

1.5 All the activities mentioned in the document are a support for the student and peers

1.5: Best practices in learning

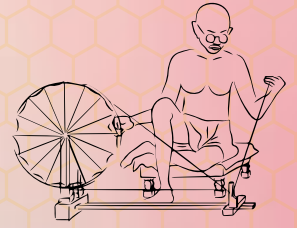
☒ Mentor-Mentee Program

☒ Peer group learning support or Remedial/Additional support for learning: Highlighted in red

○ 2.3: Extra Curricular Activities: Highlighted in Blue

○ 5.1: Social Clubs and Outreach Program : Highlighted in Green

○ 5.2: Recognition for Social Development : Highlighted in pink



PEACE PEACE PEACE PEACE PEACE
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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



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

Tele MANAS
National Tele Mental Health Programme of India
A digital GOI Initiative between Centre and States/UTs

Goals

1. Enhance health service capacity in order to deliver accessible and timely mental health care
2. Facilitate timely referral.
3. Ensure a continuum of services in the community
4. Enhance mental health care capacity and networking

National Launch on 10th OCT 2022

5 Regional Coordinating Centres

23 Mentoring Institutes

51 State Cells

Toll Free Number
14416
1800-89-14416

mtb
NHSRC

75 आज़ादी का अमृत महोत्सव
Ministry of Health & Family Welfare
Government of India
G20 भारत 2023 INDIA

FAQ

Q.1
What is Tele MANAS?

Call TeleMANAS
Toll-free number
14416

A
Tele MANAS is a Tele-Mental health service which includes.

- Providing counselling and connecting with health care professionals for telepsychiatry services
- Enabling people to seek help when it is not possible for them to come physically to a near by hospital.

mtb
NHSRC

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



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 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.

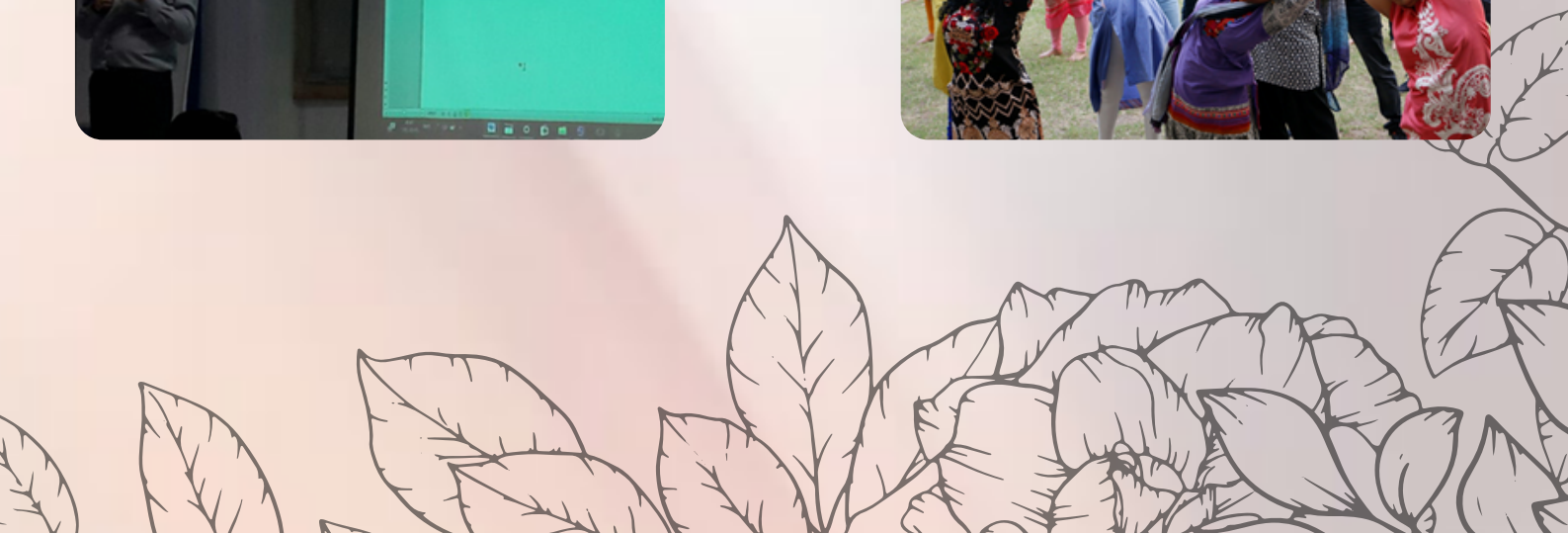
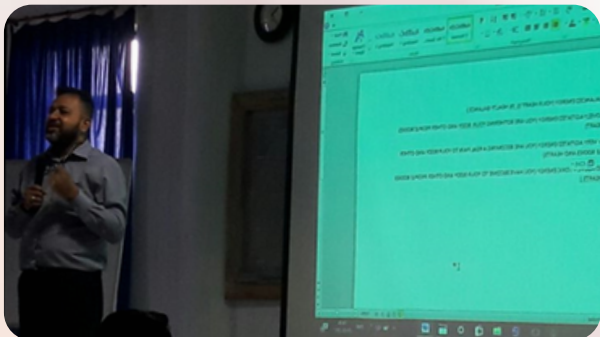


CME

(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)

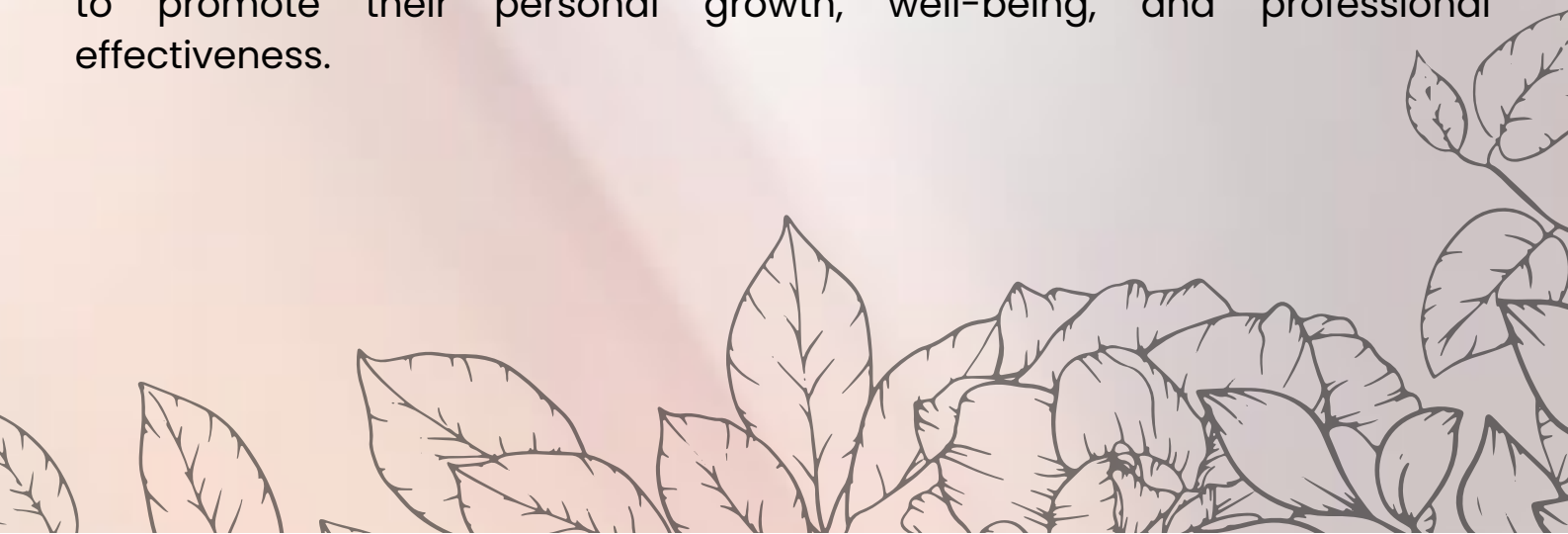
Heartfulness CME in collaboration with MGM Medical College and Annenberg Centre For Health.

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 (communication skills)



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.

 Priyanka Sethi Holds a Bachelor in Commerce (Maths) and Public Enterprise. Has a MBA in Finance and Information Technology Entrepreneur and Heartfulness trainer.	 Rakhee Arora Holds a B.Sc. (Tech) degree in textile chemistry. A full time certified Heartfulness Trainer.	 Namrata Walvekar Holds a Masters degree in Marketing and a vocational degree in Tourism and travel management. A full time certified Heartfulness meditation trainer.	 Srilatha Seshadri Ex. Chief Manager, Information Technology, from Bank of Maharashtra. A full time certified Heartfulness Trainer.
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An initiative by
By **Heartful Trainer**
Dr **Shobhika Dangle**
Faculty, Heartfulness

Supporting Faculty
• Ms. Anuradha Chakravarti
• Ms. Nisham Venen
• Ms. Pooja Bhatnagar
• Ms. Anshu Kulkarni

Student initiative by
• Ms. Shubhangi Dalvi
• Ms. Jyotsna Paver
• Ms. Shreya Shetye

heartfulness
purity | wisdom | serenity

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)



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



Join us for the **#RisingWithKindness** INTERNATIONAL YOUTH CONFERENCE

Main Sponsors: Reliance Industries Limited, Jio DIGITAL LIFE

Co-Sponsors: zscaler, Adizes

Supported By: In ac

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 in 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.

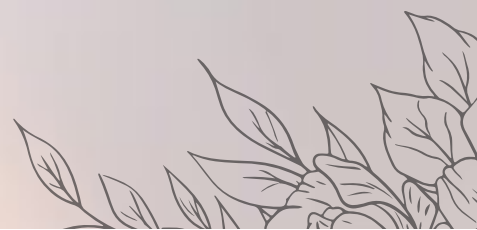


Rising With Kindness Youth Conference August 2022



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.





Rising With Kindness Youth Conference August 2022

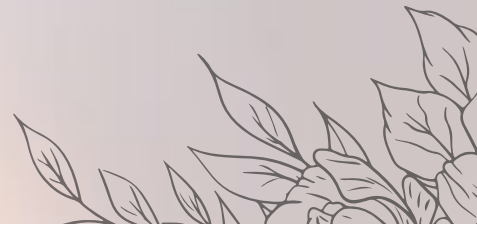


The primary objective of the summit was to develop a 'Kindness Statement,' where participants could showcase their kindness projects and share their kindness stories. All delegates received participation certificates issued by the Heartfulness Institute and had the opportunity to be part of UNESCO MGIEP's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

The three-day event consisted of experiential, cerebral, and heartfelt 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, heartfelt 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.





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.

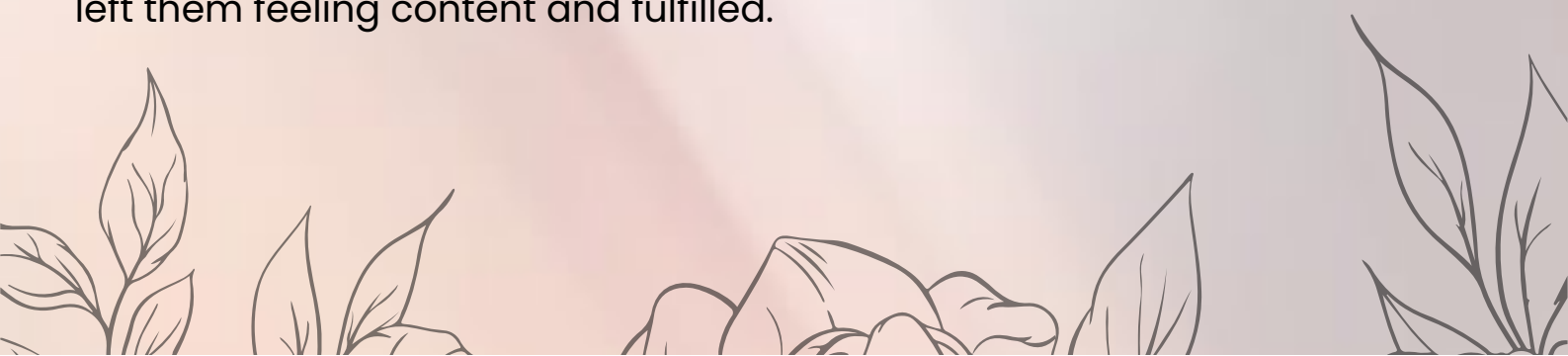
Dhyanotsav (2019)



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

WELLNESS fest IS BACK
A path to health, peace & happiness

Har Dil Dhyani, Har Din Dhyani
Yog Mahotsav

Programs
3 Unique Sessions
29TH April to 1ST May 2023
(Saturday to Monday)

Venue
CIDCO EXHIBITION & CONVENTION CENTRE VASHI

'WELLNESS FEST' GLIMPSES		
BODY	MIND & SOUL	HEALTH EXPERTS SESSION
<ul style="list-style-type: none"> ☑ Asanas ☑ Pranayama ☑ Mudra ☑ Yoga Healing asanas for chronic disease 	<ul style="list-style-type: none"> ☑ Relaxation ☑ Rejuvenation ☑ Meditation ☑ Inner Connection ☑ Brain Exercises 	<ul style="list-style-type: none"> ☑ Healthy Heart ☑ Diet & Nutrition ☑ Diabetes ☑ Stress & Hypertension ☑ Obesity

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heartfulness.org
dajp.org

For Enquiry call
902 131 2268 / 892 899 4326
989 252 3212 / 913 635 8572

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)
PARTICIPATION 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.

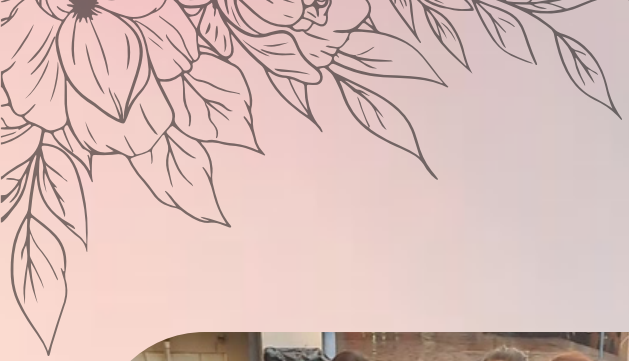
Overall, the Yog Mahotsav Event proved to be a resounding success, leaving many participants feeling energized, relaxed, and inspired. It significantly raised awareness about the importance of incorporating yoga and meditation into daily life, motivating attendees to continue practicing these techniques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



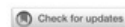
Research



Research Publication



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



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

Mansee Thakur^{1*}, Yogesh Patil¹, Sanjana T. Philip¹,
Tahreem Hamdule¹, Jayaram Thimmapuram², Nishant Vyas³ and
Kapil Thakur⁴

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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 meditators 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

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Subodh Rahate¹ Neelam Yeram³ Kapil Thakur⁴ Mansee Thakur¹

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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.

Keywords

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

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

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Effectiveness of Heartfulness-Based Program on Anxiety and Perceived Stress in Allied Health Students Philip et al.

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.

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



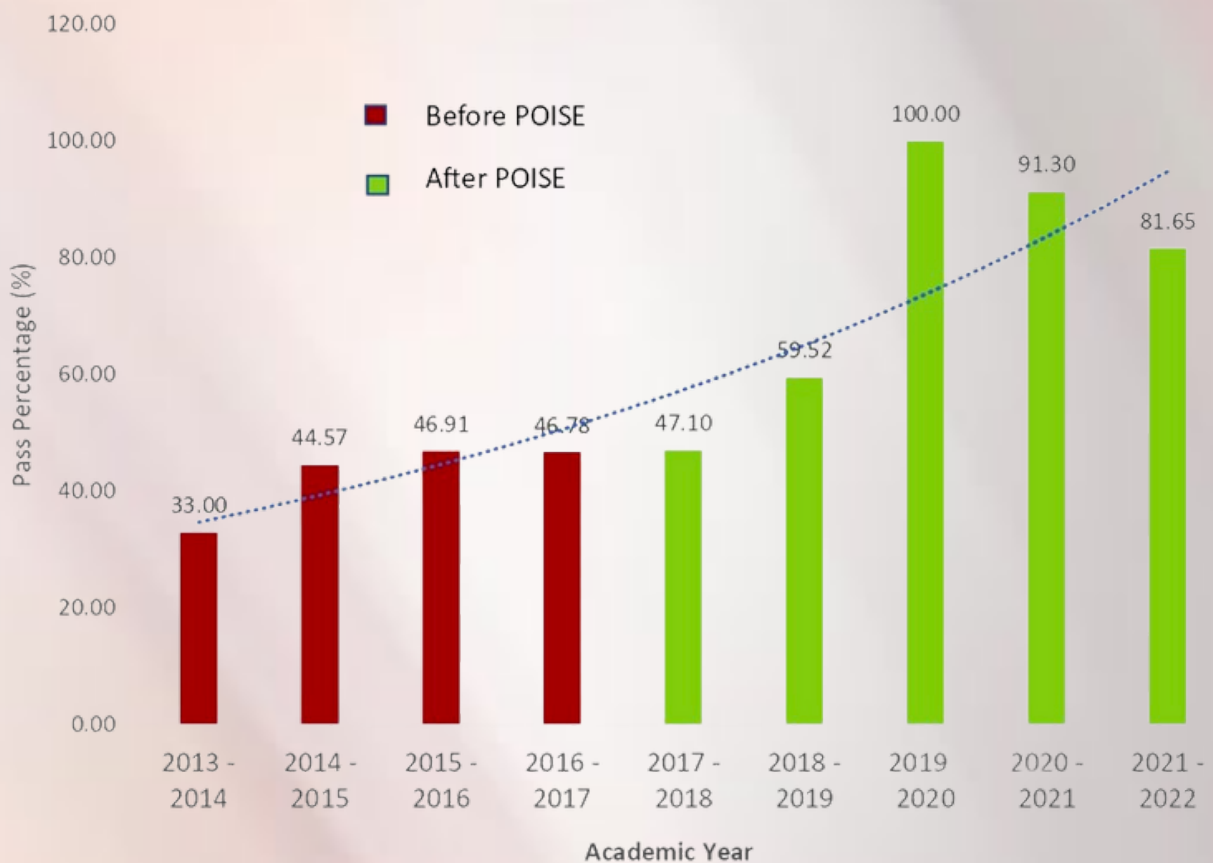
*Academic
Achievement*



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.

Results



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



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 to 18th 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



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




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.

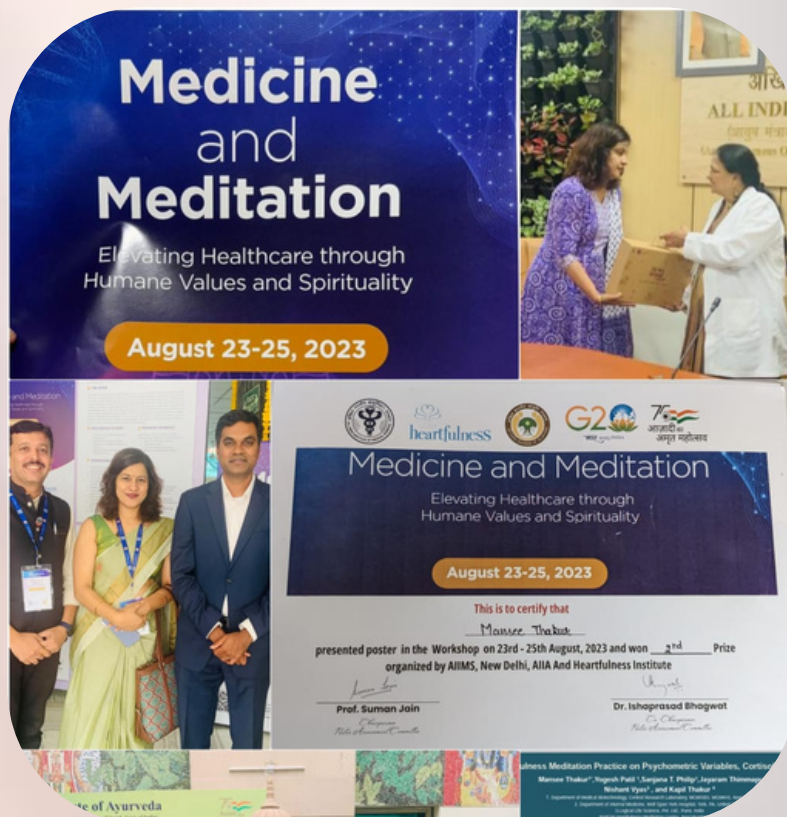

Kamlesh D. Patel
PRESIDENT
Shri Ram Chandra Mission


Derk Segaar
DIRECTOR
UN Information Center
for India and Bhutan

Supported by
 **Brighter Minds**
Creating Young Leaders

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
आरम्भ
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.



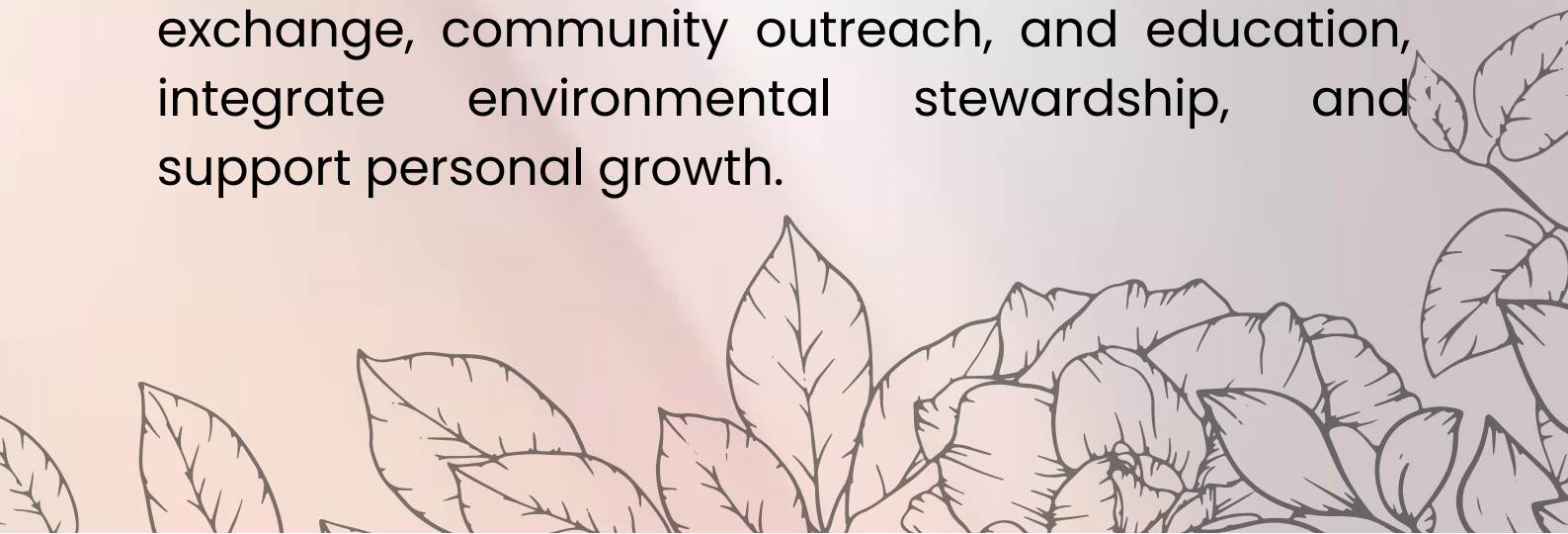


Vision

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
आरम्भ
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



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 Heartfulness 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 & mediator of Heartfulness 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, pursuing 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 Heartfulness 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 Heartfulness 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 Heartfulness 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 Heartfulness 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 Heartfulness 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)

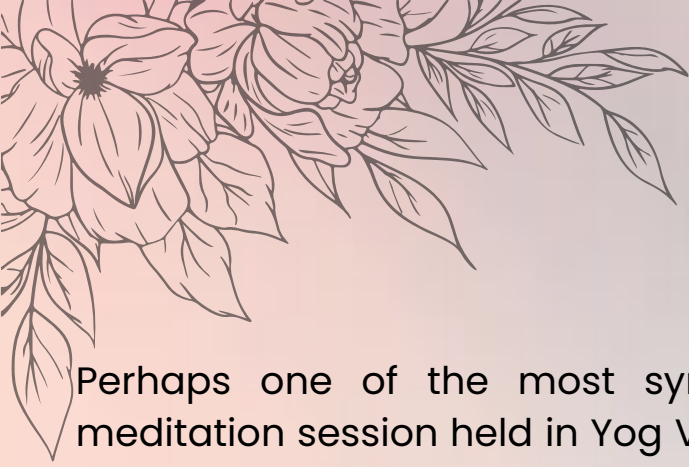
On World Environment Day, the enthusiastic members of Aarambh joined forces with the NSS Unit of MGMSBS for a significant event with the goal of making a positive impact. Their mission centered on turning the MGMIHS campus in Yog Vatika



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.

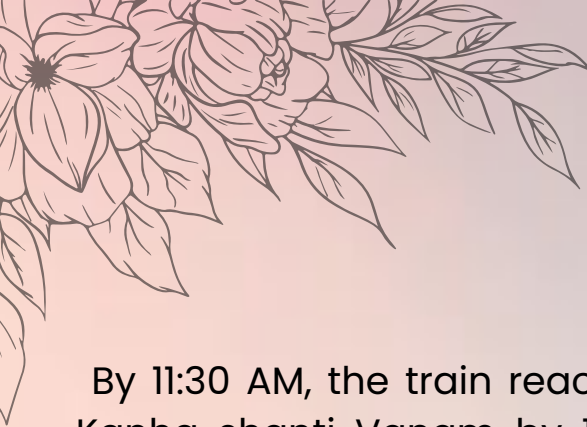


Kanha Visit (2023)

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 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. 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.



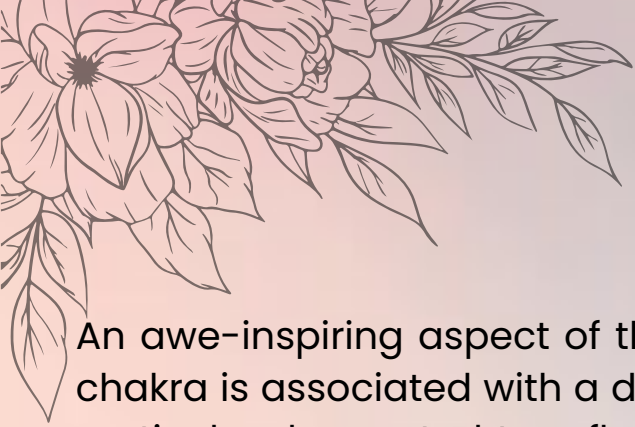


Exploring the Yatra Garden: A Spiritual Journey at Kanha Shanti Vanam Visit 2023

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 Of 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





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. Himadri 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



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.



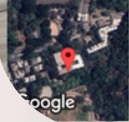




Corporate Connect

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 Aarambh 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.



GPS Map Camera
Navi Mumbai, Maharashtra, India
Laxmi Vishnu CHS Sector 16 Plot no 2D, Sector 14, New Parvel East, Parvel,
Navi Mumbai, Maharashtra 410206, India
Lat 18.992894°
Long 73.127119°
05/08/23 06:13 PM GMT +05:30





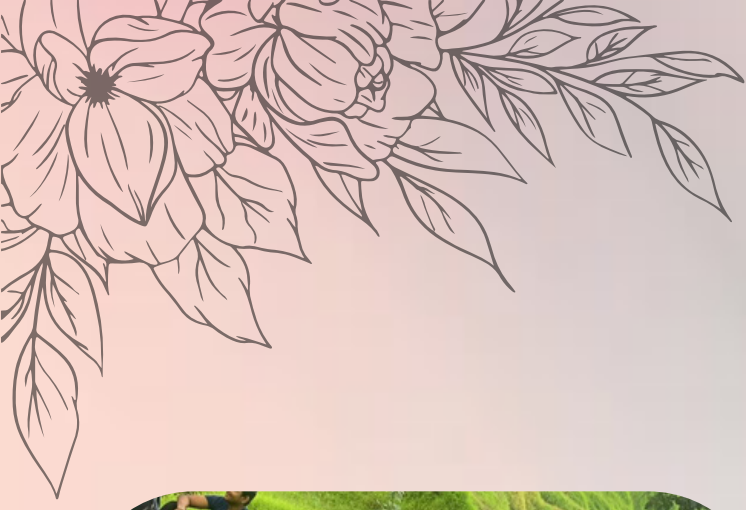
Tree Plantation

(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 its 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.



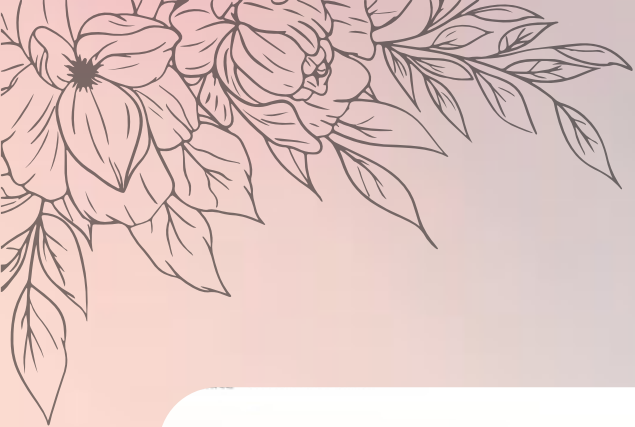


Gandhi Jayanti Cleanliness Drive (2023)

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.







Certificate of Appreciation

This is to certify that

MGMSBS, MGMIHS NM

Has contributed in
Shramdaan for Swachh Bharat
On
1st October, 2023, at 10 AM

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.





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.

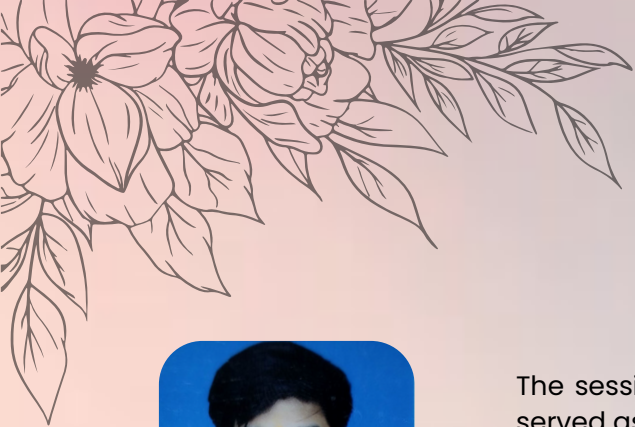
Since then, I have been volunteering in two NGOs:

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

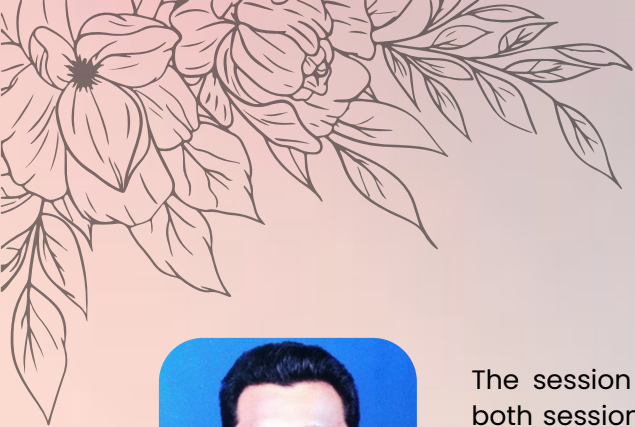


The Heartfulness meditation workshop was a great experience. On the first day, January 17, 2022, the early morning meditation session was really helpful in my life. It gave me positive vibes, relaxation, and a sense of calm. I felt fully energized for the whole day. On the second day, January 18, 2022, 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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