexities') were escaping through the back of their body in the form of smoke or vapour. And, feelings of purity, lightness, and freshness replaced these impurities (van't Westeinde and Patel, 2022)	15
3.	Heartfulness bed-time relaxation and meditation before sleeping – night time	Participants were asked to recite the Heartfulness prayer, followed by 10 min of meditation in order to strengthen one's connection to the source (van't Westeinde and Patel, 2022).	15

The non-meditators group did not receive any intervention of Heartfulness meditation program during the study period. The group was requested to complete the same baseline assessments as the intervention group and were instructed to carry on with their usual daily life routine.

Participants of both groups had to go through tests of selected psychological, biological and molecular parameters before and after 3 months (ie. Pre-test and Post-test).

Procedure

Participants from both groups gave their blood samples in the morning (fasting) for measurement of telomere length and cortisol levels. They were also asked to complete sociodemographic, psychological, and health-related questionnaires. All these analyses/measurements were carried out at MGM Central Research Laboratory, MGMIHS, Navi Mumbai.

Measurements

Telomere length measurement by using qRT-PCR

The telomere length for pre and post intervention was analysed as per the protocol described by Cawthon (2002). A total of 80 samples were analysed by qRT-PCR assay. All extracted DNA samples were normalized to final concentration of 10 ng/μL. The telomere length and housekeeping gene (acidic ribosomal

phosphoprotein 36B4) specific PCR was performed by using Takara's TBGreen® Premix Ex Taq™ II PCR master mix by mixing 10 µL of TB Green Premix Ex Taq II (TliRNaseH Plus) (2X), 0.8 µL forward and reverse primers with a final concentration of 10 µM, 0.4 µL ROX Reference Dye (50X), 6 µL of molecular grade water and 2 µL template DNA samples (10 ng/µL). The prepared samples were subjected to following thermal cycling conditions, 95^{0}Cfor 5 min as an initial denaturation followed by 45 cycles of 95^0\u00B0C for 5 s and 60^0\u00B0C for 30 s. Post amplification the average CT values were calculated for all analysed samples and the T/S ratio was calculated by using the method described by Cawthon (2002). TL is expressed as t/s, the ratio of telomeric (T) to single copy (S) gene product for a particular sample. T and S values were measured in triplicate using a real-time PCR machine with a 96-tube capacity performed using Himedia Insta Q48 real-time PCR system, and the t/s ratio for a given sample was calculated.

Cortisol measurement by competitive ELISA

A total of 80 samples were analysed for quantitative estimation of serum cortisol as an indicator of stress marker by using Bioelsa Competitive ELISA method. The blood samples were collected in the morning. The serum samples were diluted 10 folds in order to get the concentrations of the unknown samples within the detection limits of the said assay, rest of the assay protocol was followed according to the standard operating procedure as prescribed by the manufacturer. The analysis of the results was done by plotting the concentration verses O. D plot of standard reference samples and the concentration of the unknown samples was calculated as per the standard graph.

Wellbeing questionnaires

Four self-reporting inventories were used in this study, namely, the Beck Anxiety Inventory (BAI), Perceived Stress Scale (PSS), WHO Well-being Index (WHO-WBI) and the Five Facet Mindfulness Questionnaire (FFMQ).

Beck anxiety inventory (BAI)

To measure anxiety among paramedical students. The BAI questionnaire; a 21-item questionnaire, has been commonly used in clinical research as a measure of generalized anxiety (physical and cognitive anxiety). It is a trademark of Pearson Education, Inc., or its affiliate(s). A four-point Likert scale ie. 0 (not at all) to 3 (severely), is used to score the responses. It consists of items that indicate how much a person has been bothered by that symptom during the past month. For example, a sample item in the scale is: "Fear of worst happening." A score of 36 and above indicates high anxiety, 22–35 moderate anxiety, and 0–21 low anxiety (Piotrowski, 1999).

Perceived stress scale (PSS)

To measure perceived stress among the students, the PSS questionnaire; a 10-item questionnaire tool was used. It evaluates the degree at which each individual perceives situations in their lives as stressful. It is widely used for young people and adults above 12 years. Here, a 5-point Likert scale ie. 0 (never) to 4 (very often) is used. A sample item is: "In the last month, how often have you felt difficulties were piling up so high that you could not overcome them?" High levels of perceived stress is determined by scores in the range from 27 to 40, moderate perceived stress by 14–26 and low perceived stress by 0–13 scores (Lee, 2012).

WHO-well being index (WHO-WBI)

It is a short questionnaire to measure well-being over the last 2 weeks. It was used to indicate the well-being of the students. It consists of 5 items, each rated between 0 and 5 representing "At no time" and "All the time" respectively. A sample item is: "I have felt cheerful and in good spirits." Scores between 0 and 25 indicates the worst and best possible lifestyle (Topp et al., 2015).

Five facet mindfulness questionnaire (FFMQ)

It is a self-reported questionnaire to measure the tendency to be mindful in daily life. This questionnaire assessed students' mindfulness which included various parameters such as observing, describing, acting with awareness, non-judging of inner experience, and non-reactivity to inner experience. A sample item is: "I pay attention to sensations, such as the wind in my hair or sun on my face." A 5-point Likert scale ie. From 1 (never or very rarely true) to 5 (very often or always true), was used (Baer et al., 2008). All these three questionnaires were sent electronically in the form of Google Forms to all participants pre-and post-intervention, and their responses were collected.

Statistical analysis

Depending on the variable, mean, standard deviation (SD), or percentage values were used. Mann Whitney U test was performed to calculate the significance of psychological variables between the groups. Student's t test and chi-square test were performed for the sociodemographic characteristics of the samples. Pearson correlation (r) was used to study and determine the relationship between the psychological variables, telomere length, and cortisol levels. All these tests were performed at the significance level $\alpha < 0.05$ by the SPSS-25 statistical software package.

Results

Out of 100 participants enrolled in this study, a total of 18 participants were retained till the end of this study. They were randomly allocated into meditators (intervention) and non-meditators group (no intervention); 40 participants were in each group. The sociodemographic characteristics (age, age groups, and gender) of the sample are tabulated in Table 1. Both the meditators and non-meditators groups were similar in age and gender.

Telomere length measurement by using qRT-PCR

The telomere length was measured using qRT-PCR. The average telomere length in the meditators group (mean = 0.83; SD = 0.144) was found to be more ($t = 1.656$; df = 78; $p = 0.0190$) than the non-meditators group (mean = 0.77; SD = 0.114), as calculated by paired t-test (Figure 1).

Cortisol measurement by competitive ELISA

The paired t-test showed that the average cortisol level in the meditators group (mean = 32.07 ng/mL; SD = 23.583) was significantly

TABLE 1 Sociodemographic characteristics of the sample.

Characteristics	Meditators	Non-meditators	Significance
1. *Age*			$p = 0.327$[a]
Mean (SD)	20.95 (1.753)	21.35 (1.875)	
Range	18–24	18–24	
2. *Age groups-n, (%)*			
<18	0	0	
18 to <20	5 (12.5)	4 (10)	
20 to <22	24 (60)	19 (47.5)	
≥22	11 (27.5)	17 (42.5)	
3. *Gender-n, (%)*			$p = 0.576$[b]
Male	9 (22.5)	7 (17.5)	
Female	31 (77.5)	33 (82.5)	

[a]*p* values were calculated using the independent *t*-test.
[b]*p* values were calculated using the Chi-square test.

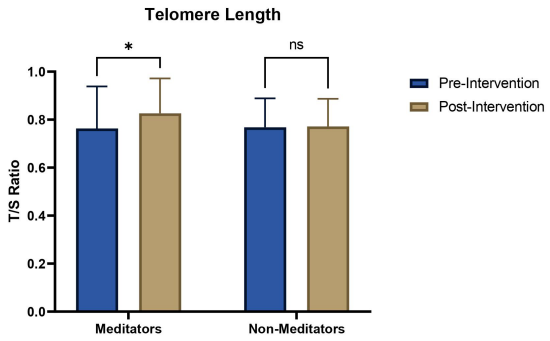

FIGURE 1
Telomere length in meditators and non-meditators at pre and post-intervention of Heartfulness meditation practice. A significant increase in telomere length was observed in meditators after the intervention period. *p<0.05.

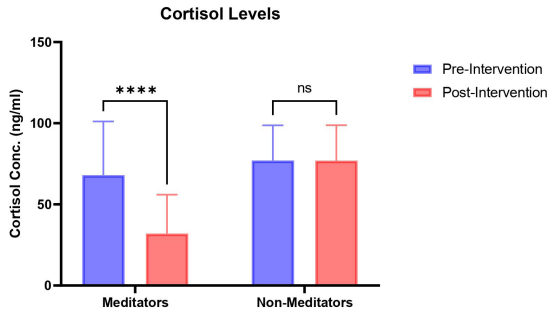

FIGURE 2
Concentration (ng/mL) of cortisol in meditators and non-meditators at pre and post-intervention of Heartfulness meditation practice. A significant decrease in cortisol was observed in meditators post-intervention. ****p<0.0001.

less ($t = 3.999$; df = 78; $p = 0.0003$) than the non-meditators group (mean = 76.975 ng/mL; SD = 21.567) (Figure 2).

Psychological variables

The psychological variables such as perceived stress, anxiety, FFMQ, and well-being were studied in meditators and non-meditators before and after the intervention. The level of anxiety and perceived stress was higher in non-meditators, as compared to meditators, after the intervention; however, the difference was significant only in the case of anxiety ($p = 0.008$). The mindfulness variables such as observing, describing, and acting with awareness significantly increased in meditators. However, there was no significant difference observed with non-judging and non-reactivity. The well-being scores also increased significantly ($p = 0.010$) after meditation (Table 2).

Telomeres and psychological variables

The correlation between telomere length and psychological variables was in the expected direction. Post-intervention, a negative correlation between perceived stress, anxiety and mindfulness was observed (Table 3); although this correlation was significant only in the case of perceived stress.

Similarly, the correlation between cortisol and psychological variables was in the expected direction. With an increase in cortisol levels, an increase in perceived stress, and anxiety was also observed (Table 4); however, this correlation was only significant in the case of anxiety. Whereas, a significant decrease in mindfulness and well-being was observed with an increase in cortisol.

The scatter plot of psychological variables with cortisol and telomere length is shown in Figure 3.

Discussion

Our study adds to the growing literature that meditation practice improves mental health. The main hypothesis of our study was that Heartfulness meditation can improve mental health by increasing telomere length. This study demonstrates that Heartfulness meditation affects cortisol levels and psychological variables such as perceived stress, anxiety, mindfulness, and well-being. It further demonstrates that Heartfulness meditation is linked to longer telomeres. All these parameters were studied in two groups; one with the intervention of Heartfulness meditation and the other with no intervention. The

TABLE 2 Psychological variables in meditators (n=40) and non-meditators (n=40).

Variable	Meditators, mean (SD)	Non-Meditators, mean (SD)	z score	p value[a]
Perceived Stress[b]	18.6 (7.489)	21.03 (7.433)	−1.003	0.316
Anxiety[c]	12.4 (9.083)	21.28 (14.793)	−2.673	0.008
FFMQ[d]	122.85 (17.876)	98.35 (31.939)	−3.457	0.001
FFMQ Observing	28.55 (6.872)	19.7 (8.582)	−4.216	0.000
FFMQ Describing	24.78 (4.44)	20.87 (6.541)	−2.455	0.014
FFMQ Acting with awareness	22.78 (4.388)	18.2 (6.513)	−3.629	0.000
FFMQ non-judging	18.47 (4.206)	20.03 (6.956)	−1.240	0.215
FFMQ non-reactivity	18.45 (5.198)	18.35 (6.912)	−0.024	0.981
Well-being[e]	12.3 (6.174)	15.73 (6.333)	−2.578	0.010

[a]p values were calculated using the Mann Whitney U test due to non-normalpaired data.
[b]As determined by the Perceived Stress Scale (PSS).
[c]As determined by the Beck Anxiety Inventory (BAI).
[d]As determined by the Five Facet Mindfulness Questionnaire (FFMQ Total).
[e]As determined by the WHO-Well Being Index (WHO-WBI).

TABLE 3 Correlation between psychological variables and telomere length.

Variable	Telomere Length (r)	p value
Perceived stress	−0.315**	0.004
Anxiety	−0.211	0.061
FFMQ	−0.056	0.624
Well-being	0.009	0.937

r = Pearson's Coefficient. **p<0.01.

TABLE 4 Correlationp between psychological variables and cortisol.

Variable	Cortisol levels (r)	p value[a]
Perceived stress	0.003	0.978
Anxiety	0.237*	0.034
FFMQ	−0.308**	0.005
Well-being	−0.221*	0.048

r = Pearson's Coefficient. *p<0.05; **p<0.01.

non-meditators group did not show any significant differences in any of these parameters. The sociodemographic characteristics of both groups were similar.

It is expected that people with anxiety and stress may have low mindfulness awareness. The same was observed in our study. The PSS and BAI questionnaire revealed that Heartfulness meditation was able to decrease perceived stress and anxiety scores in our participants, although it was not significant in the case of perceived stress. These results are similar to previous studies. For instance, a Mindfulness-based Stress Reduction (MBSR) program in cardiac patients showed statistically significant changes in depression ($p = 0.01$) and anxiety ($p = 0.04$), and a non-significant change in perceived stress (Nijjar et al., 2019). MBSR intervention in students in low-middle-income countries (LMICs) indicated an effective reduction in stress scores. Interestingly, even after 2 months of completion of the intervention, lower negative emotional states, were observed especially in the Anxiety and Depression scores (An et al., 2022). A Mindfulness-based Yoga intervention in nurses and health care professionals (HCPs) showed significant improvement in perceived stress and mindfulness, whereas, cortisol and blood pressure were not significantly improved (Hilcove et al., 2021). Our results reveal that meditators are better at labeling their experiences, such as observing, describing, and acting with awareness which significantly increased after the intervention, suggesting that Heartfulness practice is positively related to mindful awareness. However, there was no significant difference observed with the parameters of non-judging and non-reactivity. The well-being scores also increased significantly ($p = 0.010$) after meditation. These higher mindfulness levels in meditators are consistent with previous work that provides a link between Heartfulness meditation and perceived stress. Thimmapuram et al. (2017) also found that negative emotions, and burnout were reduced with the help of meditation and that further research with more participants and a more representative sample would provide significant results to this effect. The current study indicates that Heartfulness practice can help improve mental well-being and aid in the reduction of anxiety.

The majority of the studies are based on mindfulness practices. To the best of our knowledge, this is the first study to establish a direct effect of Heartfulness meditation practice on the stress hormone cortisol. A significant decrease ($p = 0.0003$) in serum cortisol levels in meditators was observed after the intervention. Previous studies involving other meditation-based interventions have shown similar results. In a study, MBSR intervention in patients with Generalized anxiety disorder (GAD) showed a larger reduction in cortisol as compared to the control group after the Trier Social Stress Test (TSST), showing resilience to stress (Hoge et al., 2018). In another study, a mindfulness retreat showed a statistically significant decrease ($p < 0.0001$) in anxiety and perceived stress (Gardi et al., 2022). This study also showed a positive significant correlation between cortisol levels and both perceived stress ($r = 0.92$, $p < 0.0001$) and anxiety ($r = 0.56$, $p < 0.0001$); as demonstrated in our study too (Gardi et al., 2022). MBSR program has also shown improved effects in

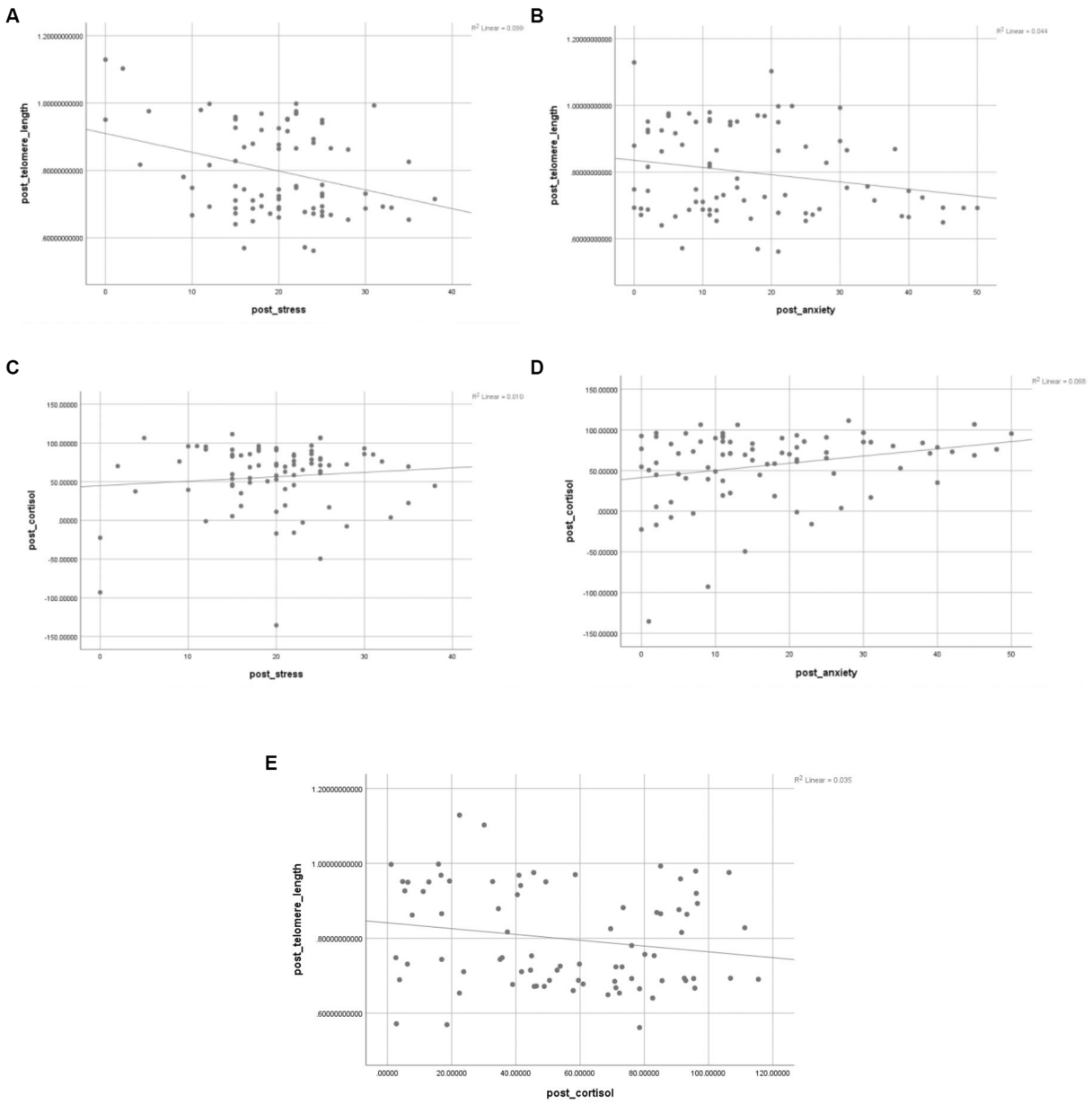

FIGURE 3
Correlation between psychological variables, telomere length, and cortisol levels. **(A)** correlation between telomere length and stress; **(B)** correlation between telomere length and anxiety; **(C)** correlation between cortisol and stress; **(D)** correlation between cortisol and anxiety; **(E)** correlation between telomere length and cortisol levels.

lowering cortisol in patients with primary open-angle glaucoma (POAG) (Dada et al., 2018). Other forms of meditation have also shown similar results. For instance, a brief Psychoneuroendocrinoimmunology-Based Meditation (PNEIMED) displayed reduced levels of cortisol levels at awakening and under acute mental stimulation in a group of healthy university students (Bottaccioli et al., 2020). Another group of researchers showed that Rajyoga meditation reduced anxiety and cortisol levels in patients undergoing coronary artery bypass surgery (Kiran et al., 2017).

In the current study, the changes in telomere length were also studied. It was observed that the average telomere length significantly increased ($p = 0.0190$) in the meditators group after the intervention. There are other studies that show longer telomeres (Schutte and Malouff, 2014; Thimmapuram et al., 2017; Tolahunase et al., 2018). Madhuri Tolahunase et al. showed that Yoga and meditation-based lifestyle intervention (YMLI) increased telomerase activity and telomere length, but it was not significant in the latter; whereas a significant decrease in cortisol levels was observed in apparently healthy individuals after YMLI (Tolahunase et al., 2017). A 12-week YMLI showed significantly increased telomerase activity and decreased cortisol levels in patients with Major Depressive Disorder (MDD) (Tolahunase et al., 2018). In a pilot trial involving African American patients suffering from stage 1 hypertension, two interventions-Transcendental Meditation technique plus health education and

extensive health education, respectively, showed an increase in gene expression of telomerase enzyme (Duraimani et al., 2015). In another pilot trial, dementia caregivers were exposed to relaxation music, which increased their telomerase activity (Lavretsky et al., 2013). Hence, our study indicates that the maintenance of longer telomeres with the help of Heartfulness meditation is possible.

Our study also focused on the correlation between psychological stress and cellular aging. We examined that non-meditator volunteers who were under stress had shorter telomeres than meditators who showed an increase in telomere length and reduction in psychological and perceived stress. Telomere shortening is a natural process; indicating cellular ageing. But this process is seen to be faster in individuals associated with psychosocial adversity (Thimmapuram et al., 2017). Defects in the DNA repair system can also lead to pathological aging (Pan et al., 2016). Our results show that telomere length is negatively linked to perceived stress and anxiety. The same has been demonstrated in other studies-for anxiety (Hoen et al., 2013) and perceived stress (Epel et al., 2004; Epel, 2009; Epel et al., 2010; Tomiyama et al., 2012; Shalev et al., 2013).

A possible connection between Heartfulness meditation and telomere length may be that individuals who practice Heartfulness experience less stress, anxiety, and depression, which leads to decrease in cortisol levels and this decrease may be associated with enhanced telomerase activity (Schutte and Malouff, 2014). Evidences show that stress-related health problems can be due to cellular ageing, resulting in shortening of telomere length (Epel et al., 2004; Shalev, 2012; Conklin et al., 2018). Therefore, it is important to maintain telomere length for a better cellular health. Healthy life style interventions can possibly increase telomere length in these individuals (Puterman et al., 2018). Findings from Marta et al. show that experienced Zen meditators had longer telomeres as compared to non-meditators (Alda et al., 2016). Similarly, Loving-Kindness meditation practice; another type of meditation showed longer relative telomere length than the control (Hoge et al., 2013).

Researchers have increasingly attributed shorter telomere length to psychosocial stress (Epel et al., 2004; O'Donovan et al., 2011; Drury et al., 2012; Puterman et al., 2016). This study also showed a negative correlation between telomere length, perceived stress and cortisol (as shown in Figures 3A,E). This indicates that the decrease in cortisol (stress) might be due to the increase in telomere length. A recent systematic review and meta-analysis found the same correlation; however, it was between cortisol reactivity in saliva to psychosocial stressors and telomere length and not basal serum cortisol levels in serum and telomere length, as seen in our study (Jiang et al., 2019). The possible mechanism behind improving mental health through Heartfulness intervention could be that the yogic transmission might have led to a state of Samadhi among the participants, leading to an overall positive impact. This involves reduction in perceived and psychological stress leading to changes in the brain via hypothalamic–pituitary–adrenal (HPA) axis (Tolahunase et al., 2017). A key component of the HPA axis is the interaction between the hypothalamus, the pituitary gland, and the adrenal glands, which secrete cortisol; an end result of feedback interactions amongst these glands (Jiang et al., 2019). The reduction in cortisol levels post intervention may have led to an increase in telomere length, which can further slowdown the process of cellular ageing. Researchers have linked this activity in the HPA axis to telomere length (Tomiyama et al., 2012; Savolainen et al., 2015; Nelson et al., 2018). Our findings further show a positive link between well-being and telomere length, hence indicating improved cellular health. These changes in cortisol and telomere length after Heartfulness intervention suggests that Heartfulness can affect our body at cellular and genetic levels and also may slowdown the progression of diseases related to cellular aging.

Limitations and future research

This study has established a relationship between Heartfulness meditation with modern scientific discipline and provided scientific validation for improving overall well-being by using a non-invasive lifestyle intervention like Heartfulness meditation. However, our study has certain limitations. First, certain parameters did not show a significant effect after the practice of Heartfulness meditation. One reason could be due to the smaller sample size studied in this research. Second, due to the short period of intervention (only 12-weeks of intervention). Third, this study was conducted with only healthy volunteers.

Future studies will include a larger sample size and a longer duration of Heartfulness meditation to strengthen our findings. Additionally, being a part of medical college and a 1,000 bedded hospital, we would like to extend this study to patients with non-communicable lifestyle disorders such as cardiovascular disorder, diabetes, etc. We would also like to study the immunomodulatory patterns resulting due to heartfulness meditation so that we can develop a process and protocol to help quantitative measurement of biological markers. In future, this intervention protocol can be used as a cost-effective and sustainable secondary prevention strategy to maintain well-being.

Conclusion

The practice of Heartfulness meditation had a positive effect on anxiety, perceived stress, mindfulness, and well-being. The biological indicators such as cortisol concentration and telomere length were also altered after the intervention; showing a reduction in the cortisol levels and an increase in the telomere length. This further indicates that long-term practice of Heartfulness meditation can further improve mental health along with a slow cellular aging process, and hence promote good well-being.

Data availability statement

The datasets presented in this article are not readily available because informed consent signed by participants stated that data were only accessible to the authors of this study. Requests to access the datasets should be directed to MT, mansibiotech79@gmail.com.

Ethics statement

The studies involving human participants were reviewed and approved by Ethics Review Committee, of MGMIHS (MGM/DCH/IEC/109/22). The patients/participants provided their written informed consent to participate in this study.

Author contributions

MT and JT designed the study. YP, SP, and TH conducted the study. SP and TH collected the research data. MT, YP, and KT supervised this work. Results interpretation was done by MT, YP, JT, and NV. SP performed the statistical analyses. SP and MT wrote the original manuscript. JT, NV, and KT reviewed the original manuscript. All authors contributed to the article and approved the submitted version.

Acknowledgments

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Conflict of interest

NV is employed by Logical Life Science, Pvt. Ltd., Pune, India.

The remaining authors declare that the research was conducted in the absence of any commercial or financial relationships that could be construed as a potential conflict of interest.

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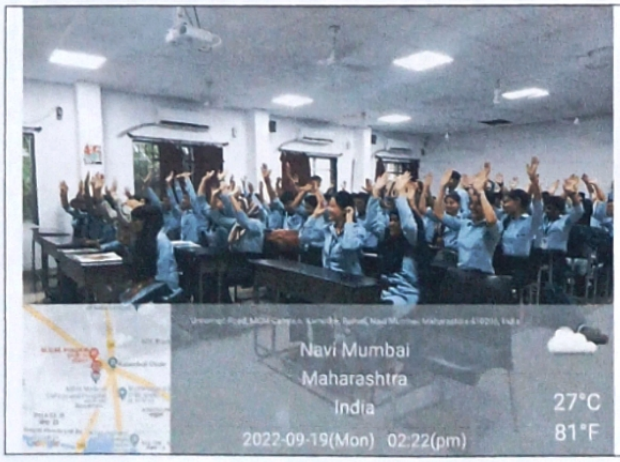
3Event Name: Heartfulness Start'U'p program 2022

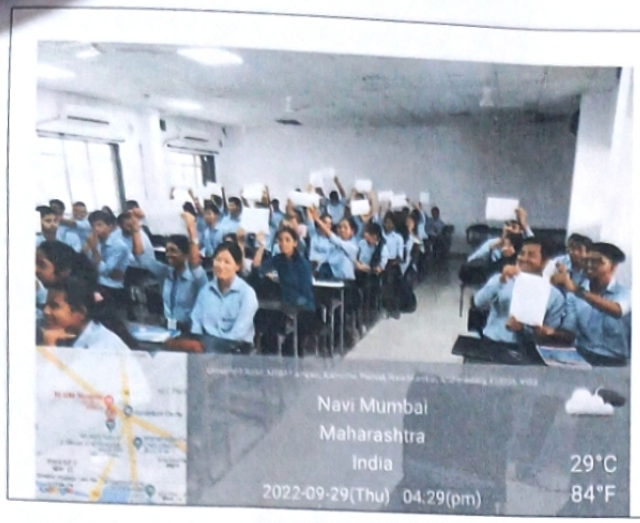
Date & Time: 12th Sep 2022 to 29th Sep 2022

Location: Classroom no. 1, 2nd Floor, MGM SBS, MGMIHS, Navi Mumbai

Sr. No.	Event Title & Venue Details	Program Coordinators (Team members name)	Total No. of Participants
1	Heartfulness Start'U'p program 2022 was conducted at Classroom no. 1, 2nd Floor, MGM SBS, MGMIHS, Navi Mumbai	Dr. Mansee Thakur Dr. Himanshu Gupta Dr. Neelam Yeram Ms. Rafiya Sangameshwari Mr. Subodh Rahate Ms. Sanjana Philip	111

Kindly attach 4 photographs

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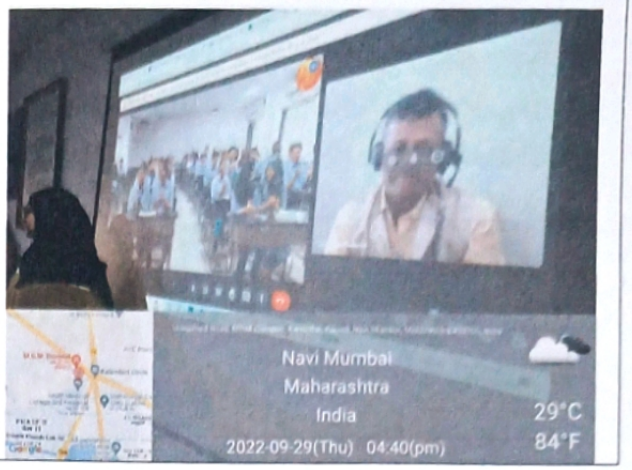
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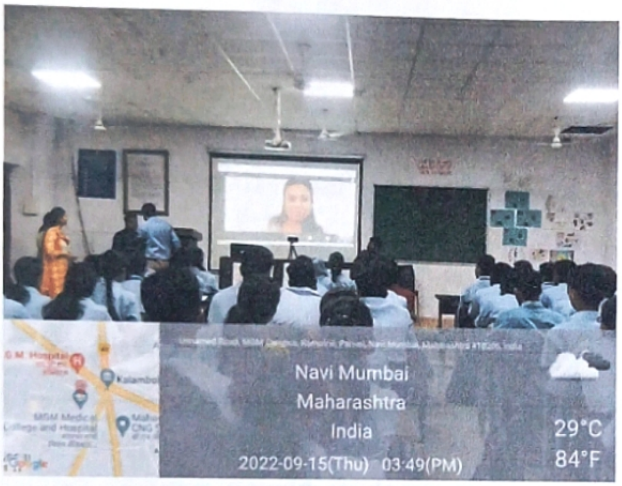
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India
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MGM Medical College and Hospital, MGM INSTITUTE OF HEALTH SCIENCES, Sion - Panvel Expy, Sector 18, कामोठे, पनवेल, नवी मुंबई, महाराष्ट्र 410209, India
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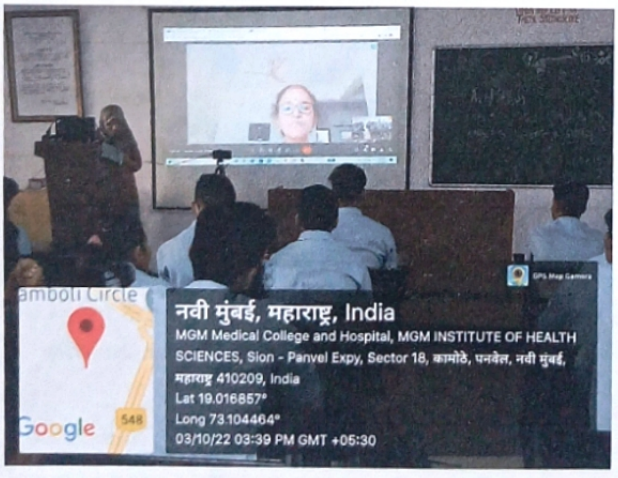
नवी मुंबई, महाराष्ट्र, India
MGM Medical College and Hospital, MGM INSTITUTE OF HEALTH SCIENCES, Sion - Panvel Expy, Sector 18, कामोठे, पनवेल, नवी मुंबई, महाराष्ट्र 410209, India
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नवी मुंबई, महाराष्ट्र, India
MGM Medical College and Hospital, MGM INSTITUTE OF HEALTH SCIENCES, Sion - Panvel Expy, Sector 18, कामोठे, पनवेल, नवी मुंबई, महाराष्ट्र 410209, India
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Short event report

Heartfulness Start'U'p program was conducted at Classroom no. 1, 2nd Floor, MGM SBS, MGMIHS, Navi Mumbai for 1st Semester B.Sc. Allied Health Science students. This program was an initiative by **Dr. Mansee Thakur, Director, MGM SBS** in collaboration with Heartful Campus. The program consisted of 6 modules, the sessions of which were conducted by eminent speakers from 12th September 2022 to 29th September 2022.

12th September 2022

Module 1 – Connect – Mr. Vikram Makhwana, Director, Digital Solutions Group, Digital Mobile Innovations Inc. and Heartfulness Trainer

15th September 2022

Module 2 – Core – Ms. Pooja Susveerkar, Certified Heartfulness Trainer

19th September 2022

Module 3 – Context – Ms. Namrata Walvekar, Masters in Marketing & Vocational degree in Tourism and Travels. Also a certified Heartfulness Trainer

22nd September 2022

Module 4 – Choices – Ms. Yamini Murthy, Electronics Engineer, Technical Project Lead, German Automotive Multinational Company, Pune.

26th September 2022

Module 5 – Causality – Ms. Rakhee Arora, B.Tech from ICT, Mumbai and Certified Heartfulness Trainer.

29th September 2022

Module 6 – Community – Ms. Sudha Perry, President, Master Geotech Services Pvt Ltd and Heartfulness Trainer

These sessions helped students in orienting themselves to their role in community and society, based on their behaviour and thoughts towards people and own self.

Report Prepared by: Dr. Neelam Yeram, Tutor, MGM School of Biomedical Sciences, Navi Mumbai.

Enclosures :

1. **Event Brochure**
2. **Attendance Sheets**

Event Name: International Conference on "Integrative Approach to Health and Wellbeing"

Date & Time: 16th-18th December, 2022

Location: Kanha Shanti Vanam, Hyderabad, India

Sr. No.	Event Title & Venue Details	Program Coordinators (Team members name)	Total No. of Participants
1	International Conference on "Integrative Approach to Health and Wellbeing" at Kanha Shanti Vanam, Hyderabad, India	Dr. Mansee Thakur	20

Short event report

The Heartfulness Institute organized an international conference on "Integrative Approach to Health and Wellbeing" from December 16th to 18th, 2022, in the serene environment of Kanha Shanti Vanam in Hyderabad, India. The conference brought together approximately 20 participants, including faculty members, MSc., and Ph.D. students from MGMIHS.

The primary objective of the conference was to facilitate discussions among experts from various fields regarding the latest research and advancements in integrative health and wellbeing. The topics covered during the conference encompassed a wide range, including yoga, meditation, nutrition, and other complementary therapies.

Dr. Mansee Thakur, a faculty member at MGMIHS, received the Award of Excellence for her outstanding oral presentation, which shed light on the role of yoga and meditation in promoting mental and emotional wellbeing. Her presentation received high praise from the audience and the judges.

Dr. Madhavi Mankar, Associate Professor, Department of Community Medicine, MGM Medical College and Hospital, and Ms. Sanjana T. Philip, Ph.D. Scholar, MGMSBS, MGMIHS, Navi Mumbai received the Award of Excellence for Poster Presentation at this conference.

As part of the conference, the participants had the opportunity to visit the Heartfulness Institute's meditation center and experience the benefits of Heartfulness meditation. The meditation sessions were deeply relaxing and rejuvenating, and the participants expressed their gratitude for the enriching experience.

In conclusion, the conference was a resounding success, fostering collaboration and knowledge exchange among researchers, practitioners, and students.

Report Prepared by: Ms. Sanjana T. Philip, Ph.D. Scholar, MGMSBS, MGMIHS, Navi Mumbai
Verified by: Dr. Mansee Thakur, Director, MGMSBS, Navi Mumbai

Enclosures:

Director
MGM School of Biomedical Sciences
MGM Institute of Health Sciences
Kamothe, Navi Mumbai- 410 209, India

M.G.M. SCHOOL OF BIO-MEDICAL SCIENCES
KAMOTHE
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MUMBAI

Event Name: Independence Day Celebration and Tree Plantation Drive

Date & Time:15th August, 2023, 7.00 am-10.00 am

Location:. Adai Hills, New Panvel

Sr. No.	Event Title & Venue Details	Program Coordinators (Team members name)	Total No. of Participants
1	Independence Day Celebration and Tree Plantation Drive	Ms. Amita Kirar Ms. Sanjana Philip	35 students

Director
MGM School of Biomedical Sciences
MGM Institute of Health Sciences
Kamothe, Navi Mumbai- 410 209, India

Short event report

Celebration of 77th Independence Day was organized by MGM School of Biomedical Sciences., MGMIHS, Navi Mumbai with Aarambh members. The day began with a fresh and sporty energy at the meeting point of Adai Hills. Adai Hills known for it's evergreen beauty welcomed us with cool early morning breeze. Accompanied with a trek expert, we followed the trail with great enthusiasm, singing patriotic songs and chanting slogans. Climbing all the way up through the green, we realized the importance of fitness and health. The trek expert made sure we had our necessary halts and hydration breaks. Finally reaching the desired top, the main event of the day 'flag hosting' was conducted. Tiranga looked even wondrous with serene surrounding of the hills. Pride and gratefulness flashing through each one of us. It was truly patriotism at peak! Then we proceeded with tree plantation. The Trek expert helped us successfully plant lovely saplings that we dearly bonded with along the way. The soil reminded us of appreciating beautiful roots that has been nurturing humans for decades. Keeping the source of Aarambh in existence, we gathered around and began relaxation and meditation session. Meditation with rain dripping down was definitely the most amazing experience of the day. Followed by some fun time and preparations to climb back down, Aarambh members carried great memories and moments back to the ground. All the joyous moments made bidding bye tough. Nevertheless, we left as a better person and an Indian with great pride.

Jai Hind.

Report Prepared by: Artika Pawar (Editorial Team, Aarambh MGMIHS)

Ms. Amita Kirar (President, Aarambh MGMIHS)

Ms. Sanjana Philip (Secretary, Aarambh MGMIHS)

Mr. Subodh Rahate (Faculty Coordinator, Aarambh MGMIHS)

Dr. Neelam Yeram (Co-Faculty Coordinator, Aarambh MGMIHS)

M.G.M. SCHOOL OF BIOMEDICAL SCIENCES * KAMOTHE NAVI MUMBAI

Director
MGM School of Biomedical Sciences
MGM Institute of Health Sciences
Kamothe, Navi Mumbai- 410 209, India

Event Name: DEEKSHARAMBH-Induction Program 2023-24

Date & Time:1st August-7th August, 2023

Location: University Auditorium, Third floor, MGMIHS, Navi Mumbai

Sr. No.	Event Title & Venue Details	Program Coordinators (Team members name)	Total No. of Participants
1	DEEKSHARAMBH-Induction Program 2023-24 At University Auditorium, Third floor, MGMIHS, Navi Mumbai	Ms. Amita Kirar, Ms. Sanjana Philip, Mr. Subodh Rahate, Dr. Neelam Yeram, Ms. Rafiya Sangemeshwari, Ms. Pooja Singh	300 students

Director
MGM School of Biomedical Sciences
MGM Institute of Health Sciences
Kamothe, Navi Mumbai- 410 209, India

Short event report

MGM-SBS conducted induction program-Deeksharambh, from August 1st to August 7th,2023 to welcome and familiarise the new UG and PG students to the college.

The event commenced on August 1st, 2023, with an engaging Inauguration session led by Dr. Himanshu Gupta, where the institute's Mission, Vision, and the Induction Programme Schedule were outlined. Dr. Priyanka Pareek followed, shedding light on the Management of MGMIHS, introducing the Trustees, Vice-Chancellor, Registrar, and department heads. The teaching and non-teaching staff were also introduced. Dr. Shashank Dalvi, the Vice-Chancellor of MGMIHS, addressed the audience, setting a positive tone for the event. Subsequent sessions highlighted key aspects such as Education Loan Awareness by PNB, perspectives from Dr. G. S. Narshetty, the Dean of MGM Medical College, and insights shared by Dr. Mansee Thakur, the Director of MGMSBS. Dr. Sharvari Samant provided valuable insights into the Code of Conduct, while Dr. Santosh Gawali introduced the concept of Mentorship. Awareness about disability was raised by Dr. Uttara Deshmukh, and crucial Examination Rules were discussed by Dr. Neelam Yeram. The day concluded with a presentation by Mr. Subodh Rahate on various governing committees related to student welfare.

Day 2, on August 2nd, began with a focus on well-being through Yoga and Relaxation, led by the Student Council and Aarambh members. With an emphasis on mental and spiritual health, students were guided on maintaining tranquility amidst the college's bustling environment through a yoga and relaxation session throughout the seven days of Deeksharambh. Mrs. Anamika Chalwadi introduced students to Life & Career goal settings in Allied Health Sciences. Dr. Avinash Narayankar discussed e-learning platforms and Medical Photography. Later, the Student Council and Aarambh members brought attention to their roles and activities. An informative Self-Defence Session was conducted by Ms. Divya Bansode and Mr. Tanvesh Kadam, students of MGMSBS.

Physical and Mental Wellness remained a theme on Day 3, with the continuation of Yoga and Relaxation activities led by the Student Council and Aarambh members. Dr. Archana Mishra discussed Personality Development for a better future. Dr. Samir Pachpute presented Universal Standard Precautions in the medical field, ensuring students' safety. Nutritional insights were shared by Dr. Priyanka Pareek. Students explored various laboratories and the library with guidance from Mrs. Anamika Chalwadi, Mr. Subodh Rahate, Mr. Rohit Gupta, Mr. Pratik Morade, and Ms. Poonam Patil. The day concluded with sports and festival-related activities under Mr. Rohit Gupta's direction.

Day 4, on August 4th, began with Yoga and Relaxation led by the Aarambh members. Dr. Mansee Thakur emphasized Compassion in Profession, followed by an introduction to NSS and various outreach activities by Mrs. Anamika Chalwadi and Dr. Neelam Yeram. The day also included discussions on Medical Ethics & Research Methodology by Dr. Ponchitra R. and insights into Research and Future Opportunities shared by Dr. Chandramani Pathak. Fire Safety Training was conducted by Security Officers/ Guards, enhancing students' safety awareness.

Day 5, August 5th, commenced with a session on Stress Management and Heartfelt Communication by Mr. Sudesh Tripathi. Dr. Aditya Nayak discussed Professionalism and Etiquettes, while Dr. Swari Shiradkar delved into Gender Sensitization. Dr. Rohan Bartakke provided valuable information on Tobacco De-addiction, addressing a significant health concern.

Director
MGM School of Biomedical Sciences
MGM Institute of Health Sciences
Kamothe, Navi Mumbai- 410 209, India

Day 6, on August 7th, began with another session on Yoga and Relaxation led by the Aarambh members. Alumni, both online and offline, shared their experiences in a talk session. Entrepreneurship insights were provided by Sri Harsh, a former student and founder of Hypothalamus. Dr. Yogesh Patil discussed opportunities for student entrepreneurs through Accelerators/Incubation. Fit India was discussed by Dr. Hiranmayee Barge, and the significance of Body and Organ Donation was explained by Mr. Prakash Mane. The day concluded with a session on "Soul & Music" by Mr. Rohit Gupta and Mr. Subodh Rahate, along with the showcasing of hidden talents in the SBS Talent Hunt, such as drawing, singing, and dancing skills. It was a blast to witness all that talent in action. Aarambh team members volunteered throughout the seven days of induction program. Along with these, they also showcased their talents during the Talent Hunt session. From solving Rubik's cube to beat boxing, rapping and singing.

Overall, it was an amazing program filled with excitement and support for the new joiners. The sessions were informative and also interactive, fostering a positive and motivating environment for the new students to begin their educational journey at MGMSBS, MGMIHS.

Report Prepared by: Editorial Team, Aarambh MGMIHS

Ms. Amita Kirar (President, Aarambh MGMIHS)

Ms. Sanjana Philip (Secretary, Aarambh MGMIHS)

Mr. Subodh Rahate (Faculty Coordinator, Aarambh MGMIHS)

Dr. Neelam Yeram (Co-Faculty Coordinator, Aarambh MGMIHS)

M.G.M. SCHOOL OF BIO-MEDICAL SCIENCES KAMOTHE NAVI MUMBAI

Director
MGM School of Biomedical Sciences
MGM Institute of Health Sciences
Kamothe, Navi Mumbai- 410 209, India

Event Name: International Women's Week

Date : 01-03-2023 to 08-03-2023

Location: Classroom No. 1, MGM School of Biomedical Sciences, Medical College Building, MGMIHS, Navi Mumbai

Sr. No.	Event Title & Venue Details	Program Coordinators (Team members name)	Total No. of Participants
1	Elocution Competition, 1st March 2023, Classroom No. 5, MGM SBS, Navi Mumbai	Dr. Neelam Yeram, Dr. Priyanka Pareek, Ms. Rafiya Sangmeshwari, Mrs. Anamika Chalwadi, Dr. Mansee Thakur, Mrs. Chethana C. Mrs. Rashmi Kulkarni Ms. Sanjana Philip Ms. Minal Kanse	02
2	Poster Competition – Recent Women Achiever's in various fields, 3rd March 2023, Classroom No. 5, MGM SBS, Navi Mumbai		17
3	Selfie with my Home-maker, 7th March, Online		129
4	Quiz Competition on "Nutritional Awareness on Anemia", 6th March 2023, Classroom No. 1, MGM SBS, Navi Mumbai		129
5	Guest lecture by Embryologist, 8th March 2023, Classroom No. 1, MGM SBS, Navi Mumbai		129

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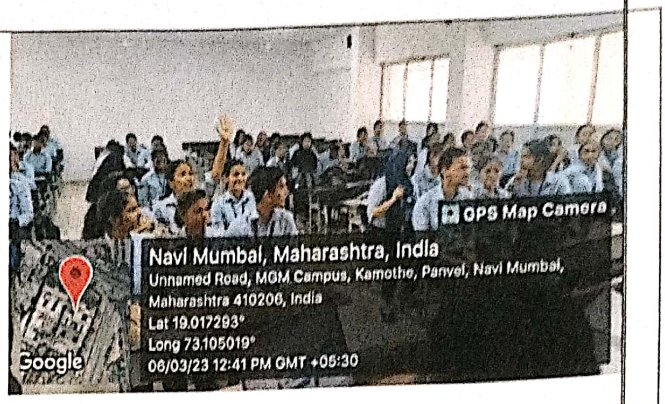
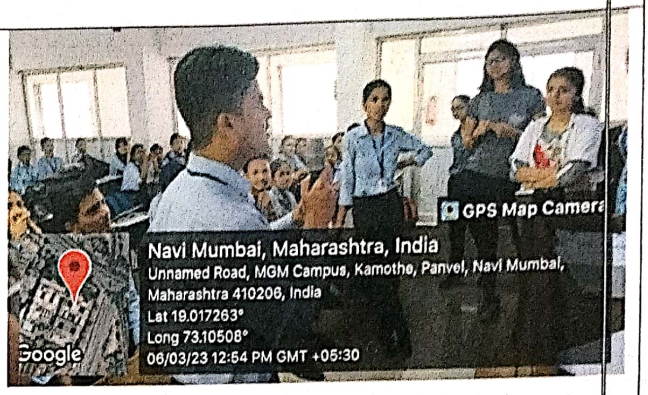
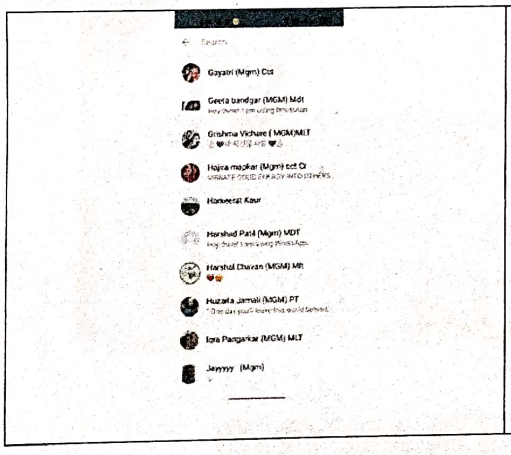
Quiz Competition on "Nutritional Awareness on Anemia", 6th March 2023, Classroom No. 1, MGM SBS, Navi Mumbai

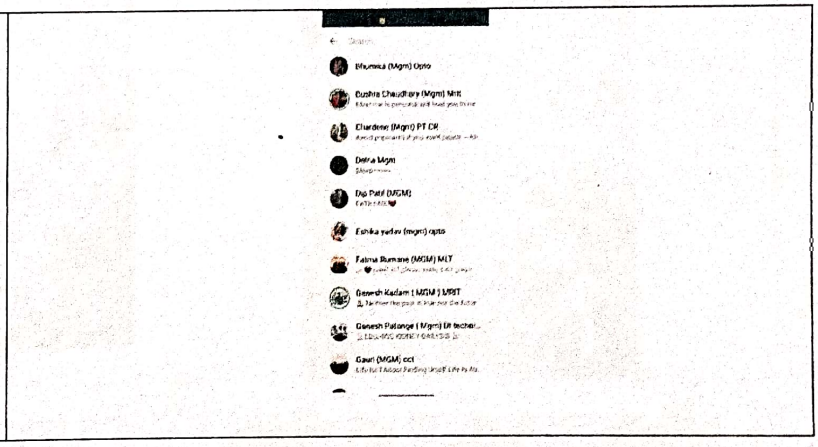




Selfie with my Home-maker, 7th March, Online

Poster and Elocution Competition – Recent Women Achiever's in various fields, 3rd March 2023, Classroom No. 5, MGM SBS, Navi Mumbai





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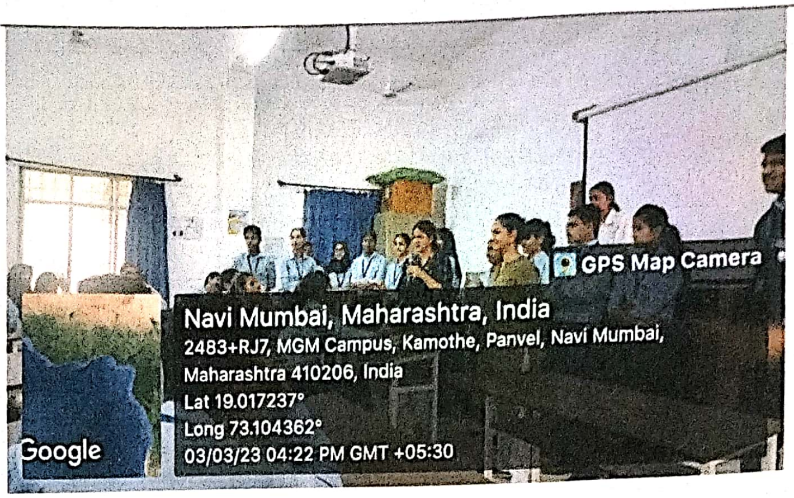
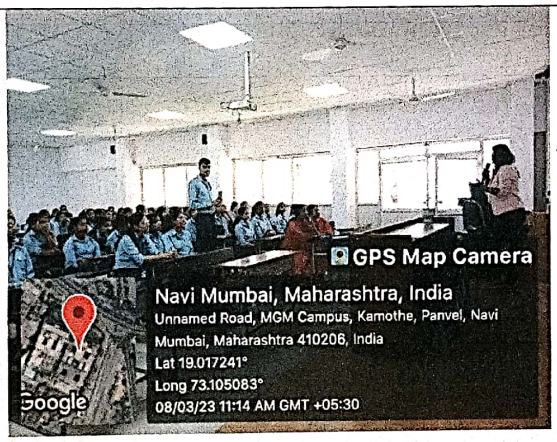


Guest lecture by Embryologist, 8th March 2023, Classroom No. 1, MGM SBS, Navi Mumbai



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Short event report

On the occasion of international women's day MGMSBS organised a woman week to celebrate this day with some interesting competition for 1st Year B.Sc. students such as poster making, elocution completion ,Quiz , selfie with home maker and a guest lecture by a embryologist .

Firstly for Poster completion & elocution, Alham Parkar & Shushil sharma invited the staff for the program. The judges for the competition were Dr. Neelam Yeram, Ms. Minal Kanse, Ms. Sanjana Philip. After this Our Director ma'am Dr Mansi Thakur motivated to our better furure.

Quiz Competition on nutritional awareness Anemia was arranged by Dr. Priyanka Pareek, Mrs. Chethana C. and Mr.s Rashmi Kulkarni. Lastly a guest lecture by a embryologist **Dr. Sayali Kandari** was arranged by Ms. Rafiya Sangameshwari.

Women's week was fully organised & celebrated by our SBS MGM Navi Mumbai

Name of Participants and Winners:

Poster competition winners (women's day)

1st Mahesh & Geeta

2nd Rahul kadav

3rd Sowndhariya ravi

Elocution completion winners

1) Fatma Rumane
2) Chardene sankhe

Quiz Competition winners

Team B 1st prize

Gayatri Chettiar, Gauri Bodke, Avnee Gosai, Arya Nandha, Iqra pangarkar and Anand Shukla

Team C 2nd prize

Ahlam Parkar, Priya, Harkeerat kaur, Sanjay and Puja

For Selfie with home maker all participants are winners

Report Prepared by: Dr. NeelamYeram, Assistant Professor and NSS P.O., MGM SBS, Navi Mumbai

Enclosures :

1. **Circular**
2. **Brochure**
3. **Certificates of Participation**

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Event Name: International Yoga Day Celebration

Date & Time:21st June, 2023

Location: SRCM Heartfulness Yoga and Meditation Centre, Panvel.

Sr. No.	Event Title & Venue Details	Program Coordinators (Team members name)	Total No. of Participants
1	International Yoga Day Celebration, SRCM Heartfulness Yoga and Meditation Centre, Panvel	Ms. Amita Kirar, Ms. Sanjana Philip	300

Director
MGM School of Biomedical Science
Kamothe, Navi Mumbai

M.G.M. SCHOOL OF BIO-MEDICAL SCIENCES KAMOTHE NAVI MUMBAI

Short event report

International Yoga Day is celebrated worldwide on June 21st each year. This event was carried out by Aarambh Team members of MGMSBS in collaboration with SRCM Heartfulness Yoga and Meditation Centre, Panvel. The objective of the International Yoga Day celebration was to create awareness about the benefits of yoga, and to promote yoga as a holistic approach to health and well-being among participants. The event included a variety of activities, including Yog mudras, Yogasanas, and brain exercises for children. The team members along with the help of a certified Yoga Trainer led the Yogasanas and provided detailed explanations of the benefits of each pose.

The event also featured a captivating dance performance by the Aarambh team, centred around the theme of yoga. This performance added a vibrant atmosphere to the event. Participants had the opportunity to display blended yoga poses with dance movements. These sequences were designed to encourage participants to express themselves creatively while maintaining a mindful connection to their bodies. This dance provided an outlet for self-expression, increased body awareness, and fostered a sense of joy and connection. Students were also encouraged to adopt yoga as a part of their daily lives, ultimately contributing to a healthier and more balanced society. The Aarambh team's efforts were greatly appreciated. Overall, the event was a great success and helped to promote the importance of yoga in promoting physical as well as mental wellness.

Report Prepared by: Artika Pawar (Editorial Team, Aarambh MGMIHS)

Ms. Amita kirar (President, Aarambh MGMIHS)

Ms. Sanjana Philip (Secretary, Aarambh MGMIHS)

Ms. Neelam Yeram (Co-Faculty Coordinator, Aarambh MGMIHS)

M.G.M. SCHOOL OF BIO-MEDICAL SCIENCES
KAMOTHE
NAVI
MUMBAI

Director
MGM School of Biomedical Science
Kamothe, Navi Mumbai

Event Name: **Cleanliness drive at Yog Vatika, MGMIHS, Kamothe, Navi Mumbai**

Date & Time: 5th June, 2023

Location: Classroom no. 1, MGM SBS, MGMIHS, Navi Mumbai

Sr. No.	Event Title & Venue Details	Program Coordinators (Team members name)	Total No. of Participants
1	Cleanliness drive at Yog Vatika, MGMIHS, Kamothe, Navi Mumbai	Dr. Neelam Yeram Ms. Amita Kirar	50

Short event report

On June 5, 2023, Team Aarambh in collaboration with the NSS unit, MGM SBS organized a cleanliness drive at Yog Vatika to commemorate World Environment Day. The event was a huge success, and all the team members and NSS volunteers worked tirelessly to ensure that the surroundings of Yog Vatika were clean and free of plastic waste.

They planted trees and cleaned the area, leaving it looking spotless and beautiful. The team's efforts were commendable and reflected their commitment to the environment. After the work was done, the team members and volunteers took some time to meditate and relax, basking in the serenity of Yog Vatika. The event was a great reminder of the importance of taking care of our environment and the positive impact that collective action can have.

Report Prepared by: Dr. Neelam Yeram, Assistant Professor and NSS P.O., MGM SBS, Navi Mumbai

M.G.M. SCHOOL OF BIO-MEDICAL SCIENCES KAMOTHE NAVI MUMBAI

Director
MGM School of Biomedical Sciences
MGM Institute of Health Sciences
Kamothe, Navi Mumbai- 410 209, India

Event Name: **Cleanliness drive at Yog Vatika, MGMIHS, Kamothe, Navi Mumbai**

Date & Time: 5th June, 2023

Location: Classroom no. 1, MGM SBS, MGMIHS, Navi Mumbai

Sr. No.	Event Title & Venue Details	Program Coordinators (Team members name)	Total No. of Participants
1	Cleanliness drive at Yog Vatika, MGMIHS, Kamothe, Navi Mumbai	Dr. Neelam Yeram Ms. Amita Kirar	50

Short event report

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Report Prepared by: Dr. Neelam Yeram, Assistant Professor and NSS P.O., MGM SBS, Navi Mumbai

M.G.M. SCHOOL OF BIO-MEDICAL SCIENCES KAMOTHE NAVI MUMBAI

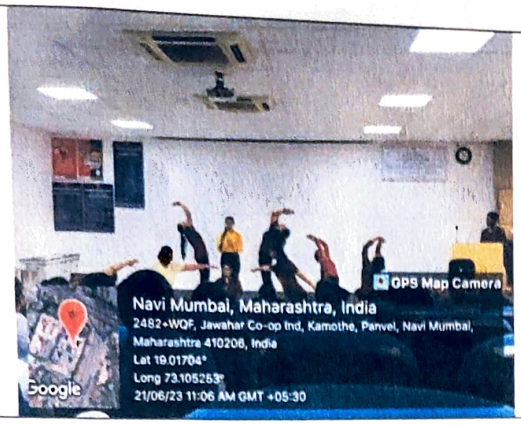
Director
MGM School of Biomedical Sciences
MGM Institute of Health Sciences
Kamothe, Navi Mumbai- 410 209, India

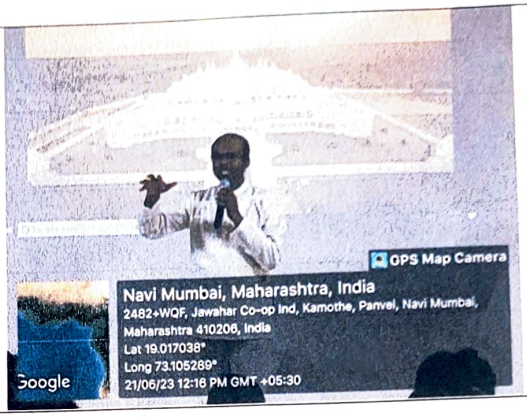
Event Name: International Yoga Day 2023

Date & Time: 21-06-2023, 9:30 am – 12.00 pm

Location: Demo room no. 2, Ground floor, MGM Medical College, Navi Mumbai

Sr. No.	Event Title & Venue Details	Program Coordinators (Team members name)	Total No. of Participants
1	International Yoga Day 2023 at Demo room no. 2, Ground floor, MGM Medical College, Navi Mumbai	Dr. Mansee Thakur Dr. Himanshu Gupta Dr. Neelam Yeram	70





Short event report

International Yoga Day was celebrated on 21st June 2023 by MGM School of Biomedical Sciences, Navi Mumbai in collaboration with MGM Medical College, Navi Mumbai from 9:30 am to 12:00 pm at the Quadrangle lawn, Ground floor, MGM Medical College, Navi Mumbai. The event started with introduction to yoga by yoga expert to all the students and faculties. The students of MGMSBS and Medical College, performed yoga exercises as per the directions of Yoga Instructor. This session was followed by a dance performance by the students of MGM SBS and Aarambh on yoga which was highly appreciated by the audience. The final session was by the Mr. Chandrashekar and Ms. Pallavi from Ekam Foundation on Spiritual and Emotional wellbeing. The event was concluded by vote of thanks by Dr. Neelam Yeram.

Report Prepared by: Dr. Neelam Yeram, Assistant Professor and NSS P.O., MGM SBS, Navi Mumbai

SCHOOL OF BIO-MEDICAL SCIENCES KAMOTHE NAVI MUMBAI

Director
MGM School of Biomedical Sciences
MGM Institute of Health Sciences
Kamothe, Navi Mumbai- 410 209, India

Event Name: International Yoga Day Celebration

Date & Time:21st June, 2023

Location: SRCM Heartfulness Yoga and Meditation Centre, Panvel.

Sr. No.	Event Title & Venue Details	Program Coordinators (Team members name)	Total No. of Participants
1	International Yoga Day Celebration, SRCM Heartfulness Yoga and Meditation Centre, Panvel	Ms. Amita Kirar, Ms. Sanjana Philip	300

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Short event report

International Yoga Day is celebrated worldwide on June 21st each year. This event was carried out by Aarambh Team members of MGMSBS in collaboration with SRCM Heartfulness Yoga and Meditation Centre, Panvel. The objective of the International Yoga Day celebration was to create awareness about the benefits of yoga, and to promote yoga as a holistic approach to health and well-being among participants. The event included a variety of activities, including Yog mudras, Yogasanas, and brain exercises for children. The team members along with the help of a certified Yoga Trainer led the Yogasanas and provided detailed explanations of the benefits of each pose.

The event also featured a captivating dance performance by the Aarambh team, centred around the theme of yoga. This performance added a vibrant atmosphere to the event. Participants had the opportunity to display blended yoga poses with dance movements. These sequences were designed to encourage participants to express themselves creatively while maintaining a mindful connection to their bodies. This dance provided an outlet for self-expression, increased body awareness, and fostered a sense of joy and connection. Students were also encouraged to adopt yoga as a part of their daily lives, ultimately contributing to a healthier and more balanced society. The Aarambh team's efforts were greatly appreciated. Overall, the event was a great success and helped to promote the importance of yoga in promoting physical as well as mental wellness.

Report Prepared by: Artika Pawar (Editorial Team, Aarambh MGMIHS)

Ms. Amita kirar (President, Aarambh MGMIHS)

Ms. Sanjana Philip (Secretary, Aarambh MGMIHS)

Ms. Neelam Yeram (Co-Faculty Coordinator, Aarambh MGMIHS)

Director
MGM School of Biomedical Sciences
MGM Institute of Health Sciences
Kamothe, Navi Mumbai- 410 209, India

M.G.M. SCHOOL OF BIO-MEDICAL SCIENCES
KAMOTHE
NAVI
MUMBAI

SBS
School of Biomedical Sciences

Events name: INTERNATIONAL YOGA DAY

Date and time: 21st June 2022; 6am to 8 pm

Location: Marine Drive, Kilachand Chowk, Opp. Pizza by The Bay, Church Gate.

SR NO	EVENT TITLE AND VENUE DETAIL	PROGRAM CO ORDINATOR (TEAM MEMBER NAME)	TOTAL NUMBER OF PARTICIPANTS
1	WORLD YOGA DAY; Marine Drive, Kilachand Chowk, Opp. Pizza by The Bay, Church Gate.	Dr. Mansee Thakur Mrs. Anamika Chalwadi Mr. Subodh Rahate Ms. Neelam Yeram	50

WORLD YOGA DAY was celebrated on 21st June 2022 at marine drive, Mumbai by MGM School of Medical Science along with teachers student also practised yoga under the guidance of yoga instructor from Heartfulness Institute at early morning 6 am.

REPORT PREPARED BY:

Mrs. Anamika Chalwadi
NSS Program Officer (MGM SBS)

M.G.M. SCHOOL OF BIO-MEDICAL SCIENCE
KAMOTHE
MUMBAI

Dr. Mansee Thakur
Director, MGM SBS

Director
MGM School of Biomedical Science
Kamothe, Navi Mumbai

Event Name: **Viksit Bharat @2047 Selfie**

Date & Time: 21st December, 2023

Location: Classroom no. 1, MGMSBS, MGMIHS, Navi Mumbai

Sr. No.	Event Title & Venue Details	Program Coordinator	Total No. of Participants
1	Viksit Bharat @2047	Dr. Neelam Yeram, Ms. Sanjana T. Philip	20

Short event report

On 21st December, 2023, on the occasion of Viksit Bharat@2047, MGM School of Biomedical Sciences organized a unique event aimed at inspiring students to contribute to the development of Bharat. The event encouraged students to take selfies at a designated point featuring a life-sized photo of Prime Minister Narendra Modi, symbolizing a collective vision for a developed and prosperous nation. This event instilled a sense of responsibility and civic pride among the students. The selfie point served as a reminder of each student's role in the ongoing development journey of Bharat. This event successfully provided a refreshing break from academic routines, receiving positive feedback from students for its creative blend of fun and patriotism.

Report Prepared By - Ms. Sanjana T. Philip, MGMSBS

M.G.M. SCHOOL OF BIO-MEDICAL SCIENCES
KAMOTHE
NAVI
MUMBAI

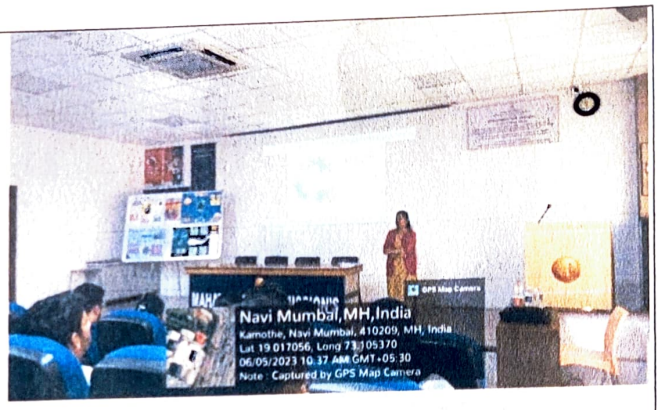
Director
MGM School of Biomedical Sciences
MGM Institute of Health Sciences
Kamothe, Navi Mumbai- 410 209, India

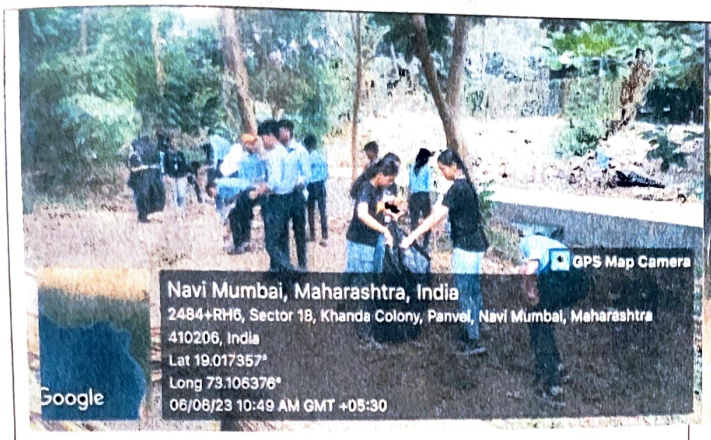
Event Name: World Environment day on 05th, 6th and 7th June 2023

Date & Time: 05th, 6th and 7th June 2023

Location: MGM Campus, MGMIHS, Navi Mumbai

Sr. No.	Event Title & Venue Details	Program Coordinators (Team members name)	Total No. of Participants
1	**World Environment Day, Classroom no. 2, Ground floor, MGM Campus,** MGMIHS, Navi Mumbai	Dr. Neelam Yeram Ms. Rafiya Sangameshwari Ms. Amita Kirar	53

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MGM SCHOOL OF BIOMEDICAL SCIENCES
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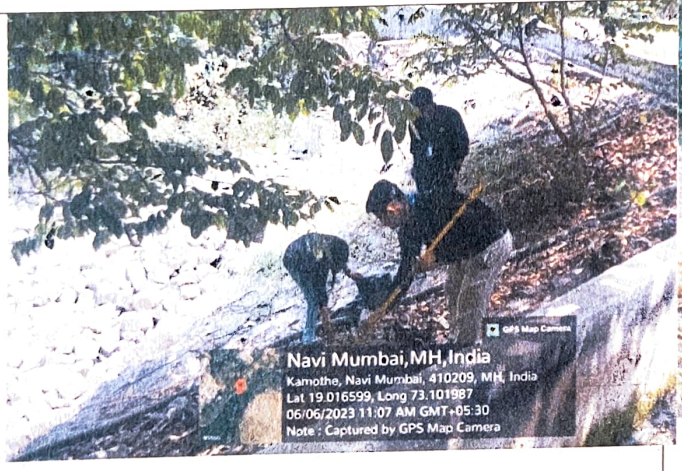
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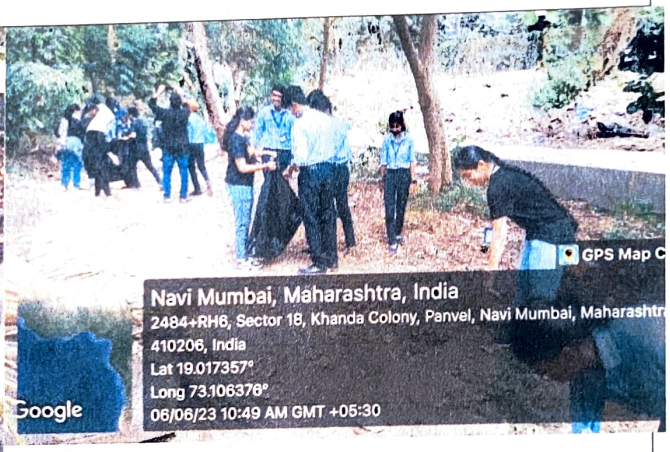
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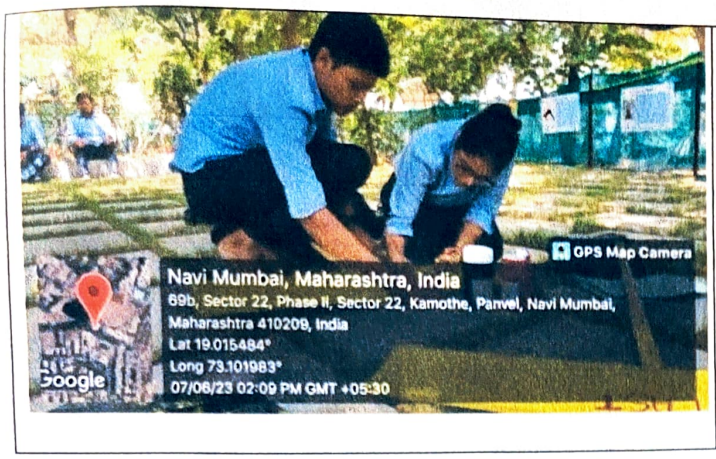
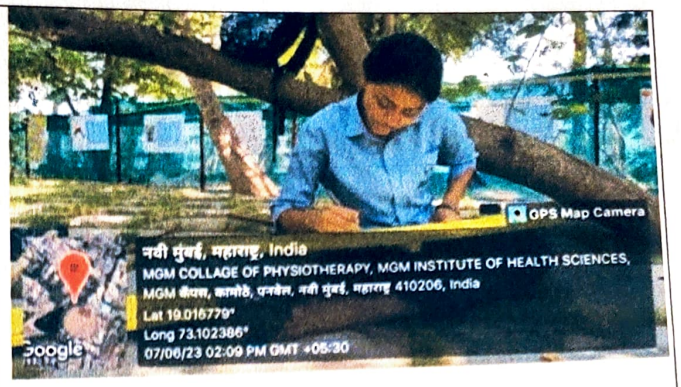




Short event report

World Environment Day was celebrated on 5th, 6th and 7th June 2023 by MGM School of Biomedical Sciences in collaboration with Aarambh MGMIHS, MGM Medical College and Panvel Muncipal Corporation. On 5th June 2023, three sessions were conducted on Saving Environment, Avoiding food wastage and Reducing Plastic Pollution by Dr. Mayank, Ms. Vinita Sharma and Dr. Nupur from Department of Community Medicine, MGM Medical College, Navi Mumbai. On the next day i.e. 6th June 2023, the students of MGM SBS and Aarambh MGMIHS conducted a cleanliness drive in MGM campus and nursery garden area under guidance on Dr. Neelam Yeram and Ms. Vinita Sharma. The students cleaned the garden area to make it plastic free and reduce pollution.

After the cleanliness drive on 6th June, the students of MGM SBS crafted the signage and boards to create awareness about maintaining the environment clean.

Report Prepared by: Dr. Neelam Yeram, Assis. Professor and NSS P.O., MGM SBS, Navi Mumbai

Director
MGM School of Biomedical Sciences
MGM Institute of Health Sciences
Kamothe, Navi Mumbai- 410 209, India

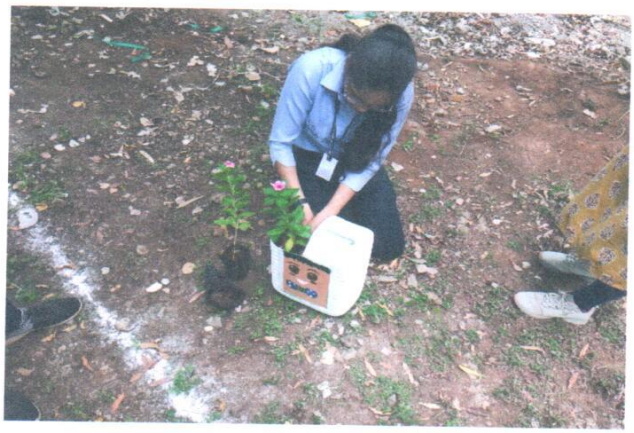
M.G.M. SCHOOL OF BIO-MEDICAL SCIENCES
KAMOTHE
NAVI
MUMBAI

Event Name: WORLD ENVIORNMENT DAY

DATE: 5th June 2022 to 8th June 2022

LOCATION: MGM Campus. Navi Mumbai

SR NO	EVENT TITLE AND VENUE DETAIL	PROGRAM CO –ORDINATOR (TEAM MEMBER NAME)	TOTAL NUMBER OF PARTICIPANTS
1	World Enviornment Day; MGM Campus. Navi mumbai	Dr. Mansee Thakur Mrs. Anamika Chalwadi Mr. Subodh Rahate, Ms. Vineeta Sharma, Ms. Patcy & Dr. Neelam Yeram	45



World Environment day was organised by MGM School of Bio medical science along with MGM PSM dept, Kamothe, Navi Mumbai on 5th June 2022. It was of 1 week activity. NSS students participated in this campaign .Students done various activity including cleaning of campus, poster and awareness presentation in all medical campus. Tree plantation event was organised on this day. Each student planted more than 5 plants. By recycling different things students created natures classroom. It was a good opportunity for students to explore their talent.

REPORT PREPARED BY:

Mrs. Anamika Chalwadi
NSS Program Officer (MGM SBS)

SCHOOL OF BIO-MEDICAL SCIENCES KAMOTHE NAVI MUMBAI M.G.M.

Dr. Mansee Thakur
Director, MGM SBS

Director
MGM School of Biomedical Science
Kamothe, Navi Mumbai

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NASI-Chandigarh Chapter
93rd Annual Session of the Academy and Symposium on "India Secure @75"
December 3-5, 2023
DAE Convention Centre, BARC, Mumbai
Lecture Series: Institution Building & Nurturing Initiatives in Independent India
celebrating Azadi ka Amrit Mahotsav
'India Secure @75'
NASI-Chandigarh Chapter
Series: Visions of Institutions in North-West India in the run-up to India@100 in 2047
NASI-Chandigarh
Popular Science Lecture

MGM INSTITUTE OF HEALTH SCIENCES

Sector-1, Kamothe, Navi Mumbai - 410209

(Deemed to be University u/s 3 of UGC Act, 1956)

Accredited by NAAC with 'A' Grade

STATEMENT OF MARKS

Third Semester Bachelor of Science Examination August,2022

Candidate : PAWAR JIDNYASA DHANAJI
Father's Name : DHANAJI POSHA PAWAR
Mother's Name : VAISHALI DHANAJI PAWAR
College : MGM SCHOOL OF BIOMEDICAL SCIENCES, NAVI MUMBAI
Seat No : U2106818300224
PRN No: 12010401008
Branch : B.OPTOMETRY

Subject Code	Course Name	Credit Earned (C)	Course Grade	Grade Points (G)	Credit Earned (C) * Grade Point (G)	Remark
BOPTOM 112 L	Physical Optics Theory	3	A+	9	27	P
BOPTOM 112 P	Physical Optics Practical	2	O	10	20	P
BOPTOM 113 L	Geometrical Optics Theory	3	A	8	24	P
BOPTOM 113 P	Geometrical Optics Practical	2	O	10	20	P
BOPTOM 114 L	Visual Optics I/II Theory	4	A+	9	36	P
BOPTOM 114 P	Visual Optics I/II Practical	2	O	10	20	P
BOPTOM 115 L	Ocular Diseases I Theory	4	A+	9	36	P
BOPTOM 116 L	Clinical Examinations & Visual Syatems Theory	2	A	8	16	P
BOPTOM 116 P	Clinical Examinations & Visual Syatems Practical	2	O	10	20	P
GEC 001 L	Persuit Of Inner Self Excellence (POIS)	3	A+	9	27	P
Total	-	27	-	-	246	-

Third Semester	**Total Credits:**27	**EGP:**246	**SGPA:**9.11	**Result:**Pass

Abbreviations : AB- Absent, FF-Fail, EX- Exempted, NE- Not Eligible, MIN Minimum Marks, MAX Maximum Marks,* Grace marks as per MGMIHS Rules

Date:12-09-2022

Controller of Examinations

GENERIC ELECTIVE COURSE

Name of the Programme	**B.Sc. Cardiac Care Technology**
Name of the Course	**Pursuit of Inner Self Excellence (POIS)**
Course Code	**GEC 001 L**

Teaching Objective	• To inculcate moral values in students – Self-Discipline , Time Management, Develop attitude of Service with humility, Empathy, Compassion, brotherhood, Respect for teachers, colleagues & society members. • Develop Effective means of communication & presentation skills in students • To develop wisdom in students for deciding their career based on their areas of interest and inner skills. • Introduce techniques for Relaxation, Meditation & Connecting with innerself. • Rejuvenation Techniques which can be used by students to distress themselves •To improve performance of students during various assignments, projects, elocutions, events, quiz, interviews.
Learning Outcomes	• Students will become self dependent, more decisive and develop intuitive ability for their study and career related matter. • Student's ability to present their ideas will be developed. •Enhanced communication skills, public speaking & improved Presentation ability. • Students will be able to explore their inner potential and inner ability to become a successful researcher or technician & hence become more focused. • Students will observe significant reduction in stress level. • With the development of personal attributes like Empathy, Compassion, Service, Love & brotherhood, students will serve the society and industry in better way with teamwork and thus grow professionally.

Sr. No.	Topics	No. of Hrs.
1	**Spiritual Values for human excellence :** The value of human integration; Compassion, universal love and brotherhood (Universal Prayer) ; Heart based living ; Silence and its values, Peace and non-violence in thought, word and deed ; Ancient treasure of values - Shatsampatti , Patanjali'sAshtanga Yoga ,Vedic education - The	10

	role of the Acharya , values drawn from various cultures and religious practices - Ubuntu, Buddism, etc.; Why spirituality? Concept – significance ; Thought culture	
2	**Ways and Means :** Correlation between the values and the subjects ;Different teaching techniques to impart value education; Introduction to Brighter Minds initiative; Principles of Communication; Inspiration from the lives of Masters for spiritual values - Role of the living Master	15
3	**Integrating spiritual values and life:** Relevance of VBSE (Value Based Spiritual Education) in contemporary life ; Significant spiritual values ; Spiritual destiny ; Principles of Self-management; Designing destiny	10
4	**Experiencing through the heart for self-transformation (Heartfulness Meditation):** Who am I? ; Introduction to Relaxation; Why, what and how HFN Meditation?; Journal writing for Self-Observation ; Why, what and how HFN Rejuvenation (Cleaning)? ; Why, what and how HFN connect to Self (Prayer)?; Pursuit of inner self excellence ; Collective Consciousness-concept of *egregore effect;*	10
Total		**45 hrs**

Books:

- The Art of Learning: **A Journey in the Pursuit of Excellence,** Josh Waitzkin, Simon and Schuster, 2007
- Reality at Dawn. By Shri Ram Chandra, Published by ISRC

Article published online: 2023-05-01

Original Article

An Experimental Prospective Study on Effectiveness of Brief Heartfulness-Based Start 'U'p Program on Anxiety and Perceived Stress in Allied Health Students

Sanjana T. Philip[1] Jayaram Thimmapuram[2] Himanshu Gupta[1] Tahreem Hussain Fatima[1] Subodh Rahate[1] Neelam Yeram[3] Kapil Thakur[4] Mansee Thakur[1]

[1] Department of Medical Biotechnology, CRL, Mahatma Gandhi Mission School of Biomedical Sciences (MGMSBS), Mahatma Gandhi Mission Institute of Health Sciences (MGMIHS), Navi Mumbai, Maharashtra, India
[2] Internal Medicine Department, Well Span York Hospital, York, Pennsylvania, United States
[3] Department of Medical Biochemistry, MGM Medical College, Mahatma Gandhi Mission School of Biomedical Sciences (MGMSBS), Mahatma Gandhi Mission Institute of Health Sciences (MGMIHS), Navi Mumbai, Maharashtra, India
[4] SRCM Heartfulness Meditation Centre, Navi Mumbai, Maharashtra, India

Address for correspondence Mansee Thakur, PhD, Department of Medical Biotechnology, MGMSBS, MGMIHS, Sector 1, Kamothe, Navi Mumbai, Maharashtra, India (e-mail: mansibiotech79@gmail.com).

J Health Allied Sci[NU]

Abstract

Aim and Objectives Health care education is an important issue in the development of countries. Stress and anxiety among health care students and workers are an area of increasing concern worldwide. Meditative practices have been shown to improve overall wellness. The aim of this study was to determine the efficacy and feasibility of a brief Heartfulness-Based Start 'U'p program to reduce anxiety and perceived stress in allied health students of Mahatma Gandhi Mission School of Biomedical Sciences (MGMSBS), Mahatma Gandhi Mission Institute of Health Sciences (MGMIHS), Navi Mumbai, Maharashtra, India. The objective of this study was first to study the prevalence of anxiety and perceived stress in allied health students of MGMSBS, MGMIHS, Navi Mumbai, and then to study the effect of heartfulness meditation on measures of said emotional wellness.

Methods Seven sessions of Start 'U'p Heartfulness Meditation of 2-hour duration once in every week was held over the course of 7 weeks. Two hundred and three participants enrolled for the heartfulness intervention. Changes in stress levels, anxiety levels, and mindfulness skills were assessed. Three self-reporting questionnaire tools—Beck Anxiety Inventory (BAI), Perceived Stress Scale (PSS), and Five Facet Mindfulness Questionnaire (FFMQ)—were used to determine the categorical scales (low, medium, and high) for anxiety and stress among students from baseline to post-intervention.

Results Our study revealed an improvement in anxiety and perceived stress post-intervention of brief Heartfulness-Based Start 'U'p Program. Out of 203 students in this study, 75.86% were female and 24.14% were male. Students' BAI scores dropped an average of 2.91 points, whereas PSS scores dropped an average of 1.61 points. The

Keywords
- Beck Anxiety Inventory (BAI)
- Education
- Five Facet Mindfulness Questionnaire (FFMQ)
- heartfulness meditation
- Perceived Stress Scale (PSS)
- Start 'U'p

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largest increase in mindfulness was seen for nonjudging, with an average increase of 2.1 points ($p \leq 0.05$) in categorical data from pre- to post-intervention based on the FFMQ tool.

Conclusion Our results indicate that heartfulness meditation practice offers an accessible and efficient method by which students' anxiety and stress can be improved. This may also improve their engagement in learning-oriented approaches and class activities.

Introduction

Students pursuing medical education and training have to commit full-time to long working and study hours, along with sleep deprivation in environments not ideally suited for learning, in order to ensure proper care to patients.[1] This, along with their personal life factors, can lead to increased stress levels that can hamper their physical, mental, and emotional health, compromising their overall quality of life. This can also affect their academic performance.[2] Across the globe, depression and anxiety are common among medical students.[3–5] Anxiety and depression are more prevalent in medical students than in the general population.[6] Even then, the medical students, do not readily seek treatment.[6,7]

According to a report, around 30% of medical students have depression or anxiety in Europe.[8] Similar findings have been reported in India; 39.2% medical students suffer from depression and 34.5% from anxiety, as per a recent systemic review.[9] Doctors, dentists, nurses, ward staff, ancillary staff, as well as allied health/dental students and residents, all come under the umbrella of health care professionals (HCPs). Among these, the majority of the studies conducted to study anxiety, depression, stress, and emotional well-being are focused on doctors/medical students. Some of the challenges faced by medical students include long working hours, sleep deprivation, and suboptimal learning environments. These factors, along with personal issues, can lead to increased stress levels, negatively impacting students' overall health. Factors such as constant contact with the suffering patient and their families and extensive workload can lead to emotional burdens on HCPs which can potentially trigger stress and burnout. Steps taken to identify and address the barriers to mental health care seeking would also help improve the students' mental well-being.[10]

As there is a declining mental health associated with this field, management of mental health in this population is important. Implementation of early preventive measures could be one of the solutions. Since the 1960s, there has been an increase in the use of meditative practices as a complementary way to promote health.[11] Heartfulness meditation is a type of contemplative tradition that involves the transcendence of individual human consciousness by the use of simple heart-based meditative practices.[12] Several studies support the effectiveness of Heartfulness meditation practice in reducing stress.[13,14] Stress reduction may reduce the probability of acquiring a chronic physical or mental abnormality.[15,16] For instance, in a study involving health care professionals, Heartfulness meditation training improved the participants' sleep.[14] In another study, it has been shown that practicing Heartfulness meditation has decreased anxiety and improved emotional well-being.[13] The main research gap that this study tries to address is that while previous studies have focused on the well-being of doctors, nurses, and medical students, there is a scarcity of data related to allied health professionals. Therefore, this research focuses on the prevalence of anxiety and perceived stress levels in allied health students of Mahatma Gandhi Mission School of Biomedical Sciences (MGMSBS), Mahatma Gandhi Mission Institute of Health Sciences (MGMIHS), Navi Mumbai, Maharashtra, India, and the effectiveness of a short Heartfulness-Based Start 'U'p Program on such parameters. Allied health professionals play a critical role in the health care system, working alongside doctors, nurses, and other health care professionals to provide comprehensive patient care and hence their mental health is also important.

Materials and Methods

Study Design and Participants

Participants: Convenience sampling method was used to recruit participants in this study. Undergraduates pursuing allied health courses were included in the study. A total of 308 students of MGMSBS Teaching Hospital met the inclusion criteria of our study; however, only 203 students voluntarily agreed to participate in the study. All 203 participants were from MGMSBS, MGMIHS in Navi Mumbai aged from 17 to 22 years. The volunteers with a history of psychosis, bipolar disorder, major depressive disorder, seizure disorder, mental retardation, autoimmune disorders, immunodeficiency disorders, neurological diseases, pregnant women, and those who were under any treatment for psychiatric problems were excluded from the study. Each of the participants signed the informed consent before enrolling in the study. This study was approved by the Institutional Ethics Committee of MGM Dental College and Hospital (IEC-MGMDCH).

Orientation and Start 'U'p Program Sessions

The first phase of the study began with an introductory session, wherein the students were sensitized about Heartfulness practices. One of the present study authors who is also a Heartfulness-certified trainer and has been accredited

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by the International Heartfulness Center, conducted this orientation session. The purpose of this session was to highlight the basic concepts and fundamentals, as well as a short-guided practice of Heartfulness. Information was disseminated to increase awareness as well as inspire the students about Heartfulness practice. Participants were also briefed about expectations during meditation sessions and the contact detail of the trainer was also shared for any further questions. Educational material about essential information regarding Heartfulness meditation practice was also circulated among the students via email.

All students were then given the opportunity to participate in a 7-week program that included guided practice sessions to be held in the college itself. All the students voluntarily agreed to participate. Right after the introductory session, the previously described questionnaires (pre-program) were completed.

Heartfulness intervention: The 7-week Heartfulness-based intervention in this study consisted of six modules along with 3 days introductory session of Heartfulness practices. It was designed to improve emotional awareness, sustained attention, and emotional regulation. It was carried out in 6 sessions of 90 to 120 minutes once a week. Group discussions and exercises were also organized in such a way that covered all cognitive, physiological, emotional, and behavioral factors of the work environment stress. The Start 'U'p program is part of the Heartfulness Enabled Leadership Mastery (HELM), being conducted by the Heartfulness Institute, India. As the name indicates, this program starts with the participants on a journey of self-discovery, and this process of self-discovery gets intensified in the subsequent HELM programs. The modules of this session were as follows:

(1) *Connect*: where participants learned about our peers and our mentors and how to connect with them. They also understood the power of intention and the need for inner guidance.
(2) *Core*: Here the session took them toward outer connections to the inner connections and participants learned about their inner strengths, skills, and values.
(3) *Context*: Participants were made to realize about our world and our place in it and also tried to understand how they can contribute toward the fulfillment of United Nation Goals for Sustainable Development.
(4) *Choices*: Participants were given various practical guidance about the role of peer pressure in decision making and how to take the right decision in most situations.
(5) *Causality*: The participants learned about the cause and effect of our actions.
(6) *Community*: This session emphasized about the various resources available to the participants for deepening their Heartfulness practice.

A certified heartfulness trainer conducted these six sessions with the help of PowerPoint presentations every weekend during the first 7 weeks of the study period on these topics in the following order: benefits of meditation, challenges, and tips to improve meditation practice, learn rejuvenation technique, learn bedtime prayer meditation, heartfulness practice overview, and formal questions and answer sessions. The participants were also recommended to practice Heartfulness home practices from the HeartsApp or website.

Study Instruments

To assess the effectiveness of the overall Heartfulness-Based Start 'U'p program, the same assessment protocol was administered twice; once at the beginning and once at the end of the program. The assessment tool comprised of three validated, self-reporting inventories, namely, the Beck Anxiety Inventory (BAI), Perceived Stress Scale (PSS), and the Five Facet Mindfulness Questionnaire (FFMQ). First, BAI was used for measuring anxiety among allied health students.[17] The BAI questionnaire has been commonly used in clinical research as a measure of generalized anxiety.[18] A four-point Likert scale, that is, 0 (not at all) to 3 (severely), is used to score the responses. A score of 36 and above indicates high anxiety, 22 to 35 moderate anxiety, and 0 to 21 low anxiety.

To measure the level of perceived stress in an individual, the PSS questionnaire tool was used. It evaluates the degree at which each individual perceives situations in their lives as stressful. Here, a 5-point Likert scale, that is, 0 (never) to 4 (very often) is used. High levels of perceived stress is determined by scores in the range from 27 to 40, moderate perceived stress by 14 to 26, and low perceived stress by 0 to 13 scores.[19,20]

Last, the FFMQ, was used to assess student mindfulness, which included various parameters such as observing, describing, acting with awareness, nonjudging of inner experience, and nonreactivity to inner experience.[21] A 5-point Likert scale, that is, from 1 (never or very rarely true) to 5 (very often or always true), was used. All these three questionnaires were sent electronically in the form of Google Forms to all participants pre- and post-intervention, to collect their responses.

Statistical Analysis

Statistical analysis was conducted using IBM-SPSS, version 23.0. We used descriptive statistical procedures for sociodemographic data. Wilcoxon signed rank test and McNemar test was carried out to determine the statistical differences between pre- and post-Heartfulness intervention. *p*-values of < 0.05 were considered significant.

Results

A total of 203 undergraduate students from MGMSBS, MGMIHS, Navi Mumbai, voluntarily participated in this study. The mean age of the participants was 18.70 years (SD 1.19), with a range of 17 to 22 years. One hundred and fifty-four participants were female (75.86%), while 24.14% of participants in this study were male. The majority of participants (95.07%) did not report any level of meditation experience (►**Tables 1–4**).

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Table 1 Characteristics of participants in a study to assess the effect of Brief Heartfulness-Based Start 'U'p meditation sessions on stress, anxiety, and mindfulness of allied health college students

Characteristics	
1. Age	
Mean (SD)	18.70 (1.19)
Range	17–22
2. Age groups, *n* (%)	
< 18	18 (8.87)
18 to < 20	149 (73.40)
20 to < 22	29 (14.28)
≥ 22	7 (3.45)
3. Gender, *n* (%)	
Male	49 (24.14)
Female	154 (75.86)
4. Meditation experience, *n* (%)	
Yes	10 (4.93)
No	193 (95.07)
5. Studying hours, *n* (%)	
< 1	0
1 to < 5	191 (94.09)
5 to < 10	12 (5.91)
> 10	0

Discussion

The working environment of health care professionals makes them prone to stress, anxiety, and depression. Management of such mental health-related issues in this population is of high concern worldwide. The current study is one of the first studies to explore the benefits of Heartfulness meditation among allied health students. The findings aim to create awareness of anxiety and satisfaction with life among health care professionals and inform the wellness leaders to address this issue using self-care interventions. In this study, the effectiveness of a Brief Heartfulness-Based Start 'U'p program on stress and anxiety of allied health college students was determined. Out of 203 participants in this study, 55.17% had moderate anxiety and 37.44% showed findings of high anxiety. These numbers are higher than those obtained from Western countries and closer to the data of Eastern countries. Our findings are similar to studies from the United States.[13,14] In their study, there was a significant reduction in PSS score after carrying out the heartfulness-based stress management program. However, there was no statistically significant change observed in some of the subscales after the posttest and follow-up phases.

Table 2 Mean outcomes of participants in a study to assess the effect of Brief Heartfulness-Based Start 'U'p meditation sessions on stress, anxiety, and mindfulness of allied health college students

Outcome	Baseline mean	7 weeks mean	Difference mean	*p*-value[a]
Anxiety[b]	32.93	30.02	2.91	< 0.001
Perceived stress[c]	17.89	16.28	1.61	0.006
Mindfulness[d]	115.7	121.38	5.68	0.005

[a]*p*-values were calculated using the Wilcoxon signed rank test due to non-normal paired data.
[b]As determined by the Beck Anxiety Inventory (BAI).
[c]As determined by the Perceived Stress Scale (PSS).
[d]As determined by the Five Facet Mindfulness Questionnaire (FFMQ Total).

Table 3 Mean outcomes of participants in a study to assess the effect of Brief Heartfulness-based Start 'U'p meditation sessions on different subscales of mindfulness of allied health college students

Outcome	Baseline mean	7 weeks mean	Difference mean	*p*-value[a]
Observing[b]	26.2	27.58	1.38	0.022
Describing[b]	23.95	25.01	1.06	0.017
Awareness[b]	21.38	21.93	0.55	0.363
Nonjudging[b]	22.88	24.98	2.1	< 0.001
Nonreactivity[b]	21.28	21.87	0.59	0.245

[a]*p*-values were calculated using the Wilcoxon signed rank test due to nonnormal paired data.
[b]As determined by the Five Facet Mindfulness Questionnaire.

Table 4 Categorical outcomes from baseline to post-baseline among participants in a study to assess the effect of Brief Heartfulness-Based Start 'U'p meditation sessions on stress and anxiety of allied health college students

Outcome	Baseline (*n*, %)	Seven weeks (*n*, %)	*p*-value[a]
Anxiety[b]			0.009
High	76 (37.44)	46 (22.66)	
Moderate	112 (55.17)	131 (64.53)	
Low	15 (7.39)	26 (12.81)	
Perceived stress[c]			0.089
High	19 (9)	10 (5)	
Moderate	135 (67)	127 (63)	
Low	49 (24)	66 (33)	

[a]*p*-values calculated using the McNemar's exact test for paired data.
[b]As determined by the Beck Anxiety Inventory (BAI).
[c]As determined by the Perceived Stress Scale (PSS).

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The present brief intervention program effectively reduced stress and anxiety in allied health students. This study also showed a slight improvement in mindfulness aspects such as observing, awareness of the present moment, describing, feelings of non-judgmental, and non-reactivity. This intervention will also help the students to improve their behavioral aspects of self-forgiveness, problem-solving skills, acceptance, compassion, etc.

Our study adds to the existing area of literature that encourages the use of Heartfulness meditation practices that shows benefits in the field of relaxation in order to improve overall well-being in terms of sleep patterns, quality of sleep, loneliness, stress, and burnout, as reported by some previous studies.[13,14,22,23] However, the exact mechanism of Heartfulness meditation is still underexplored. Our results attempt to provide a unique perspective to understand how Heartfulness meditation practice can help to reduce stress and thereby improve the quality of life in allied health students. Our qualitative analysis implies that a state of calmness and inner peace has been achieved in our students because of a simple heart-based meditation. This effect has also led to changes in inner attributes such as observing, describing, awareness, nonjudging, and non-reactivity in our participants.

Limitations

One of the limitations of our study is the relatively smaller sample size and a single-center study. There was a lack of a control group which makes it difficult to check for the placebo effect. There was also a lack of randomization as participants were self-enrolled in this intervention. There are also chances of unknown bias due to the situations at their personal level, which can affect their mental health, along with their routine work environment. Also, this intervention was carried only once a week for the course of 7 weeks, making a lesser increase in the outcomes.

Conclusion

The current study is one of the first attempts at a Heartfulness meditation intervention to reduce anxiety and perceived stress and thereby improve satisfaction with life among allied health students working in the health care sector. The statistically significant improvements observed in the overall BAI and PSS outcomes suggest that the Start 'U'p Heartfulness meditation program could serve as a potential tool in reducing anxiety and stress. Results also suggested that adopting a Heartfulness practice for as little as once per week may reduce stress and anxiety in college students. Further, a continuation of this practice with engagement in learning-oriented objectives will improve in overall mental health and thereby holistic development of the students. However, larger randomized controlled studies would be recommended.

Conflict of Interest

The authors have no conflict of interest to declare.

Acknowledgment

The authors acknowledge the contribution of all students of MGMSBS, MGMIHS, Kamothe, Navi Mumbai, who gave their valuable time to participate in the study.

Financial Disclosure

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Event Name: Guest lecture on "Empower & Explore your Inner Potential – The Heartfulness Way by Dr. Mohandas Hegde

Date & Time: 18th November 2022

Location: Classroom no. 2, Ground Floor, MGM Medical College, Navi Mumbai

Sr. No.	Event Title & Venue Details	Program Coordinators (Team members name)	Total No. of Participants
1	Guest lecture on "Empower & Explore your Inner Potential – The Heartfulness Way by Dr. Mohandas Hegde, Director, CREST	Dr. Mansee Thakur Dr. Himanshu Gupta	70

Kindly attach 4 photographs

Short event report

Believe in your heart that you're meant to live a life full of passion, purpose, magic and miracles. MGM School of Biomedical Sciences, Navi Mumbai, a constituent institute of MGM Institute of Health Sciences.

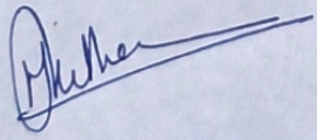
MGMSBS Navi Mumbai had arranged a session on "Empower & Explore Your Inner Potential - The Heartfulless Way" by Dr. Mohandas Hegde, Director, Centre for Research, Education and Training (CREST), Banglore on 18th November 2022 at 11.00 am. This session was an initiative by Dr, Mansee Thakur, Director, MGM SBS and Dr. Himanshu Gupta, IQAC Co-ordinator, MGM SBS.

The Post graduate and Ph.D. Students of MGM SBS attended and enjoyed the interactive session, which helped them to promote their holistic development.

Report Prepared by: Dr. Neelam Yeram, Tutor, MGM School of Biomedical Sciences, Navi Mumbai.

Enclosures :

1. **Event Brochure**
2. **Attendance Sheets**



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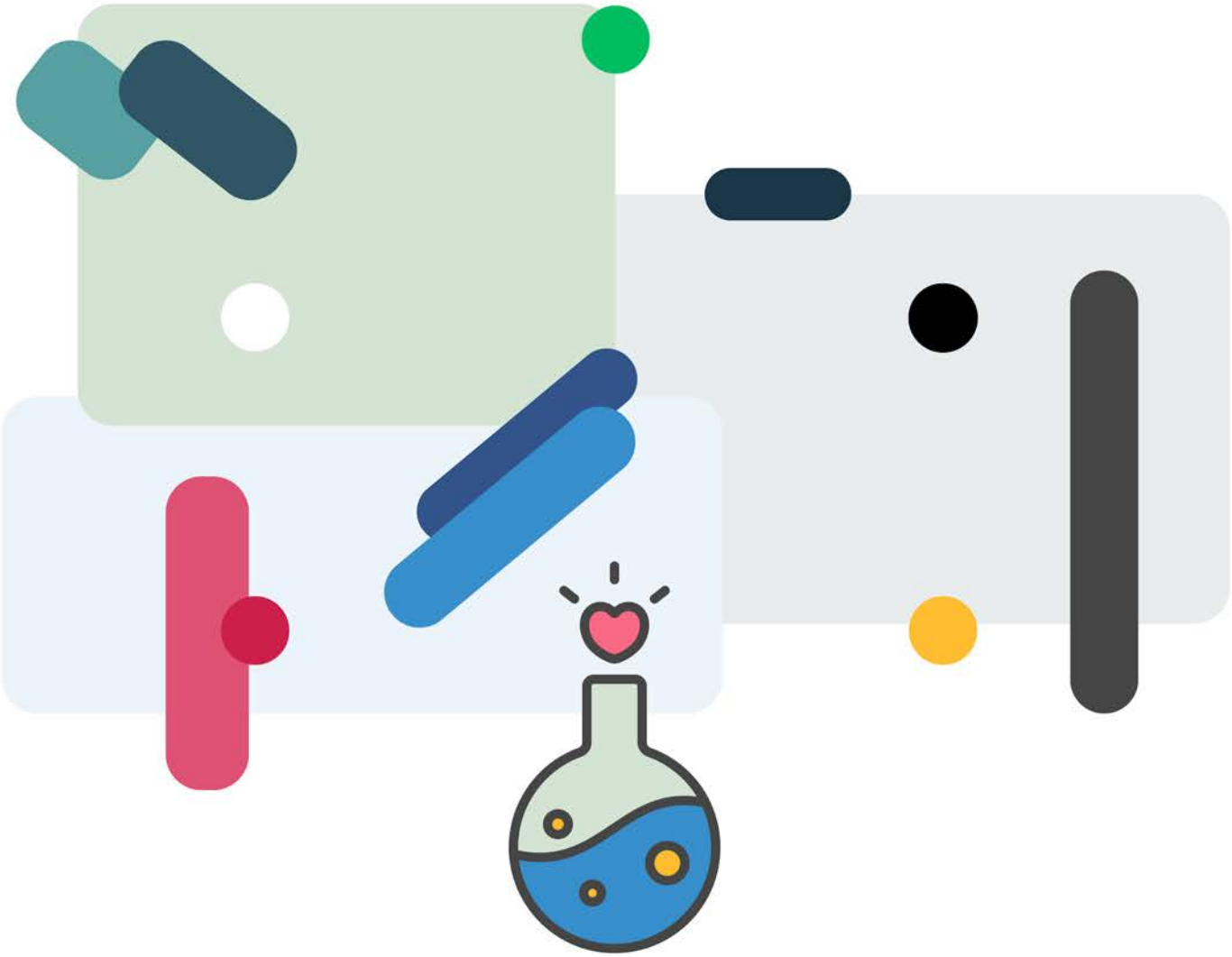

THE SCIENCE BEHIND
HEARTFULNESS

www.heartfulness.org

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HEARTFULNESS

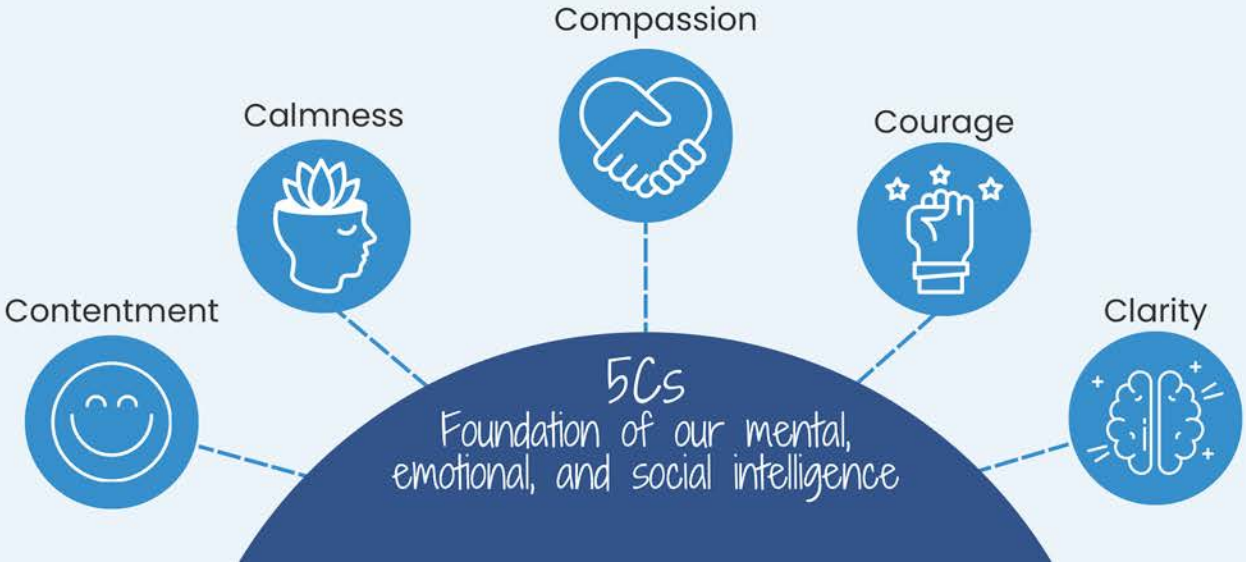
What is Heartfulness

Heartfulness practices guide us on a journey of inner connection, bringing peace, resilience, and well-being into our lives.

Why Heartfulness

The unique and transformative aspect of Heartfulness is Yogic Transmission. It helps practitioners experience the deepest states of consciousness. It naturally brings out the heart's qualities of contentment, calmness, compassion, courage and clarity (the 5Cs).

Yogic Transmission is the essence of life and love emanated from the Source. Our heart can capture, absorb, and experience it.



DEEP MEDITATION, even the first time, through Heartfulness

Heartfulness meditation aided by Yogic Transmission results in deeper meditation experience.

"Heartfulness meditators often experience deep restful states characterized by delta waves of the brain. This is usually observed with deep sleep, but with Heartfulness meditation, this state is simultaneously present with a subtle restful awareness. This state of consciousness is referred to as 'Turiya' in the yogic literature."

Dr. Krishnamurthy Jayanna
MD, Professor of Public Health

Through Heartfulness Practice

- Enhance Mental Well-being
- Reduce Anxiety
- Combat Burnout
- Manage Stress
- Curtail Loneliness
- Improve Quality of Sleep
- Increase Longevity
- Boost Cardiac Health
- Enrich Quality of Life

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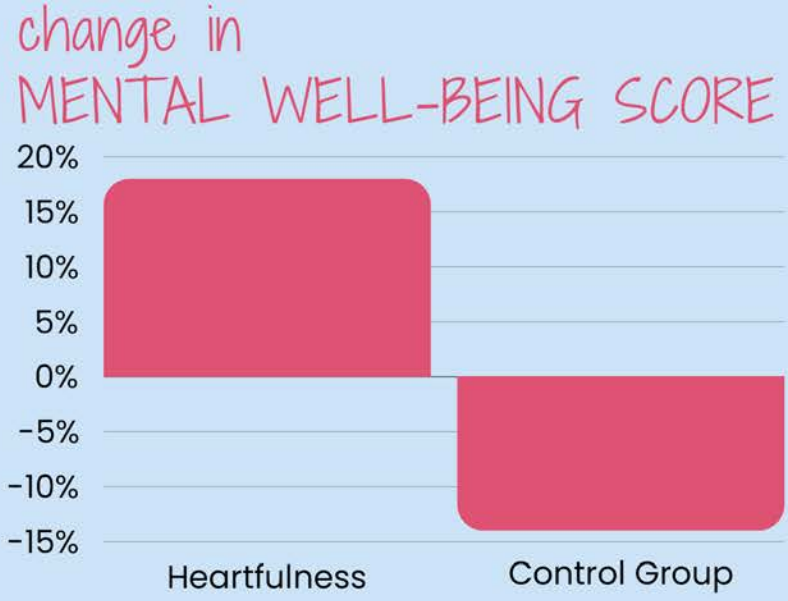
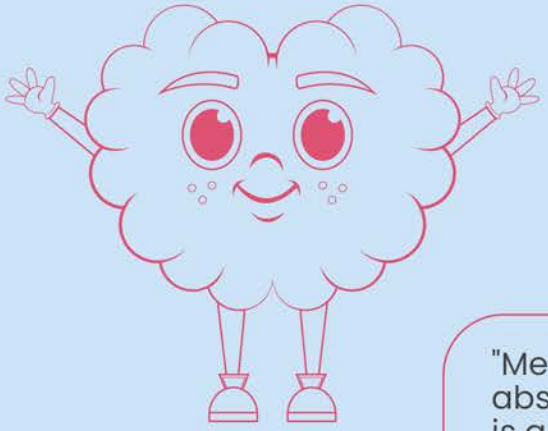
Be resilient, Enhance MENTAL WELL-BEING

There was an 18% improvement in mental well-being scores among participants undergoing the Heartfulness program, whereas there was a 14% worsening in mental well-being scores among participants in the control group.





"Mental health is more than the absence of mental disorders. It is a dynamic state of internal equilibrium that enables individuals to use their abilities in harmony with the universal values of society.

Heartfulness meditation programs have been shown to positively impact mental well-being among different groups of participants."

Dr. Anthony Cullen
PhD, Senior Lecturer

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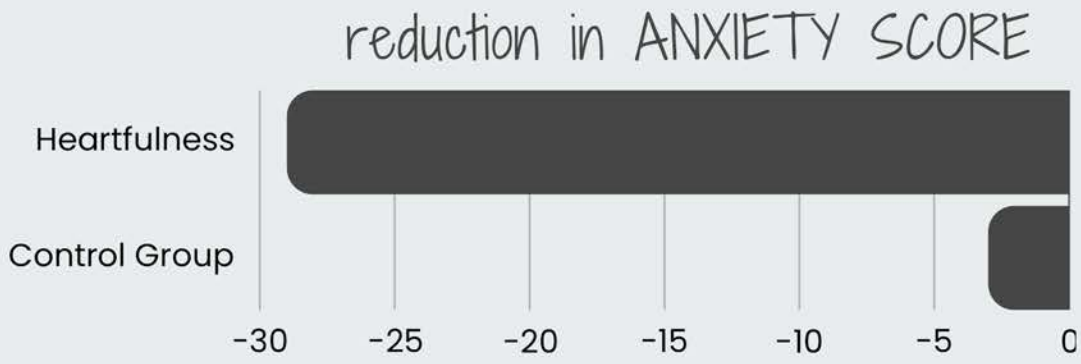
Say NO to ANXIETY

There was a 29% reduction in generalized anxiety scores among participants who completed a 12-week Heartfulness meditation program.



Dr. Hester O'Connor
Clinical Psychologist

"According to Anxiety Disorders Association of America (ADAA), anxiety disorders are the most common mental illness in the US, affecting 40 million adults (19% of the population) every year.

Self-care tools offered by Heartfulness can help combat and prevent generalized anxiety."

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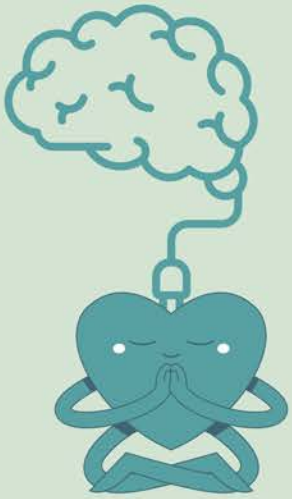
Don't BURNOUT

Burnout is a syndrome resulting from unmanaged chronic stress. Burnout is characterized by:

- a feeling of energy depletion or exhaustion
- an increased mental distance from one's job, or feelings of negativism or cynicism or depersonalization related to one's job
- a reduced sense of professional efficacy



Dr. Jayaram Thimmapuram
MD, FACP, Internal Medicine

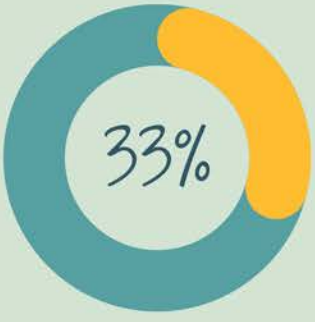
"Burnout and lack of emotional well-being in the workforce are common challenges most corporates are facing in current times.

Heartfulness meditation practice has been shown to have a positive impact on reducing burnout and improving mental well-being, resulting in increased work satisfaction and productivity."

Heartfulness meditation showed a 33% reduction in various parameters of burnout compared to a 9% in the control group.

reduction in EMOTIONAL EXHAUSTION

reduction in CYNICISM



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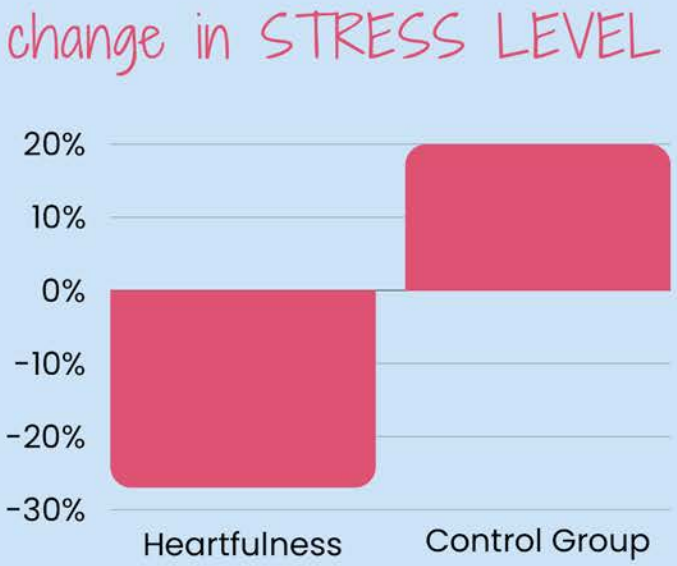
Reduce STRESS, enjoy your day

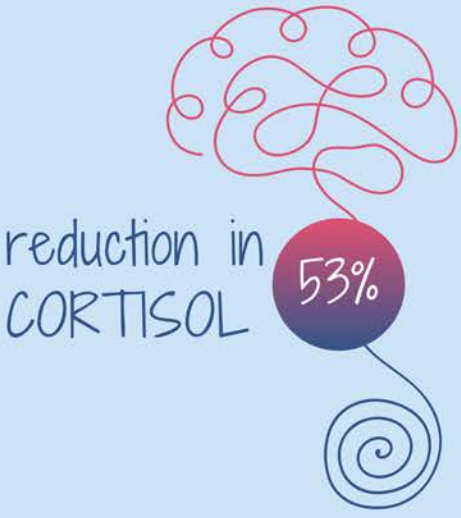
There was a 27% reduction in perceived stress levels in those who underwent the Heartfulness program, whereas there was a 20% increase in perceived stress levels among the control group.



There was a 53% reduction in blood cortisol levels among participants who completed a 12-week Heartfulness meditation program.

Dr. Rohit Parmar
MD, Cardiology

"Meditation can help you manage stress, sleep well and feel better. It is a great addition to your overall wellness plan that includes eating healthier, managing your weight and exercising regularly."



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Curtail LONELINESS

An estimated 44 million American adults are experiencing significant loneliness, as identified in the Gallup National Health and Well-Being Index.

Loneliness increases the risk for premature death by 26%. It is also associated with a 29% increased risk of heart disease and a 32% increased risk of stroke.

reduction in LONELINESS in adolescents

A 13-week course on Heartfulness for students showed reduced stress levels and improved well-being in children by cultivating positivity and fostering social and self-awareness.

"”Heartfulness Self-Care program could help decrease loneliness and anxiety and improve life satisfaction in teens and adults, thus improving the health and well-being of the whole school community.”

Dr. Ranjani Iyer
PhD, Assistant Principal

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Improve SLEEP QUALITY, Get sound sleep

13% fewer AWAKENINGS FROM SLEEP

15% increase in RESTFULNESS

24% increase in SLEEP QUALITY

30% quicker time for ONSET OF SLEEP

50% reduction in INSOMNIA SEVERITY

Several studies have shown a positive impact on different parameters of sleep with even a few weeks of Heartfulness practice.

"”Psychological stress and poor quality of sleep are two sides of a coin. Heartfulness meditation practice has shown a significant reduction in levels of stress and improved quality of sleep.”

Dr. Kunal Desai
MD, Infectious diseases

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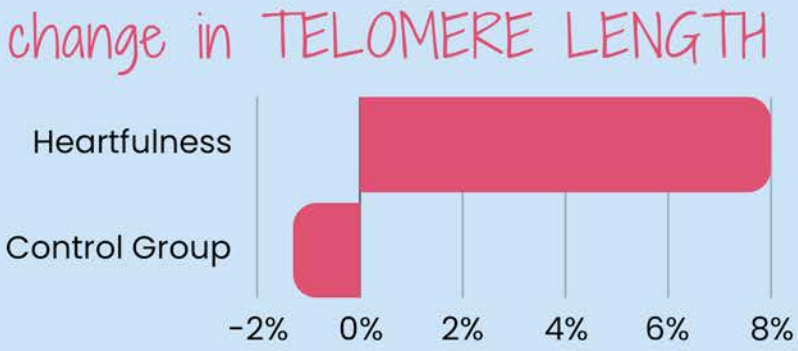
Live healthy, Increase LONGEVITY

A research study demonstrated an 8% increase in telomere length after 12 weeks of Heartfulness meditation practice against a decrease by 2% in the control group.

A telomere is a region of repetitive DNA sequences at the end of a chromosome. Telomeres, the caps that protect the end of linear chromosomes, are known to shorten with age, inducing cell senescence and aging.

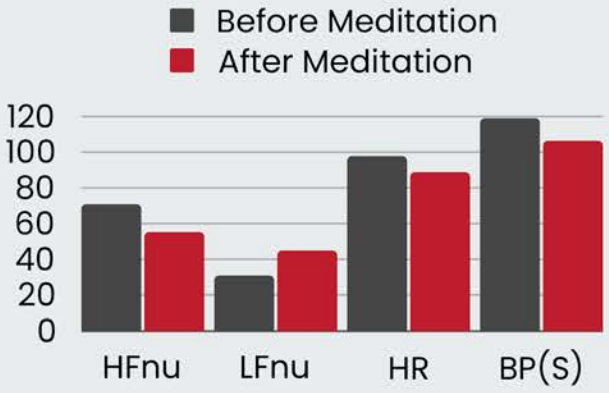


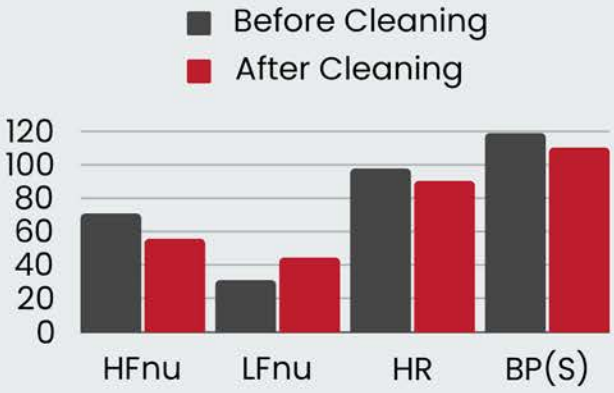
"Long-term practice of Heartfulness meditation can further improve mental health along with a slow cellular aging process, and hence promote well-being."

Dr. Mansee Thakur
PhD, Medical Biotechnology

Save your heart, Boost CARDIAC HEALTH

Heartfulness meditation and cleaning practices showed significant positive effect on sympathovagal balance evident by positively influencing Heart Rate Variability.





A significant effect of Heartfulness cleaning and meditation was observed on the three variables of Heart Rate Variability (LFnu, HFnu, LF/HF ratio).

The maximum Heart Rate along with systolic Blood Pressure was also found to decrease significantly with Heartfulness practices.

"Heartfulness practice is highly beneficial for cardiac health. Many participants in our study found meditation enjoyable and peaceful."

Dr. Rahul Mehrotra
MD, Cardiology

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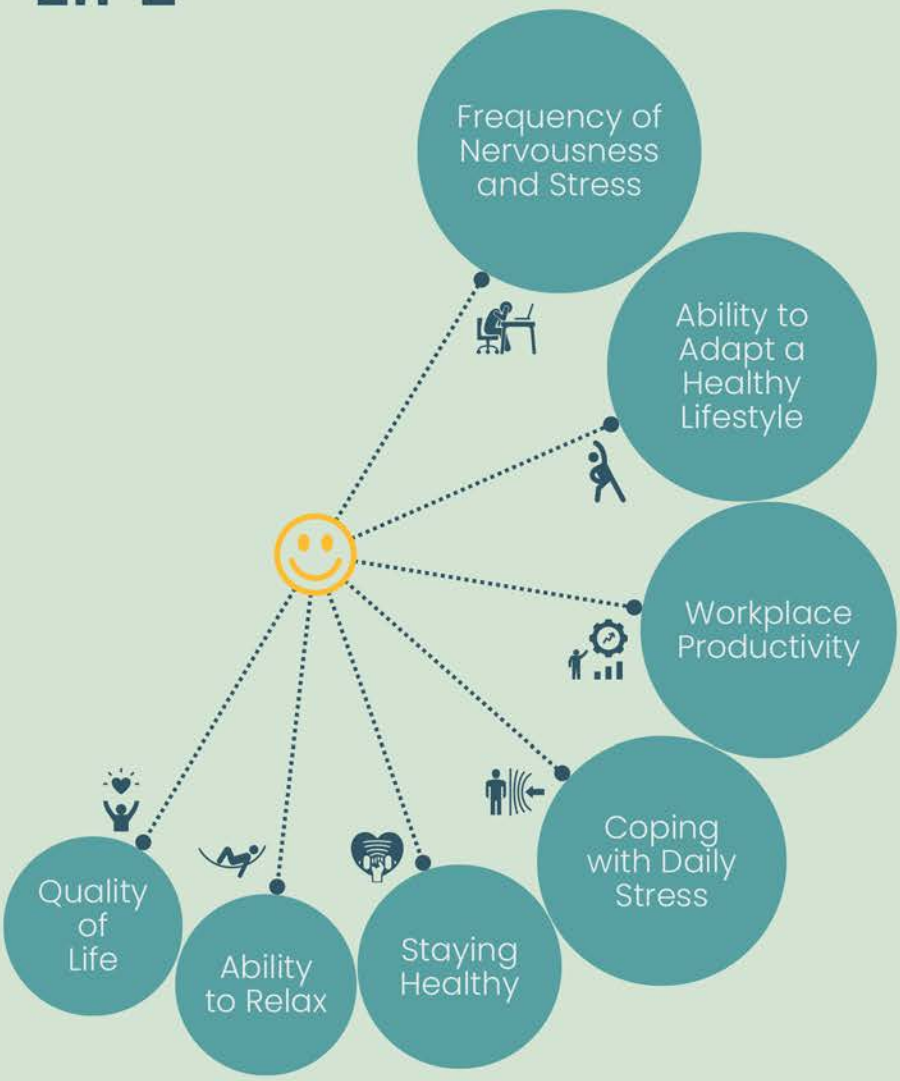
Live joyfully, enrich your QUALITY OF LIFE

A multinational cross-sectional study of more than 3000 Heartfulness practitioners from 39 countries during the COVID-19 pandemic reported better outcomes in all 7 domains of HRQOL (Health Related Quality of Life).



Dr. Margaret Schenkman

PT, PhD, FAPTA,
Professor Emerita

"Health-related quality of life (HRQOL) is an individual's or group's self-perception of their physical and mental health over time which includes quality of life, ability to adopt a healthy lifestyle, ability to relax, frequency of nervousness and stress, coping with day-to-day stress, workplace productivity, and staying healthy."

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HEARTFULNESS PRACTICES

Heartfulness is easy and practical to incorporate into the modern lifestyle. The four core practices are inclusive, intuitive, and integrated.

RELAXATION

Do away with stress and anxiety to bring back a sense of calm, inner peace and well-being, which is essential for holistic wellness.

MEDITATION

Bring your mind to a state of focus and clarity to explore true inner potential. This is key to productivity and performance.

CLEANING

Clean the emotional impact of the day's activities and learn to "let go". This reduces worries and evokes feelings of lightness and joy.

INNER CONNECT

Tune into your heart to unlock inner qualities such as kindness, empathy and confidence. Embark on a journey of inner transformation.

heartfulness
advancing with kindness

Heartfulness is an integrated practice that is simple to adopt into the modern lifestyle.

heartful campus
MASKS REQUIRED BEYOND THIS POINT

MEDITATION
Heartful Campus
MEDITATION

Wellness Wall
Wellness Centre
Heartful Campus
MEDITATION

ITM Business School
Presents
WELLCON-2023

ITM Business School
WELLCON-2023

Event Name: World Mental Health Day

Date & Time: 10th October, 2023

Location:.Alkem Laboratory LTD Head Office, Taloja

Sr. No.	Event Title & Venue Details	Program Coordinators (Team members name)	Total No. of Participants
1	World Mental Health Day	Ms. Amita Kirar Dr. Mansee Thakur	100

Kindly attach 4 photographs

Director
MGM School of Biomedical Sciences
MGM Institute of Health Sciences
Kamothe, Navi Mumbai- 410 209, India

Short event report

On 10th October, 2023 on the occasion of World Mental Health Day, Team Aarambh organized an extraordinary event in collaboration with Heartfulness at Alkem Laboratory LTD Head Office, Taloja. The atmosphere was filled with excitement as Ms. Amita Kirar, the President of Aarambh, delivered a captivating introduction, emphasizing the importance of mental health. Dr. Mansee Thakur, Director, MGMSBS, MGMIHS, Navi Mumbai and Dr. Kapil Thakur, Centre Coordinator, SRCM Heartfulness Meditation and Yoga Centre, Panvel, then took the stage, transporting us to the serene Kanha Shanti Vanam. Their insightful descriptions of Heartfulness left us in awe, and we couldn't wait to dive into the practice.

Dr. Kapil Thakur led a meditation session that was nothing short of transformative. The tranquil surroundings allowed us to delve deep into our souls, experiencing a profound sense of harmony and inner peace. But the magic didn't stop there! Laughter and camaraderie filled the air as we engaged in a series of captivating games. These activities not only brought us closer together but also reminded us of the joy that comes from shared experiences.

To conclude the event on a high note, Team Aarambh graced us with a beautiful and uplifting song. The audience was left impressed and energized by their incredible performance.

Report Prepared by: Artika Pawar (Editorial Committee, Aarambh MGMIHS)

Ms. Amita Kirar (President, Aarambh MGMIHS)

Ms. Sanjana Philip (Secretry, Aarambh MGMIHS)

Mr. Subodh (Faulty Coordinator, Aarambh MGMIHS)

Ms. Neelam Yeram (Co-Faculty Coordinator, Aarambh MGMIHS)

M.G.M. SCHOOL OF BIOMEDICAL SCIENCES KAMOTHE NAVI MUMBAI

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Event Name: World's AIDS Day Celebration at MGM Hospital

Date & Time: 1st December, 2023 at 11.30 am

Location: MGM Medical College & Hospital, Navi Mumbai

Sr. No.	Event Title & Venue Details	Program Coordinators (Team members name)	Total No. of Participants
1	World's AIDS Day Celebration at MGM Hospital, Navi Mumbai	Ms. Amita Kirar, Ms. Sanjana T. Philip	25 participants

Director
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Short event report

On December 1st, Aarambh, MGMIHS hosted a session in observance of World AIDS Day, tailored for hospital staff and distinguished guests. The inauguration, graced by Dr.Rahul Sir, the esteemed hospital In-charge, proceeded with elegance, emphasizing the event's importance. Aarambh showcased remarkable organizational skills, conducting an invigorating yoga session that fostered a sense of rejuvenation among participants.

The interaction session, complemented by thought-provoking questions, played a pivotal role in the event's success, engaging the audience and enhancing their overall experience. Dr. Kapil Thakur's insightful discussion on the intricate connection between the heart and mind proved captivating, introducing fresh perspectives.

The audience exhibited high receptivity, actively participating throughout the session, underscoring the event's impact. As part of their commitment to continuous improvement, Aarambh, MGMIHS actively sought valuable feedback, receiving overwhelmingly positive responses. This feedback served as reinforcement for the event's effectiveness and meticulous planning, affirming its success in creating a meaningful and impactful experience.

Report Prepared by: Ahlam Parkar (Editorial Coordinator, Aarambh MGMIHS, Navi Mumbai)

Mr. Subodh Rahate (Faculty Coordinator, Aarambh MGMIHS, Navi Mumbai)

Director
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Event Name: Y20 Global Summit

Date & Time: 22nd July, 2023

Location: Kanha Shanti Vanam, Heartfulness Center

Sr. No.	Event Title & Venue Details	Program Coordinators (Team members name)	Total No. of Participants
1	Y20 Global Summit	Ms. Amita Kirar Mr. Subodh Mrs. Mansee Thakur Mr. Kapil Thakur	1200

Kindly attach 4 photographs

Director
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Short event report

Kanha Shantivanam is like a mesmerizing realm, where time stands still and magic fills the air. MGM-SBS, Navi mumbai students visited Kanha on an occasion of Y20 Global Summit, with the guidance of Mrs. Mansee Thakhur, Director of MGM-SBS, Mr. Kapil Thakur and other faculties on 22nd July from 9:00am to 1:00pm. The summit was attended by over 1200 youth from around the world. The panel discussions with Mrs. Mansee Joshi (an Indian para-badminton player), and Mrs Ayonika Paul (an Indian rifle shooter in Olympics) Mr. Swayam Srivastava (Renowned Motivational poet)Mr. Himadrish Suwan – (Chairperson confederation of young leaders, Winner of Global young achiever's award. Founder of "Mission -E-Safai")Mr. Vikrant Gharat – (Motivational Speaker, Author) Mr. Kunal Tilak – (Track Chair, Y20 Secretariat and Great-great-grandson of Lokmanya Balgangadhar Tilak) were like a gathering of majestic dragons, breaking down barriers and shaping the destiny of our future.The event had panel discussions on physical, emotional/ mental and spiritual wellness. The summit saw a closure through a musical finale by triple Grammy winner Ricky Kej. The students were all blessed to explore the serene beauty of Kanha. Meditating in its tranquil surroundings, we tapped into the primal energy that resides within us all. Kanha transformed us, healing our emotions and awakening our spirits. The environment of Kanha, with its lush greenery and vibrant wildlife, made us feel so free, alive, and deeply connected to the natural world and also made aware of physical, mental and environmental wellness.

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SBS
School of Biomedical Sciences

Event name: WELLNESS FEST-YOG MAHOTSAV

Date & Time: 29th April - 06:30 PM to 08:30 PM, 30th April - 07:00 AM to 09:00 AM , 01st May - 07:00 AM to 09:00 AM

Location: Cidco Exhibition and Convention Center, Vashi, Navi Mumbai.

Sr. No.	Event Title & Venue Details	Total No. of Participants
1	Inauguration and introduction to yoga	3000
2	Meditation and yoga	2500
3	Meditation, yoga and felicitation.	1000

In this era of modernization and chaos, people are constantly under pressure and stress. Therefore, meditation; an ancient technique can be crucial in this era. It involves focusing and balancing techniques through which we can eliminate external distractions and focus on your internal and external experiences. For expanding this idea, the Heartfulness Institute organized a Wellness fest-Yog Mahotsav; a three-day session held from 29th April to 1st May,2023 at the Cidco Exhibition center, Vashi, Navi Mumbai in association with the Ministry of Culture, Government of India. The main vision of this event was -'Har dil dhyaan, Har din dhyaan'. This is a part of the initiative of azaadi ka Amrit Mahotsav under the Ministry of culture Affairs.

Wellness Fest Glimpses

Body

- Asanas
- Pranayama
- Mudra
- Yoga Healing asanas for Chronic Diseases

Mind and Soul

- Relaxation
- Rejuvenation
- Meditation
- Inner Connection
- Brain Exercises

Health Experts Session

- Healthy Heart
- Diet & Nutrition
- Diabetes
- Stress & Hypertension
- Obesity

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Glimpses of Yog Mahotsav Panvel

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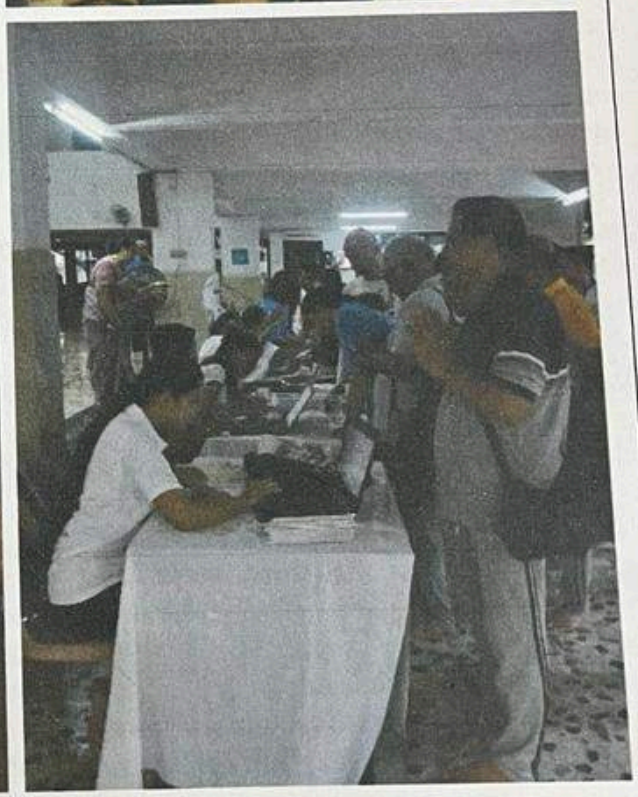

Glimpses of Yog Mahotsav Panvel

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Short event report

The **Yog Mohotsav Panvel** event took place on **13th and 14th May 2023** at the **Heartfulness Yoga Meditation Centre in Panvel**. Several colleges, including MGMIHS, Navi Mumbai, Kamothe, participated in the event, with students from BSc 1st year as well as MSC showing great enthusiasm. The objective of Yog Mohotsav 2023 was to promote the practice of yoga and meditation, foster unity among participants from various colleges, and provide a platform for personal growth and well-being through holistic practices.

The event started on 13th May, wherein two sessions of yoga and meditation were conducted. The first session ran from 7 am to 9 am. Student volunteers from MGMSBS began registration at 6:45 am. Approximately 400 people registered for the first session, including senior citizens and young children. They participated in the rejuvenating and peaceful yoga and meditation sessions. Exercises focusing on activities such as Diabetes Management/Weight Management/Anxiety and Hypertension Management, Mudra, Brain Exercises and Dhyan with Yogic Transmission were gracefully conducted. This was followed by breakfast. Our volunteers helped in serving as well as cleaning the utensils, including our Director Dr. Mansee Thakur. All the students, regardless of gender, wholeheartedly engaged in these activities without any sense of shame, finding joy in the work.

The next session was in the evening, from 6 pm to 8 pm, wherein different brain exercise activities of Brighter minds were conducted. Brighter Minds (BM) is a training methodology designed to catalyse cognitive growth for children between the ages of 5 and 15 for a lifetime of learning. Using their proprietary interactive tools and techniques, each of their training programs aims at whole brain activation where the right brain is stimulated through exercise, sound waves and relaxation to achieve left-right equilibrium. The result is an intellectually, socially and emotionally brighter mind. After this session dinner was enjoyed together, cherishing each other's company and capturing memories through photos and reels.

On the second day, 14th May, approximately 500 people were registered. We commenced the day with peaceful yoga and meditation sessions, maintaining silence throughout. The volunteers worked hard to ensure a smooth event. The students received appreciation from both the ashram and the participants.

During the event, Dr. Thakur also shared her valuable experiences, insights, and anecdotes, providing guidance for our present and future lives. She also spoke about the mentors and their journey in promoting meditation. We learned about the sacrifices made by the mentors for the betterment of the public's well-being.

This event helped in fostering better understanding and camaraderie among the students. Right from helping in the preparation of food, to washing utensils, to managing seating arrangements, registering participants and finally executing the event, the students of MGMSBS created a fun, enjoyable, and learning experience throughout. The students selflessly participated in all the activities and had a great time interacting and bonding with each other. With the support and guidance of Dr. Mansee Thakur, Dr. Kapil Thakur, and all the members of the meditation cemtre, all three sessions were successfully conducted.

Report Prepared by: Ms. Sanjana T. Philp, Ph.D. Scholar (Medical Biotechnology), Ms. Ahlam Parkar (BSC 1st year 2nd sem) and Ms. Afra Shaikh (BSC 1st year 2nd sem)

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Kamothe, Navi Mumbai

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Event Name: Cleanliness drive at Yog Vatika

Date & Time:6th June, 2023

Location:.

Sr. No.	Event Title & Venue Details	Program Coordinators (Team members name)	Total No. of Participants
1	Cleanliness drive at Yog Vatika, MGM Medicinal Plant Garden, Navi Mumabi	Ms. Neelam Yeram, Ms. Amita Kirar	26

Kindly attach 4 photographs

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Kamothe, Navi Mumbai

Short event report

The Aarambh team had a productive and fulfilling experience at the **Sahaj Marg Sadhana meet** on **June 4th, 2023**. They learned about the benefits of meditation, including reducing stress and anxiety, improving focus, and gaining a greater sense of self-awareness.

In addition to learning this, **Aarambh MGMIHS and Tapas, Pillais** helped in cleaning the backyard (green zone) of SRCM, Heartfulness Centre, Panvel, showing their dedication to environmental issues and making a positive impact. The team also engaged in team bonding activities and shared personal experiences, which was highly beneficial for their personal and professional growth. Overall, the team's participation in these activities demonstrates their commitment to making a positive impact on the planet and setting an example for others to follow.

Ms. Amita Kirar (President)

Report Prepared by: Artika Pawar (Editorial Committee member, Aarambh MGMIHS)

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Event Name: Session at Yogita Dental College and Hospital

Date & Time:31st Aug- 1st September, 2023

Location: Yogita Dental College and Hospital, Khed, Ratnagiri

Sr. No.	Event Title & Venue Details	Program Coordinators (Team members name)	Total No. of Participants
1	Session at Yogita Dental College and Hospital, Khed, Ratnagiri	Dr. Avinash Narayankar	30

Kindly attach 4 photographs

M.G.M. SCHOOL OF BIO-MEDICAL SCIENCES KAMOTHE NAVI MUMBAI

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Kamothe, Navi Mumbai- 410 20

Short event report

The students of Aarambh, Jay Morye and Ganesh Patange, along with their mentor Dr. Avinash Narayankar, embarked on an enlightening journey to Yogita Dental College and Hospital in Khed, Ratnagiri. Their visit took place on the 31st of August and 1st September 2023. The purpose of their visit was to introduce and showcase the "Aarambh" initiative, a remarkable endeavor initiated by the students themselves, aimed at promoting the practice of heart-based meditation and yoga among people. The participants were guided through various yoga postures and breathing exercises, fostering a sense of physical and mental well-being. The students of Aarambh, with their unwavering dedication and passion, left a lasting impression on the audience, showcasing their commitment to the cause. In addition to the enlightening sessions, the students of Aarambh were honored with certifications in Basics of Medical Photography. This recognition highlights their dedication to expanding their knowledge and skills in the field of healthcare.

Overall, the visit to Yogita Dental College and Hospital was a resounding success, providing a platform for knowledge exchange, personal growth, and the promotion of holistic well-being. The students of Aarambh, under the guidance of Dr. Avinash Narayankar, have truly set an example for their peers, demonstrating the power of self-initiated initiatives and the positive impact they can have on the community.

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