



MGM INSTITUTE OF HEALTH SCIENCES

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

Grade 'A' Accredited by NAAC

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Value Added Course

INNER TRANSFORMATION PROGRAM

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ITP - Inner Transformation Program





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ITP - Inner Transformation Program

Department under Which Course to Be Conducted:

Dept of Medical Biotechnology, MGM School of Biomedical Sciences

Overview: Why Heartfulness is important in all healthcare professional?

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

Meditation is primarily a reflective discipline that requires a quiet introspection, typically leading to a fundamental shift in one's perspective on daily life. Meditation techniques have been practiced for thousands of years because they cultivate presence, empathy, compassion, and connectedness in a simple and straightforward way. Heartfulness meditation techniques are widely used to manage stress and are especially effective at reducing the stresses of time pressure and excessive workload that make modern health care so difficult. As we become more adept at dwelling in the living presence of our own experience, we begin to connect more deeply with patients, as well as co-workers and family members. Heartfulness meditation cultivates a stable healing presence that benefits patients and providers alike. Other benefits. Heartfulness has been shown to enhance self-insight, morality, institution and fear modulation, all functions associated with the brain& middle prefrontal lobe area.

Objective:

1. To learn the four basic Heartfulness practices of:
 - a) Relaxation,
 - b) Meditation,
 - c) Mental Cleaning, and
 - d) Inner Connect
2. To become adept at conducting guided Relaxation for all their students, and able to give instructions for Heartfulness meditation to Undergraduate students.

Outcome:

- Students learn basic Heartfulness practices to manage their own stress and emotions, and improve the quality of life;
- ‘Centered Students: where ‘centeredness’ is defined as a person who is self-confident, emotionally stable and well balanced.
- A life where stress is well managed, leading to a joyful and happy society.
- Students displaying values of compassion and respect for each other.
- Department under which course to be conducted – MGM School of Biomedical Sciences

Title: *Inner Transformation Program (ITP)***Duration of the Course:** 16 hours**Eligibility:** UG / PG / Medical / SBS / Physiotherapy / Nursing / Dental – students or faculty of MGMIHS**Course Outline:**

The course is a 16 hours value added course for students of MGMIHS. This course will be delivered as weekly sessions, with one-hour per week as the delivery mechanism.

Every session will cover a unique topic on life skills and values, followed by practical experiential session on Heartfulness tools and techniques.

A typical session breakup is as follows: • 20 minutes: Topic-related presentation and discussion • 30 minutes: Experiential session on Heartfulness Meditation tools • 10 minutes: Q&A

- Role of spirituality -
- Mastering Yourself
- Decrease burnout and increase performance
- Joy and happiness through self-reflection
- Nurturing Environment
- Introduction to Heartfulness
- Masterclass 1
- Masterclass 2
- Masterclass 3
- Heartfulness Approach with practical experience
- Activity- Guided Relaxation, Meditation and cleaning
- Universal prayer
- Empathetic Leadership
- Inspiring and aspiring from the Heart
- Realigning Priorities

Teaching learning method:

Interactive sessions, physical activities, role-play, themed skits, spot activities, questionnaires.

Assessment: Pre Test / Post Test / Feedback**Fee Structure:**

The participation fees will be charged as per MGM-SBS Policy for training and skill development