

CENTRE FOR MINDFULNESS AND WELLBEING

REPORT OF ACTIVITIES (2022-23)

ACTIVITY 1: INDUCTION PROGRAM

The Centre for Mindfulness and Well-being conducted the Induction Program for the First year B.A, B.Sc and the M.Sc and M.A courses. This program was conducted with the help of Heartfelt Campus and AICTE. The three- day program aimed at bringing about awareness and experience of Meditation and importance of connection with the inner spiritual self.

Day 1 (14th September 2022) of the Induction Program involved introducing the students to the state of Relaxation through guided meditation by Dr. Nivedita Shreyans from the Heartfulness Campus.

Day 2 (15th September 2022) involved helping the participants to rejuvenate the physically and psychologically through a guided procedure by Dr. Pramod Sadarjoshi.

Day 3 (16th September 2022) of the Induction program extended the journey of understanding of self through development of connection with the inner self. This was done by the talk by Mr. Sanjay Bhatia from the Heartfulness Campus.

In all 853 (514 Females and 339 Males) students attended the program.

FYBA – 322

FYBSc – 364

FYBMM – 32

M.A/ MSc - 135

DATES: 14th, 15th and 16th September 2022

21st, 22nd and 23rd September 2022

OUTCOME: This program helped students to understand the importance of developing the right attitude towards life. It provided an orientation towards goal setting and effective stress management. It also helped them to understand the importance of Spiritual development.

ACTIVITY 2: SEMINAR ON SUICIDE PREVENTION

A Seminar was conducted by the students of T.Y.B.A. Psychology on the 10th of September on the

occasion of International Suicide Prevention Day.

The program aimed at creating awareness amongst the students of the college about the factors

influencing suicidal behavior, myths related to suicide and measures to deal with the suicidal

thoughts.

39 students (26 Females and 13 Males) of the degree college attended this program.

OUTCOME: It enabled the participants to have a better understanding of the nature of suicidal thoughts and in dealing effectively with the suicidal ideas and thoughts in themselves and in responding effectively to the suicidal behavior in others.

ACTIVITY 3: COUNSELING

The CMW along with the Psychology Department Offers Counseling and Psychotherapy to the students of the college. In all 324 students (220 females and 104 males) availed of the facilities.

OUTCOME: This facility helped students to deal with the personal and educational problems.

CO-ORDINATOR

Dr. Sangeeta Kamath



Heartfulness Day 1
Relaxation and Meditation

DATE : 14TH SEPTEMBER 2022
TIME : 8:45 AM
RAMNARAIN RUIA AUTONOMOUS COLLEGE AUDITORIUM

- Director - Public Relations and Corporate Communications at Mahatma Education Society's, Pillai Group, Mumbai.
- Certification in Business Administration and International Business from USA.
- Part of National PR Team, Media for Rev.Daaji and Heartfulness Institute.
- Silver and Bronze Medalist in PowerLifting.
- National Sport Women with National Champion in Powerlifting Handball.



DR. NIVEDITA SHREYANS



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Heartfulness Day 2

Rejuvenation

DATE : 15TH SEPTEMBER 2022

TIME : 8:45 AM

RAMNARAIN RUIA AUTONOMOUS COLLEGE AUDITORIUM

- He is an empaneled Executive Coach at the globally-reputed Indian School of Business, Hyderabad, over the last 17 years, for their flagship program, LSTM - co-conducting it with London Business School faculty. Through this program, he has coached MDs, CEOs & CXOs of various Indian and MNC organizations. He has had excellent feedback and track-record in Coaching, over 17 years
- He has been a Maharashtra Cadre IAS Officer in the rank of Chief Secretary of the State and Secretary in Government of India.
- Has 36 years of experience in serving at various senior levels in Government of India and Government of Maharashtra.



DR. PRAMOD SADARJOSHI



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Heartfulness Day 3

Inner Connect

DATE : 16TH SEPTEMBER 2022

TIME : 8:45 AM

RAMNARAIN RUIA AUTONOMOUS COLLEGE AUDITORIUM

- Sanjay Bhatia is a Mechanical Engineer and an MBA from Southern Cross University, Australia.
- Has 36 years of experience in serving at various senior levels in Government of India and Government of Maharashtra.
- He is presently the Upalokayukta of Maharashtra in the rank of a High Court Judge. His last IAS posting before the present assignment was Chairman, Mumbai Port Trust in the rank of Secretary to Govt of India and Chairman, Indian Ports Association.



MR. SANJAY BHATIYA



WORLD SUICIDE PREVENTION DAY : SEMINAR ON 'SUICIDE PREVENTION'



WORLD SUICIDE PREVENTION DAY : SEMINAR ON 'SUICIDE PREVENTION'