



**S. B. Patil  
Institute Of Management**



**From Wonder, Wisdom  
Heartfulness Education Trust**

**Report  
on  
Heartfulness Start'Up foundational leadership program  
Conducted for F.Y MBA students  
of  
S. B. Patil Institute of Management, Nigdi, Pune  
by  
Heartfulness Education Trust**

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***A 5-hour Session Start'Up Induction Program***

Delivered Online from 10 Jan to 14 Jan 2022

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**January 2022**

**ISSUED BY**

Heartfulness Education Trust

[www.heartfulness.org/education](http://www.heartfulness.org/education)

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## INTRODUCTION AND BACKGROUND

**ONLINE START'UP Program:** Leaders of academic institutions recognize and are making attempts to address the challenge, but a systematic approach is yet to emerge. Thereby, the purpose of this course is to enable graduates of your institution acquire and *experience* a simple set of *life-long practices*, grounded in *meditation*, that will help them develop themselves as balanced individuals.

On 6 Jan 2022, Heartfulness submitted a proposal to the Coordinator Kajal Maheshwari Ma'am of S. B. Patil Institute of Management, Nigdi, Pune, to conduct the START'UP program for F.Y. MBA students of SBPIM for this academic year 2021-2022. Given the current pandemic situation, we offered our programs online and completely free of charge to 200 F.Y MBA students of S. B. Patil Institute of Management, Nigdi, Pune, starting from 10 January to 14 January 2022.

We received the request from the Coordinator Amarish Padma Sir of S. B. Patil Institute of Management, Nigdi, Pune, to conduct START'UP program for all 200 F.Y. MBA students to start by 10 Jan to 14 Jan 2022.

This program was organized by the Heartfulness Education Trust for the F. Y. MBA students of S. B. Patil Institute of Management, Nigdi, Pune, from 10 Jan to 14 Jan 2022. Around 26 F. Y. MBA students had participated out of total 200.

## PROGRAM SCHEDULE

The following schedule was followed for the Start'Up program. All sessions were delivered over MS Teams conference.

The program was conducted from 10 Jan to 14 Jan 2022 in the following manner –

Day	Topic	Duration
Day - 1: 10 Jan 2022 Time: 5 pm - 6 pm	Connection	1 Hour
Day - 2: 11 Jan 2022 Time: 5 pm - 6 pm	Core	1 Hour
Day - 3: 12 Jan 2022 Time: 5 pm - 6 pm	Context	1 Hour
Day - 4: 13 Jan 2022 Time: 5 pm - 6 pm	Choices	1 Hour
Day - 5: 14 Jan 2022 Time: 5 pm - 6 pm	Causality and Community	1 Hour

## FACILITATORS AND DELIVERY METHODOLOGY

Facilitators of the sessions were all experienced meditation practitioners from different walks of life ranging from executives of multinational firms, entrepreneurs, scientists, and educationists.

- START'UP has 6 main modules, spread over 5 days.
- Program was conducted via MS Teams online sessions.
- One period a week follow up for the remaining academic year.
- For every session there were 2 anchors from SBPIM along with the Heartfulness trainers.
- Following trainers supported the program delivery,

1. Vishwas Pitre
2. Eknath Khandkar
3. Pranoti Khandkar
4. Santosh Susveerkar
5. Pooja Susveerkar

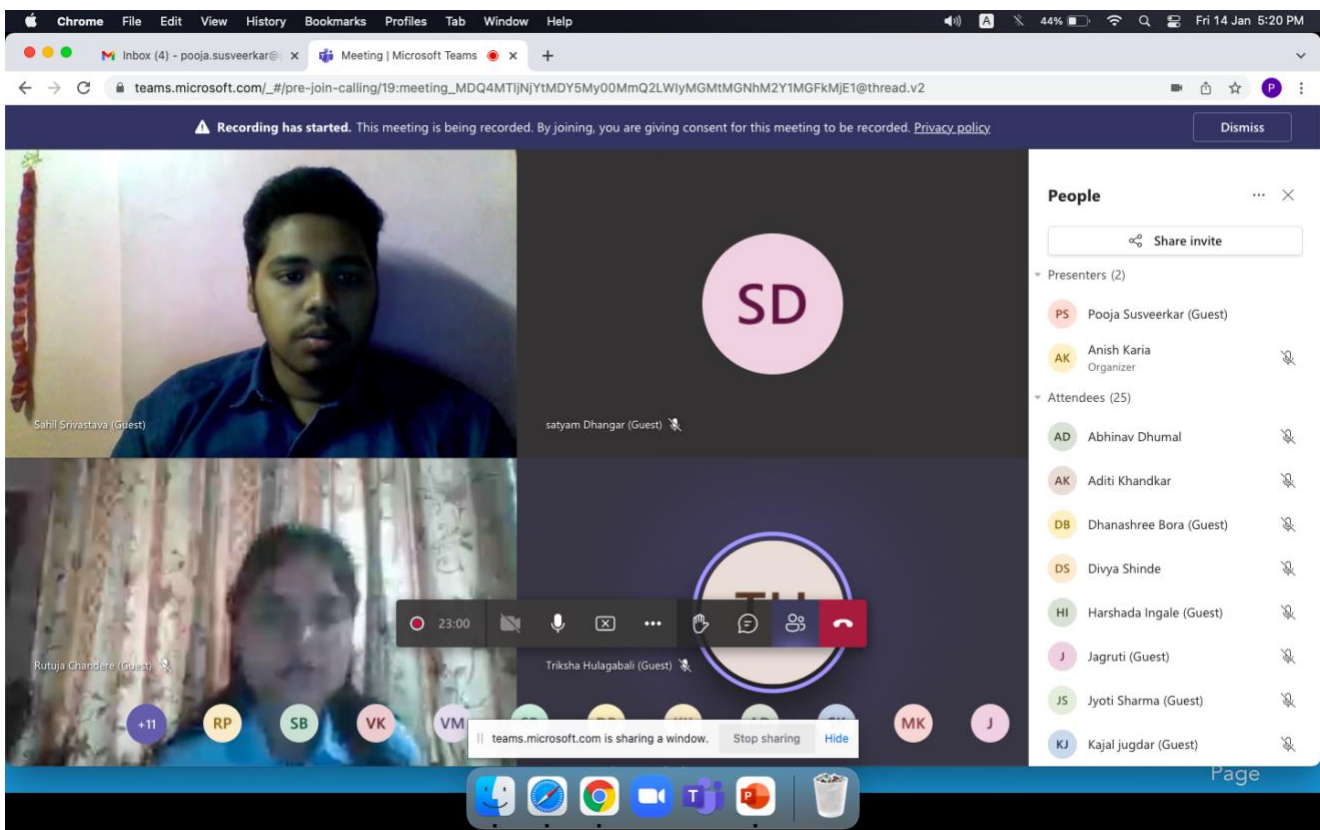
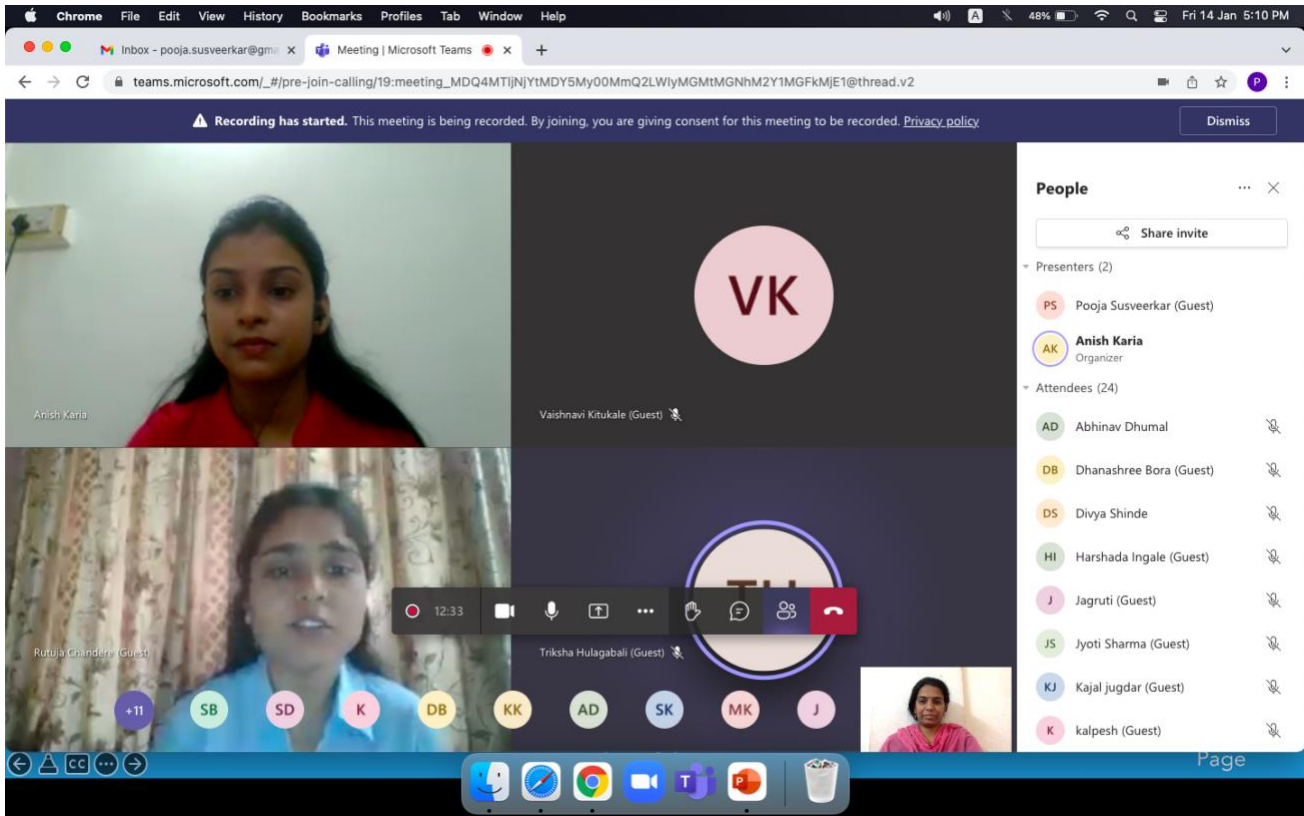
Sessions included inspiring videos, introspective questions given over MS Teams chat and journal writing after meditation.

## HEARTFULNESS PRACTICES INTRODUCED

Heartfulness Practices were introduced by keeping a dedicated time each day.

- Relaxation - to relax oneself deeply in 5 mins.
- Meditation - to help regulate the mind and develop focus and centeredness.
- Rejuvenation - to actively cleanse the emotional burden and become light & fresh
- Inner Connect - to connect to one's deepest self and align with purpose

## Some screenshots:

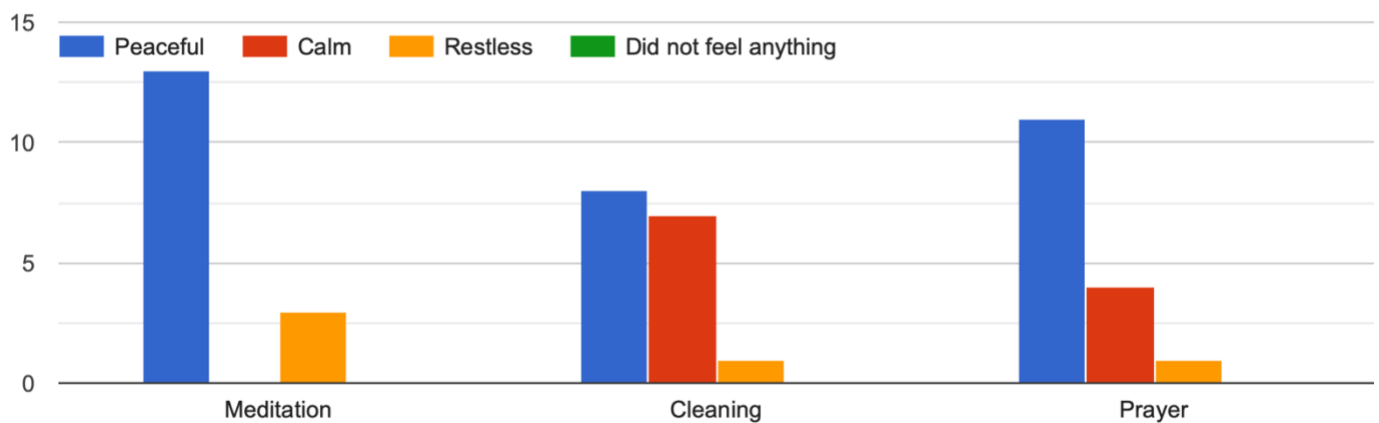




## FEEDBACK RECEIVED FROM PARTICIPANTS

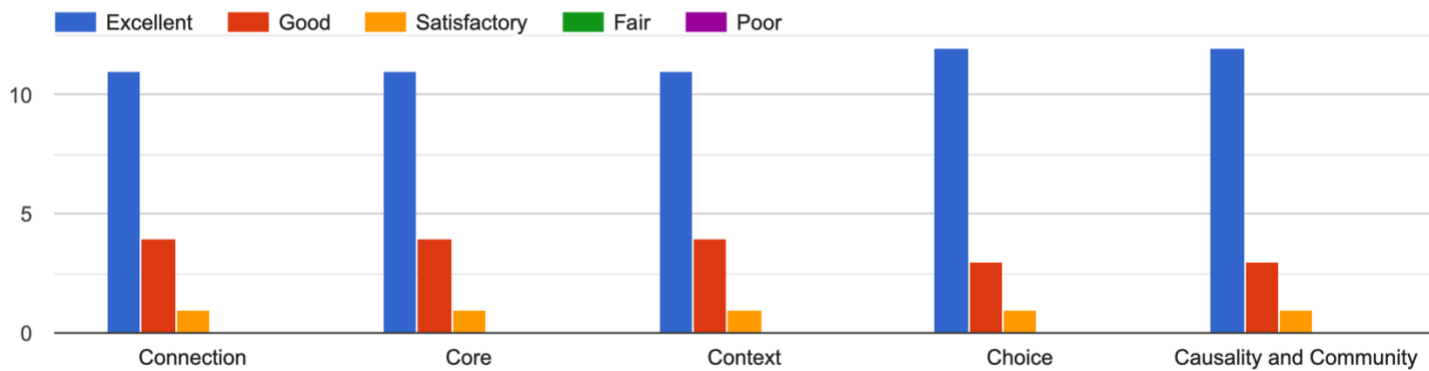
Feedback was collected from the participants via Google form after the program. Of total 26 attendees we received feedbacks from 16 participants.

How was your experience of Heartfulness Tools?



Majority of participants felt peaceful after experiencing Heartfulness tools.

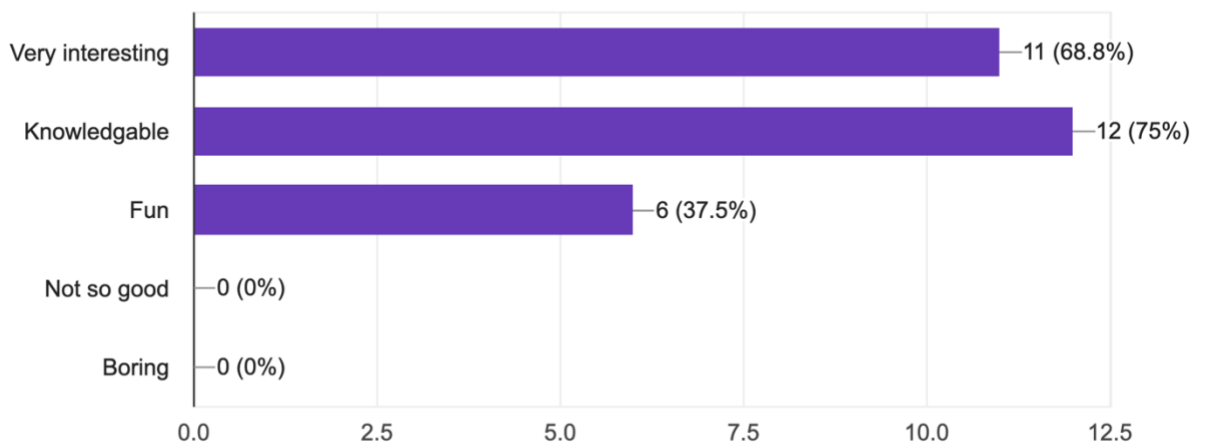
Give your feedback on each sessions listed below



Majority of the participants found all sessions to be excellent.

### The sessions were

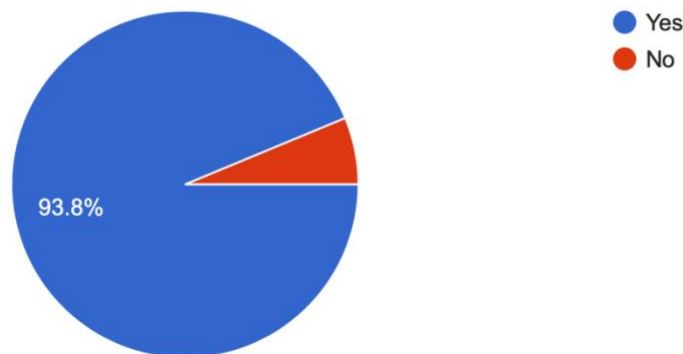
16 responses



Participants found all sessions very interesting, knowledgeable and fun.

### Would you like to have more such sessions?

16 responses



93.8% participants would like to have more such sessions with Heartfulness.

### Comments received from participants:

#### Comments or suggestions if any:

7 responses

NA

Wonderful sessions which enhance our knowledge and the friendly nature of teachers makes us more comfortable to interact with them

Meditation part was so good..... Activities in the sessions were worth it ...

I felt very calm during session because being in online lecture from 9 to 5 sometimes even 6 pm becomes hectic and because of your session i can concentrate on myself at least for an hour and feel happy so thankyou so much for this wonderful session.

Got motivated a lot got so much new things to learn and the best one is meditation

The sessions are very wonderful and I enjoyed every session , we learned how to mediate ownself.

## ACKNOWLEDGMENT

We are grateful to the Director of S. B. Patil Institute of Management Dr. Kirti S. Dharwadkar, for giving us the opportunity to serve the students through this START'UP program. We look forward to serving more faculties and students in the future.

## CONTACT US

For any questions or feedback on this program, please feel free to reach out to following:

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**For general query and more information:**

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