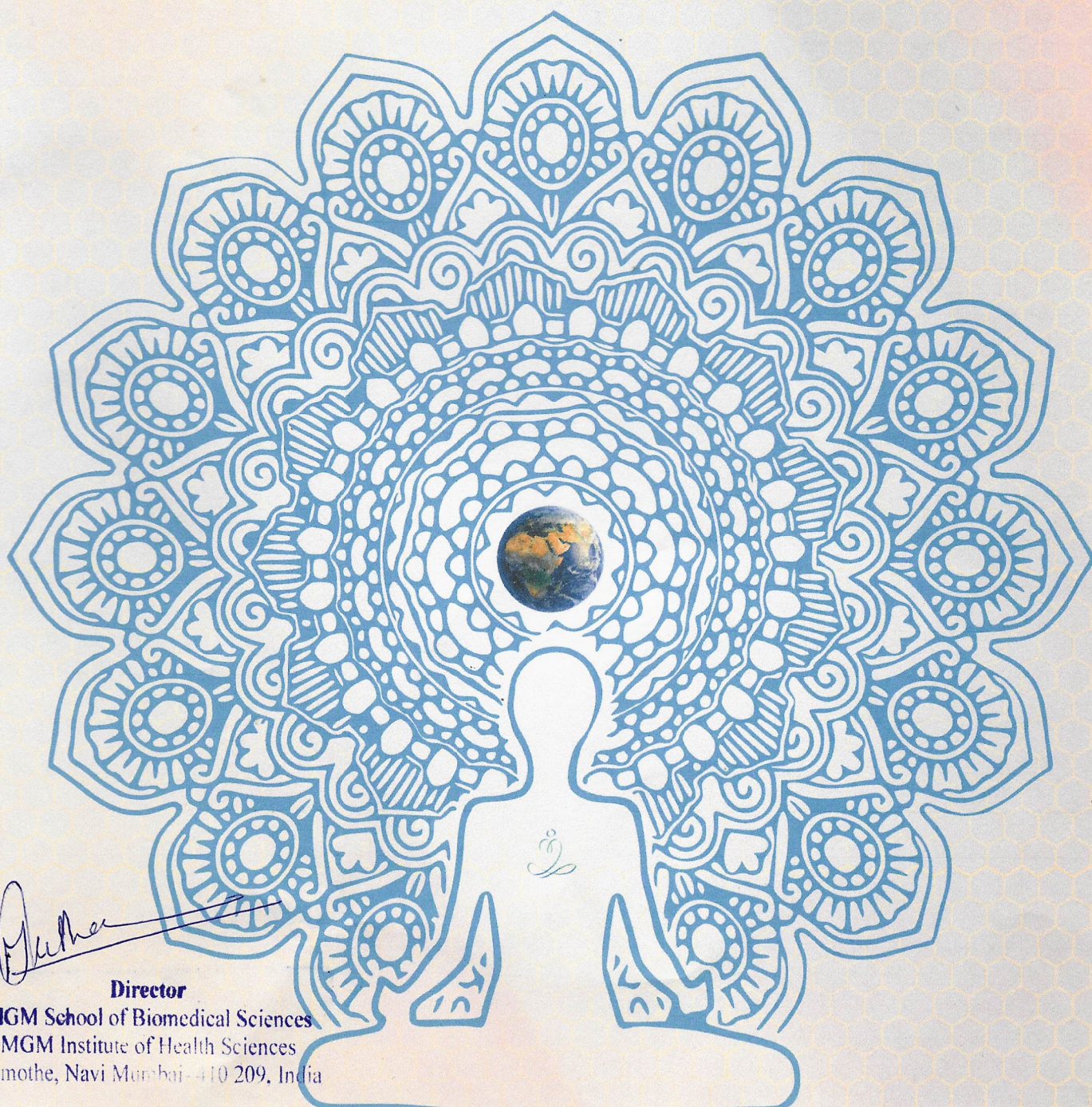


# Peaceful Pursuits

Science and wellness club

(IN and Off campus learning initiatives)



*M. D. Kulkarni*

**Director**

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



# 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 faculties. 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 for faculties and students. 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.

# 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 involving students & faculties. 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.





# 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



## MEMORANDUM OF UNDERSTANDING

This Memorandum of Understanding (hereinafter referred to as "MOU") has been agreed upon, made, and executed on this 10<sup>th</sup> 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 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:

- 1) **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,



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.









# The Fundamental Startup and Leadership Program



**MGM School of Biomedical Sciences, NM.**  
Internal Quality Assurance cell (IQAC)

In collaboration with  
**Heartfulness Education Trust along with Heartful Campus**  
Presents  
**Start 'U'P**  
A fundamental leadership program  
for youth by the Heartfulness Institution  
for the students of MGM School of Biomedical Sciences , Navi Mumbai.  
From 24th January to 11th February, 2022. Every Monday and Friday.  
09:00 am to 10:00 am.

 <b>Priyanka Sethi</b> Holds a Bachelor in Commerce (Matr) and Public Enterprise. Has a MBA in Finance and Information Technology Entrepreneur and Heartfulness trainer.	 <b>Rakhee Arora</b> Holds a B.Sc. (Tech) degree in textile chemistry. A full time certified Heartfulness Trainer.	 <b>Namrata Walvekar</b> Holds a Masters degree in Marketing and a vocational degree in Tourism and travel management. A full time certified Heartfulness meditation trainer.	 <b>Sriatha Sehadri</b> Ex. Chief Manager, Information Technology, from Bank of Maharashtra. A full time certified Heartfulness Trainer.
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An initiative by  
Dr. Kamlesh D. Patel  
Dr. Vinodkumar D. Patil  
Dr. Vinodkumar D. Patil

Supporting Faculty  
• Mrs. Anuradha Chavan  
• Mr. Nishant Yezan  
• Mr. Pooja Bhatnagar  
• Mr. Ashish Kulkarni

Student initiative by  
• Mr. Shubham Dalvi  
• Mr. Jyotirmay Pawar  
• Mr. Bhavish Shetty

**heartfulness**  
purity | wisdom | serenity

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



# Kanha Shanti Vanam Retreat

(March-2022)

In March 2022, students and faculty 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.



# 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 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.



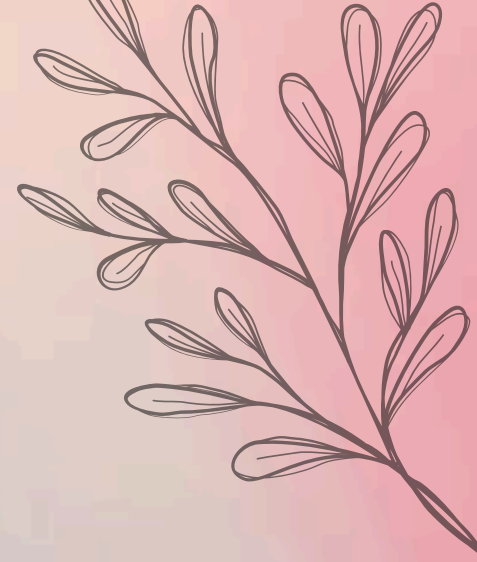


As part of the conference, the participants had the opportunity to visit the Heartfulness Institute's meditation center and experience the benefits of Heartfulness meditation. The meditation sessions were deeply relaxing and rejuvenating, and the participants expressed their gratitude for the enriching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

# Learning and Development Center off campus



**Navi Mumbai, Maharashtra, India**  
Shop no F 25 Amarante, Plot No. 04, Sector 9E, near D-Mart, Roadpali,  
Kalamboli, Panvel, Navi Mumbai, Maharashtra 410218, India  
Lat 19.037896°  
Long 73.10266°



Unnamed Road, MGM Campus, Kamothe, Panvel, Navi Mumbai, Maharashtra 410206, India

**Navi Mumbai**  
**Maharashtra**  
**India**

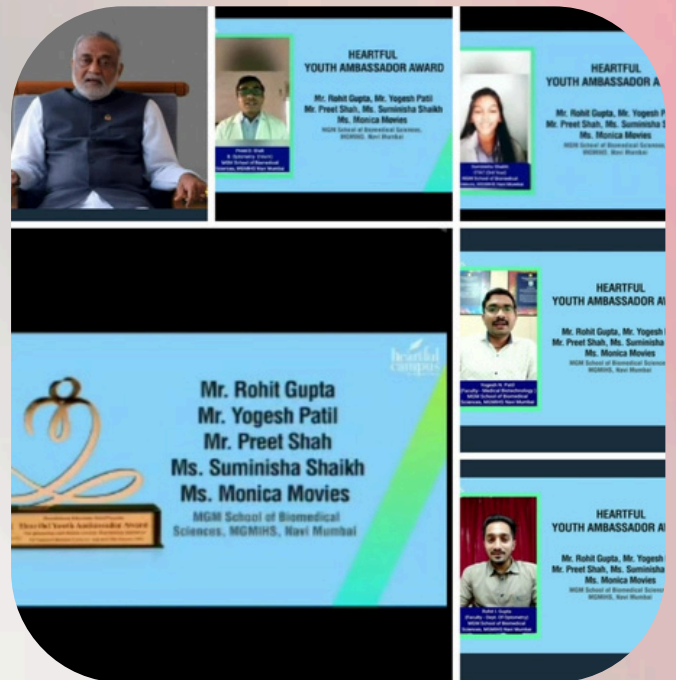






*Awards and Achievements by  
Students and Teachers*





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





## Heartfulness Campus Youth Ambassador Award



## Heartful Campus Award At National Education Conclave 2021



# Committee Members



**Mr. Tushar Pradhan**  
**[Zonal Coordinator of Heartfulness**  
**Mumbai & Director, HXGON Partners LLP]**

- Tushar Pradhan is currently Director, HXGON Partners LLP. Until recently Tushar was the (CIO) Chief Investment Officer at HSBC Global Asset Management Company (In-dia) Limited, Mumbai.
- 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 organisations in the US and India.
- He is a prominent spokesperson and is often called upon to give his views on the Indian equity and fixed income markets.
- He is featured regularly on TV and the print media and has been in the industry for over 25 years.
- Tushar has been practicing the Heartfulness meditation method for the past 20 years and is a Preceptor (spiritual trainer) since 2007.
- He is a Zonal Coordinator of Heartfulness In-stitute for Mumbai Metro Region.
- He is keenly interested in spirituality and gives lectures and conducts seminars on the importance of leading a balanced existence and the need for incorporating a spiritual practice in ones life.



# Committee Members



**Dr. Kapil Singh Thakur**  
**[Zonal Coordinator of Heartfulness**  
**Raighar & Associate Director, Nuvox**  
**Healthcare Pvt, Ltd ]**

- Volunteering Heartfulness Institute (Non-Profit Organization) since 2001.
- Certified Meditation Trainer since 2011.
- Associated with various activities of Heartfulness Institutes – Village Connect (V-Connect), School Connect (S-connect); Corporate Connect (C-Connect).
- Research & Quality Expert in Ayurvedic, Herbals, Minerals, Nutraceuticals, Organics & Agriculture since 20 years.
- QA, QC, R&D, Regulatory, Licensing & Development of Ayurvedic, Herbals, Minerals, Nutraceuticals, Organics & Agriculture.
- Handled Research projects of Dept. of Science and technology, Ministry of Ayush on Ayurvedic drugs in Phytochemistry, Analytical Chemistry and Drug characterization.
- 30 FDA & NABL Approved Research Articles published in National and International Indexed Journals.

# Committee Members



**Dr. Mansee Thakur**  
**[Certified Heartfulness Trainer & Director,**  
**MGMSBS, MGMIHS, Navi Mumbai]**

- ☑ PhD in Biotechnology & Gold Medalist in MSc Biotechnology, has been associated with MGM Institute of Health Sciences since the last 17 years.
- ☑ Director for MGM School of Biomedical Sciences, Navi Mumbai, a constituent unit of MGMIHS, Navi Mumbai running 22 UG & PG departments of AHS.
- ☑ Member Secretary of Scientific Advisory Committee of MGMIHS, CKT, Pillai, College Mumbai University, AMITY, Dental College, MUHS, Nasik
- ☑ Extramural Grant 1.5cr, 4 Patent Granted, 36 Copyright, 50+ Publications, 8 chapters, 2 books
- ☑ Awards: A Young Scientist (Chhattisgarh), Inspiring Women 2022 [Fourth Screen Education, Kamla Bhagwat sohinie Science award 2022.
- ☑ Felicitated by State Guardian Minister for setting up COVID -19 RTPCR Diagnostic Laboratory at Raigad District Hospital, received appreciation letter from govt & Private medical college for setting up COVID Diagnostic lab, Nodal officer for ICMR
- ☑ Heartfulness member since 2001, Certified Heartfulness Meditation trainer since 8 years
- ☑ Associated with various activities of Heartfulness Institute, a Not for Profit organization providing services through various initiative like Village connect (V-Connect), School connect (S-connect), Corporate connect (C-connect), plantation and Meditation Drive.
- ☑ Dr. Thakur has introduced more than 5000 students to heartfulness meditation, who has expertise in both the field of biotechnology and meditation. Her aim is to help individuals understand the biological mechanisms behind meditation and how it can contribute to overall well-being.



# Committee Members



**Dr. Swati Thoda**

**[Certified Heartfulness Trainer & Program  
Manager at Fitterfly HealthTech ]**

- Program Manager at Fitterfly HealthTech (Corporate Programs) Qualified Clinical Dietician , Certified Diabetes Educator(NDEP), Lactation Educator(CAPPA),
- Meditation Trainer (Heartfulness Institute)
- Life Member of Indian Dietetic Association(IDA), Nutrition Society of India(NSI), and Indian Association for Parenteral and Enteral Nutrition(IAPEN) Master Trainer-“Diabetes Conversation Maps”
- Author of the book “Nutriblend - Look good, Feel good” for Wonderchef Has over 25 yrs of experience in the field of Clinical Nutrition working with leading hospitals, senior consultant Diabetologists, Endocrinologists, Gynaecologists, and Oncologists of Mumbai
- Conducts Nutrition and Lactation guidance webinars and workshops for several schools, colleges, corporate houses, community groups, and expecting parents
- Recently her article on ‘Nutrition benefits of Indigenous foods’ got published in the book “Wild Forgotten Foods” published by Indian Women Scientists’ Association (IWSA)

# Committee Members



**Mrs. Geetanjali Saini**  
**[ Centre Coordinator of Heartfulness**  
**panvel ]**

- Practicing Heartfulness meditation since last 27 yrs!
- Heartfulness trainer from 2007.
- Sound healer.
- Brighter Minds Trainer
- Where in since last one year teaching children to enhance there focus ,memory ,concentration, creativity and intution .Children start perceiving things with smell,touch ,sound ,feeling the aura.