

A Report of
Meditation Sessions
(24th March 2025 - 26th March 2025)

Organized by



WELLNESS CLUB



MALLA REDDY

COLLEGE OF ENGINEERING

Date : 24-03-2025 to 26-03-2025
Time : 04:00PM-05:00PM
Resource Person : Srinivas
Venue : MRCE campus

Objective

The primary aim of the meditation sessions was to promote mental well-being and stress management among students. By collaborating with Healthfulness, the Wellness Club aimed to introduce students to the techniques of meditation and mindfulness, which could help them cope with academic pressure and improve their overall health.



Students Mediatating under guidance of Srinavas garu

Sessions Overview:

The sessions were conducted over three days, with each session designed to help students understand the fundamentals of meditation and practice various techniques to improve their emotional and psychological health.

Day 1 (24th March 2025):

Introduction to Heartfulness Meditation

The first session focused on introducing students to Heartfulness meditation. It provided an overview of the practice, its benefits, and the science behind it. The students were guided through a session of light meditation, focusing on the heart and breathing techniques.

Day 2 (25th March 2025):

Advanced Meditation Techniques

On the second day, students learned more advanced meditation practices such as focusing on inner calmness, cleansing techniques, and heart-centered meditations. The session emphasized the connection between mental clarity and emotional well-being.

Day 3 (26th March 2025):

Integration of Meditation into Daily Life

The final session explored how students could incorporate meditation and mindfulness practices into their daily routines. Practical tips were shared on how to reduce stress and improve focus while balancing academic, social, and personal life.

Outcomes

Increased Health Awareness: The event successfully raised awareness about the importance of both physical and mental health, with participants gaining a better understanding of how to maintain wellness in their daily lives.

Active Participation: Over 300 students and 30 faculty members participated in the event, engaging in various activities such as the health quiz.

Enhanced Mental Health Focus: The mental health session contributed to reducing the stigma around mental health issues, providing students and faculty with tools to manage stress and anxiety effectively.

Participation:

The event attracted a significant number of students interested in exploring the benefits of meditation. On average, 6vstudents attended each session. The participants were a mix of undergraduates from various

departments, all of whom showed keen interest in adopting meditation practices to improve their academic and personal lives.

Key Highlights:

Interactive Sessions:

The sessions were highly interactive, with Heartfulness trainers engaging students in one-on-one discussions about their challenges and how meditation could help address them.

Practical Demonstrations:

The trainers provided hands-on demonstrations, guiding students through practical meditations, breathing exercises, and relaxation techniques. This helped students connect theory with practice.

Feedback and Testimonials:

Many students shared positive feedback, noting that they felt more relaxed, focused, and less stressed after participating in the sessions. Several students expressed interest in continuing meditation practices regularly.

Conclusion and Future Recommendations:

The meditation sessions successfully provided students with the tools to manage stress and improve mental well-being. The partnership between the Wellness Club and Heartfulness proved to be a valuable one, as it brought expert guidance and resources to the campus.

It is recommended that the Wellness Club continue offering these sessions periodically, perhaps expanding the duration and frequency, and incorporating other wellness activities such as yoga or nutritional advice.

Future events could focus on:

- Expanding the sessions to include faculty and staff.
- Organizing meditation retreats for a deeper immersive experience.
- Offering follow-up sessions to track the progress of participants.

Overall, the event was a success, and students left feeling more equipped to handle the pressures of academic life with a clear mind and calm spirit.

Acknowledgements:

The Wellness Club expresses its gratitude to the Heartfulness organization for their expertise and support in conducting these sessions. Thanks also go to the participants for their enthusiasm and commitment to improving their mental health.

Conclusion

The World Health Day celebration at MRCE was a resounding success, achieving its goal of raising health awareness and promoting wellness among students and faculty. The event not only provided valuable health information but also encouraged participants to adopt healthier habits in their personal and academic lives. The presence of Dr. Swathi B. and the leadership of Dr. M. Ashok added credibility and depth to the event, ensuring it had a lasting impact on the MRCE community.

The MRCE Wellness Club is committed to continuing these health initiatives, with plans for follow-up activities, workshops, and campaigns throughout the year to maintain a focus on health and well-being.

Prepared by:

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