

**Philosophy Department/Association activities 2020-2021**

**REPORT**

**Title: Three day workshop on ‘An Introduction to Heartfulness Practises’**

**Objectives of the workshop:**

1. To introduce the participants to the practise of ‘Heartfulness meditation.
2. To help apply the theoretical understanding of Heartfulness practises in meditation.

**Resource Person:**

1. Mr. Jayant Dhareshwar, Heartfulness trainer, India
2. Mr. Rajgopal Subramaniam, Heartfulness trainer, India
3. Mrs. Lalitha Rajgopal, Heartfulness trainer, India

**Participants:** 51 participants

**Methodology:** The Department of Philosophy in association with IQAC & Heartfulness Institute, India, organised the workshop on Ms. Teams. The participants were oriented to practise of the heartfulness meditation, through the PowerPoint presentations and interactive demo sessions on by the facilitators. The workshop ended with a positive feedback session between the facilitators and participants.

**Outcome: The feedback of participants reflects the following points:**

- The sessions helped participants to gain connect with their mind and body.
- They learnt a different type of meditation which is easy to practice on an everyday basis.

## Annexures to the report:

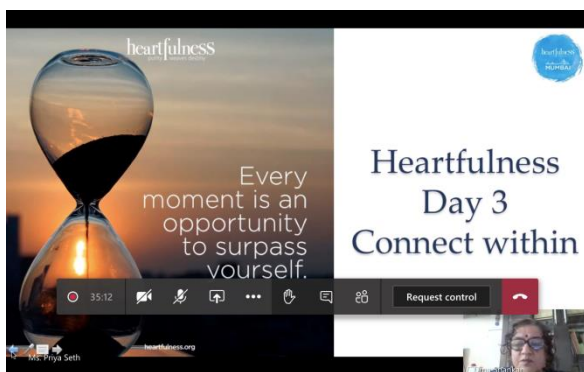
### Annexure 1- Workshop Photos



Mr. Jayant Dhareshwar's presentation



Mr. Rajgopal Subramaniam's presentation



Dr. Uma Shankar's concluding remarks

## Annexure 2- Workshop schedule

*Three Day Workshop (6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup> July, 2020)*

### **‘An Introduction to Heartfulness Practices’**

In association with Internal Quality Assurance Cell (IQAC)

& Heartfulness Institute, India

#### **Programme Schedule**

##### **DAY 1 Monday, 6 July 2020**

4.15 p.m. to 4.30 p.m.	Participants Login
4.30 p.m. to 4.35 p.m.	Greetings by Ms. Vrushali Gupte
4.35 p.m. to 4.45 p.m.	Address by Ms. Geeta Paluskar, IQAC coordinator
4.45 p.m. to 4.55 p.m.	Theme & objectives of the workshop by Dr. Kamala Srinivas
4.55 p.m. to 5.00 p.m.	Introduction of the speaker by Ms. Vrushali Gupte
5.00 p.m. to 5.40 p.m.	Mr. Jayant Dhareshwar’s presentation
5.40 p.m. to 5.55 p.m.	Q & A + feedback
5.55 p.m. to 6.00 p.m.	Vote of thanks by Ms. Rucha Joshi

##### **DAY 2 Tuesday, 7 July, 2020**

4.15 p.m. to 4.30 p.m.	Participants Login
4.30 p.m. to 4.35 p.m.	Greetings and welcoming by Ms. Rucha Joshi
4.35 p.m. to 4.40 p.m.	Introduction of the speakers by Dr. Kamala Srinivas
4.40 p.m. to 5.40 p.m.	Mr. Rajgopal Subramaniam and Mrs. Lalitha Rajgopal’s presentation
5.40 p.m. to 5.55 p.m.	Q and A + feedback
5.55 p.m. to 6.00 p.m.	Vote of thanks by Ms. Vrushali Gupte

##### **DAY 3 Wednesday 8 July, 2020**

4.15 p.m. to 4.30 p.m.	Participants Login
4.30 p.m. to 4.35 p.m.	Greetings and welcoming by Ms. Vrushali Gupte
4.35 p.m. to 4.45 p.m.	Special address by Dr. Uma Shankar
4.45 p.m. to 4.50 p.m.	Introduction of the speaker by Ms. Rucha Joshi
4.50 p.m. to 5.30 p.m.	Ms. Priya Seth’s presentation
5.30 p.m. to 5.40 p.m.	Q and A
5.40 p.m. to 5.55 p.m.	Overall feedback from few students and staff
5.55 p.m. to 6.00 p.m.	Vote of thanks by Dr. Kamala Srinivas

**Annexure 3- Workshop Video link**

<https://web.microsoftstream.com/video/46513dbf-1357-4dca-978f-bda0d6efea9a?list=trending>

**Annexure 4- Workshop Flyer**

**IQAC**  
SIESASCS SION WEST

**heartfulness**

**SIES**  
College of Arts,  
Science &  
Commerce, Sion  
RISE WITH EDUCATION  
NAAC REACCREDITED - A GRADE

*An Introduction to  
Heartfulness Practices*

3 Day Workshop  
4:30 p.m. to 6:00 p.m. / 6, 7, & 8 July, 2020

+

**Our Heartfulness Trainers**

**Mr. Jayant Dhareshwar**

**Ms. Lalitha Rajgopal**

**Ms. Priya Seth**

**Mr. Rajgopal Subramaniam**

E- certificates will be issued to all participants based on their attendance, feedback and fruitful interaction  
Instructions for the same will be given during the workshop.

**Free Entry**

**Ms. Vrushali Gupte**  
**6.7.2020 to 8.7.2020**  
**Chairperson, Tattvam Philosophy Association**