



MGM INSTITUTE OF HEALTH SCIENCES

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

Grade 'A++' Accredited by NAAC

Sector-01, Kamothe, Navi Mumbai - 410 209

Tel 022-27432471, 022-27432994, Fax 022 – 27431094

E-mail : registrar@mgmuhs.com ; Website : www.mgmuhs.com

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



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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.



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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 psychology. 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 as 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



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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.



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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.