



# Tuning into your Heart

A **Heartfulness** approach to well-being and balance  
February 24-25, 2017

## Learn to Meditate

& DISCOVER

creativity, peace,  
deeper sleep, intuition,  
positivity, empathy

Earn 15 Americal  
Medical Association Credit Points



MGM School of Biomedical Sciences & MGM Institute of Health Sciences,

Navi Mumbai in collaboration with



ANNENBERG CENTER FOR HEALTH SCIENCES  
AT ESBENSKOWER  
Imparting knowledge. Improving patient care.



Heartfulness  
THROUGH MEDITATION, JOY



**Dr. S.N.Kadam**  
Vice Chancellor  
MGM Institute of Health Science

*It gives me immense pleasure to welcome you all for the CME on Heartfulness “Tuning into your heart” organised by MGM School of Biomedical Sciences and MGMIHS ,Navi Mumbai.*

*How should one lead a life with the promises it holds and turbulences it generates? Follow your heart, has always been the answer of wisdom. When it comes to the life of a health professional, this question takes on a greater importance as it involves not only dealing with one’s own life but also the lives of many people whose situation is entrusted to our care.*

*It takes a great emotional strength on the part of the care provider to provide a care of excellence. In the process of striving for it, if we do not take care of our inner state of poise, it is very likely that we may end up with what is called a “Burnout”. Therefore this CME would be of great help in our noble profession.*

*I wish the CME program a grand success*



**Dr. ChanderPuri**  
Pro Vice Chancellor (Research)  
MGM Institute of Health Science

*I am delighted to know that MGM School of Biomedical sciences Navi Mumbai is organising a CME on Heartfulness-“Tuning into your heart”. It is indeed a pleasure to pen down a few lines on this occasion,*

*From a scientific point, I have questioned practices of meditation in the past .But when I felt the changes myself, my opinion changed into a personal conviction. I feel meditation is a wonderful tool to open up the inner treasure of the wisdom of the heart and refine our intellect for us to lead a life with its challenges in a state of inner equanimity. The guidance of one’s heart and utilization of a refined intellect can act as two wings of a bird to help us soar higher and higher.*

*I wish the CME a grand success.*



**Professor Dr. R.B. Goel**  
The Registrar  
MGM Institute of Health Science

*Greetings from MGM institute of Health Sciences, MGM Medical college & Hospital , Navi Mumbai . It is my pleasure to welcome you for the CME of Heartfulness organised by the MGM Medical College & Hospital ,Navi Mumbai . This CME will provide us a way not just to relax & focus the mind but it also make us able to connect the heart & mind. So it is really important for all of us to practice meditation & other yoga exercises for a healthy life. The activities, training & guidance which are organized at the CME programme will truly give us useful & important knowledge about meditation & yoga for our routine healthy life. Heartfulness is truly a simple & practical way to experience the heart's unlimited resources. I wish the CME programme a grand success.*



**Dr. Mansee Thakur**  
I/C Director,  
MGM School of Biomedical Sciences,  
MGM Institute of Health Science  
&  
Heartfulness Trainer

*It gives me immense pleasure to welcome all for the CME-Tuning into your Heart, organized by MGM Institute of Health Sciences and Heartfulness Institute.*

*I am short of words as meditation has very positive results. Physicians participating in heartfulness training report enhanced personal wellbeing, decreased burnout and improved attitude towards patient care.*

*I am sure it will be beneficial for you as well and you will personally realize the change- a positive change.*

*I wish the CME a grand success.*



# Heartfulness

THROUGH MEDITATION, JOY

17<sup>th</sup> April 17

Dr. S.N.Kadam  
Vice Chancellor,  
IMG Institute of Health Sciences  
Sector1, Kamothe  
Navi Mumbai, Maharashtra  
India 410209

Dear Sir

We appreciate the visionary initiative taken by you, and the enthusiasm shown by your entire staff of MGM College in organising and assisting in conducting the CME (Continuing Medical Education) program offered by Heartfulness Institute in the premises of Kamothe Medical College on February 24<sup>th</sup> 25<sup>th</sup> and March 24<sup>th</sup> 25<sup>th</sup> of 2017.

As you are aware, the objectives of Heartfulness Institute are aligned with your institute's mission to offer qualitative education by applying innovative and dynamic pedagogical techniques. This CME program consisting of 15 modules offers additional education in the life-skill management for all professionals in the medical field. This program is accredited in the USA through Annenberg Centre for Health Sciences and can be used for a credit program wherever American Medical Association Professional Recognition Award accreditation is accepted.

We are happy to learn through the testimonials received, that your entire staff that participated has benefitted in many ways. Dr Mansi Thakur has wholeheartedly helped and contributed towards the program. The department of research and biomedical professionals offered exemplary level of service to make this a huge success.

We look forward to working with you as you make this CME program a part of the curriculum in your college and we commit to assisting you in that process. Please don't hesitate to reach out to me personally, if I can be of assistance.

Sincerely

Victor Kannan  
President

CC: Dr Mansee Thakur, Associate Professor - Dept of Medical Biotechnology  
Office in charge - Laboratory for Infectious Diseases (CRL), IMGMIHS, Kamothe

CC: Dr Snehal Deshpande (PT), Director - CME Services, Heartfulness Institute USA,  
India division

CC: **Dr. Ranjani Iyer PhD, Global Director, CME Services, Heartfulness Institute USA**

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

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1 844 879 4327

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# Heartfulness

THROUGH MEDITATION, JOY

11<sup>th</sup> April 17

Dr Mansae Thakur  
Associate Professor  
IMG school of Biomedical Sciences  
MGM Institute of Medical Sciences,  
MGMIHS  
Kamothe Navi Mumbai,  
Maharashtra India 410209

Dear Madam

We appreciate the initiative you have taken to host the CME at your institute, offered by Heartfulness Institute, USA. Your positive and continued involvement with the program till the end made the program a grand success.

We are happy to learn through the testimonials received, that your entire staff that participated has benefitted in many ways. The entire staff wholeheartedly helped and contributed towards the program. The department of research and biomedical professionals offered exemplary level of service to make this a huge success.

We look forward to working with you as you make this CME program a part of the curriculum in your college and we commit to assisting you in that process. Please don't hesitate to reach out to me personally, if I can be of assistance.

Sincerely

Victor Kannan  
President

CC: Dr Snehal Deshpande(PT), Director - CME Services, Heartfulness Institute USA, India division

CC: Dr. Ranjani Iyer PhD, Global Director, CME Services, Heartfulness Institute USA

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

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**Dr. Snehal Deshpande**

*Dr. Snehal Deshpande has a massive contribution in improving the quality of life of the differently abled she is also an active Heartfulness trainer.*

*Dr. Snehal Deshpande is an eminent and highly qualified member in the physiotherapy fraternity. With more than two decades of experience in the field of pediatric physiotherapy she has developed into personnel maintaining the decorum of the pediatric rehabilitation to its high stature.*

*She has conducted various Lectures, workshops and interactive sessions on personality development, value based education and philosophy of life for children, teenagers and adults organized at various schools, colleges and associations on behalf of The Heartfulness institute.*

*Her natural endowments have been spirituality for all and benefitting the masses for their self-development.*

*She made the sessions interactive with various group activities and incorporating fitness.*





## **Dr Haresh Mehta**

*Dr Mehta has been practicing heartfulness meditation for the past 8 years since 2007 and is also a preceptor (spiritual trainer).*

*Dr. Haresh G Mehta is an interventional cardiologist who is currently affiliated with prominent hospitals across Mumbai such as Lilavati Hospital and Research Centre, Hinduja Healthcare Surgical, S L Raheja. He has done his fellowship at University Hospital, Bern (Switzerland) and is also a visiting faculty at its Department of Cardiology. He has worked as a fellow at Hospitals across the globe such as Lenox Hill Hospital, NY and Hanusch University Hospital, Vienna. He is actively involved with various medical bodies and frequently gives lectures and provides demonstrations of complex angioplasty techniques. He is also the founder of Healing Hearts.*



## **Mr. Tushar Pradhan**

*Mr. Tushar has been practicing the Heartfulness meditation for the past 16 years and is a Preceptor (spiritual trainer) since 2007.*

*He is a Zonal Coordinator of Heartfulness Institute for Mumbai Metro Region.*

*Tushar Pradhan is the (CIO) Chief Investment Officer at HSBC Global Asset Management Company (India) Limited, Mumbai. He is responsible for all investment activities and investment strategy.*

*He is an MBA from the Barney School of Business and Public Administration, University of Hartford, CT, USA and has worked in various organizations in the US and India.*



**Dr. Bharat Dhareshwar**

*Dr. Bharat Dhareshwar, chief medical director western railway, deal with around 4lacs beneficiary. MD internal medicine, fellow in critical care medicine, DNB teacher for internal medicine and diploma course in critical care medicine with 35years experience in a 440 bedded multispecialty hospital with OPD attendance of around thousand patients in various specialties.*



**Mrs. Pragya Kalia**

*Pragya has been practicing Heartfulness meditation for the past 20 years and is also a preceptor (Spiritual Trainer).*

*Pragya Kalia has a diverse career in the Indian Corporate sector for about 17 years. She has been a part of the leadership teams at Philips, ICICI Securities and Eureka Forbes. She was the CEO of a Eureka Forbes JV till 2015 and Country Head for another MNC in an earlier stint. A post graduate in Economics with an MBA from Symbiosis, Pune, she has attended Strategy & Leadership programs at The Wharton School, University of Pennsylvania, USA.*



**Mrs. SushilaSharangdhar**

*Mrs. Sushila Sharangdhar is a Registered Dietitian, recognized by the Indian Dietetic Association. Additionally, she has successfully completed Post Graduate Diploma in Hospital Administration as well as Diploma in Yogic Education.*

*Mrs. Sushila Sharangdhar is a highly experienced and accomplished Foods and Nutrition Post Graduate with Post Graduate Diploma in Hospital administration. She has over 34 years of experience in field of clinical nutrition and hospital food service, academics, research and employee wellness. She is a qualified leading Nutrition Expert with proven experience of more than 4 decades in Preventive & Clinical Nutrition. She has been very active in promoting good health through nutrition and life style changes. It is important to prevent obesity. Besides balancing food intake with appropriate exercise, diet also play an important role in preventing obesity and life style related diseases.*

## **Why Heartfulness is important in healthcare?**

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.

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But it has much more to offer health care providers than simple stress management. The art of healing is as important as its science. 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. These experiences have a special importance for health care providers because they restore a component of healing that is often overlooked by our modern health care system. 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 practice provides a simple and practical way to recapture the calling of healing. Also, it allows to learn how to use heartfulness meditation as a way to manage personal stress and to enrich their professional lives. A total of 24 optional CE Credits are available for nurses, psychologists and Physicians.

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Several disciplines and practices can cultivate Heartfulness, such as yoga, tai chi and qigong, but most of the literature has focused on heartfulness that is developed through heartfulness meditation — those self-regulation practices that focus on training attention and awareness in order to bring mental processes under greater voluntary control and thereby foster general mental well-being and development and/or specific capacities such as calmness, clarity and concentration. Following are some of the benefits:

- Stress reduction. Many studies show that practicing Heartfulness reduces stress.
- Boosts to working memory. Improvements to working memory

appear to be another benefit of Heartfulness, research finds. In addition, meditation practice was directly related to self-reported positive affect and inversely related to self-reported negative effect.

- Less emotional reactivity and more cognitive flexibility. Another line of research suggests that in addition to helping people become less reactive, heartfulness meditation may also give them greater cognitive flexibility.
- Relationship satisfaction. Several studies find that a person's ability to be mindful can help predict relationship satisfaction — the ability to respond well to relationship stress and the skill in communicating one's emotions to a partner.
- Empathy: Several studies suggest that Heartfulness promotes empathy.
- Compassion: Heartfulness-based stress reduction training has also been found to enhance self-compassion among health-care professionals. Self-compassion fully mediated the relationship between perspective taking and Heartfulness.
- Counseling skills. Empirical literature demonstrates that including Heartfulness interventions in psychotherapy training may help therapists develop skills that make them more effective.
- Better quality of life. The findings suggest that meditation may serve a buffering role for mental health workers in the wake of a disaster.
- Other benefits. Heartfulness has been shown to enhance self-insight, morality, intuition and fear modulation, all functions associated with the brain's middle prefrontal lobe area.



## **Tuning into the heart**

Heartfulness institute is a US based 501(c)3, not for profit educational institution, which helps us to learn simple and effective relaxation, meditation and breathing techniques to lead a happy, healthy and balanced life, and to be the best in all walks of life. HFN offers the course in over a hundred countries throughout the world for schools, universities, corporate, communities and individuals.

Heartfulness Institute is offering CME/CE accredited programs to relax, meditate and rejuvenate in collaboration with Annenberg Center for Health Sciences at Eisenhower for physicians, nurses and psychologists. During this CME several speakers from the medical profession will share their perspectives and discoveries through practicing Heartfulness Meditation and enable the attendees learn the method of Heartfulness Meditation. The course includes an in-depth study of personal assessment, the importance of values and self - development and how to impart them in a medical profession. For a CME of 15 modules for physicians, nurses, dentists giving a 15 AMA (American Medical Association) category 1 credits.

A 4 day CME program title “*Tuning into the Heart*” was inaugurated on 24<sup>th</sup> February 2017 at MGM Institute of Health Sciences, Kamothe, and Navi Mumbai.

Amidst the august gathering of Doctors, Nurses, Physiotherapist, Dentists, Allied Health Professionals and students of MGM Institute of Health Sciences, along with the members of Heartfulness Institute in the MGM Medical college campus, Navi Mumbai inaugurated the CME “Tuning into the heart”. A total gathering of about 150 members were present for the entire CME. The program was inaugurated by lighting of the lamp by our Hon’ble Vice Chancellor, Pro VC, Registrar, Director, Deans of constituent colleges and other dignitaries.

The program began by the inaugural speech of Dr. Sudhir Kadam Vice-chancellor, MGMIHS. The guests of honor along with Dr. Sudhir Kadam were Dr. Chander Puri( Pro-VC Research) , Dr. Rajesh Goel (Registrar), Dr. Mansee Thakur(Director SBS), Dr. Snehal Deshpande (Heartfulness Trainer), Dr. Bharat Dhareshwar (Heartfulness Trainer), Dr. Haresh Mehta (Cardiologist).

He then offered floral tributes to the dignitaries of HFN institute present for the event.



Dr. Mini Mol welcomed the gathering and gave a brief introduction of all the dignitaries. Our Hon'ble VC opened the CME with his kind words and conveyed his commitment to spreading the message of peace and meditation across the institution. He said HFN institute is a first of its

kind to train people on relaxation techniques and meditation. Sir, was kind enough to share with us his personal experience on HFN meditation. Sir conveyed his heartfelt thanks to Heartfulness Institute for conducting this one of a kind collaborative CME with Annenberg Centre for Health sciences, Eisenhower, USA.

A well-themed skit was performed by our BSc Allied Health sciences students on the theme of “**Acceptance**”.





The stage was then taken over by Dr. Snehal Deshpande

Dr. Snehal Deshpande pointed out how we can change the world by changing ourselves, just by changing the tendency of our mind and opening our hearts. She focused on how meditation can help in bringing relief from the overactive thoughts triggering disturbance like stress and tension during our work, which can lead to harmful effects.

She made the sessions interactive with various individual and group activities



There are also other natural daily cycles in the human body that we can easily observe. Being in tune with Nature is an important part of wellness and all-round good health - physical, mental and spiritual. So, here we explore the cycle that guides us on the best times during the day to meditate, do physical activity, mental activity and rest.

Regular physical activity can produce long term health benefits. People of all ages, shapes, sizes, and abilities can benefit from being physically active. The more physical activity you do, the greater the health benefits along with the meditation was well demonstrated by Miss. Asmali (Yoga Trainer). She explained benefits of regular exercise and maintaining the fitness. These exercises increases energy levels, improves muscle strength and helps to maintain a healthy weight.

Mr. Tushar Pradhan, Chief Investment Officer with HSBC, Mumbai, he explained time management. Whether it's in your job or your lifestyle as a whole, learning how to manage your time effectively will help you feel

more relaxed, focused and in control.

"The aim of good time management is to achieve the lifestyle balance you want,"

Work out who you want to be, your priorities in life, and what you want to achieve in your career or personal life,

Then he explained scientifically the importance of meditation and its benefits play an important role in time management and making your life stress free especially for healthcare professionals.

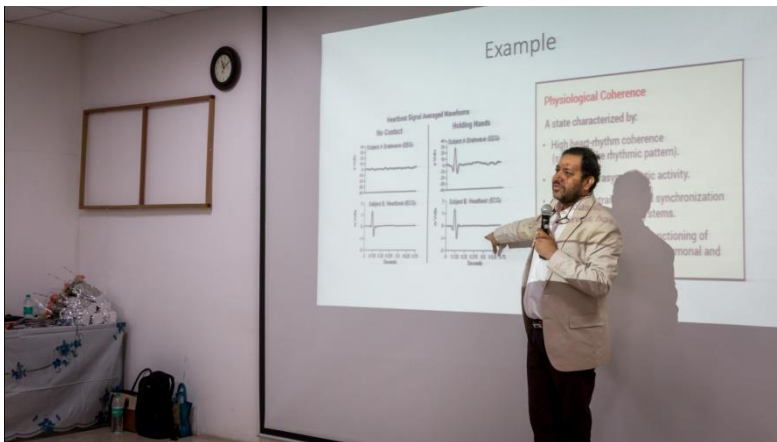


Dr. Haresh Mehta, Interventional Cardiologist, Hinduja Hospital, Mumbai, spoke on varied subjects like Resiliency and stress management, Self-compassion and dealing with suffering, Enhanced compassion

through creativity, communication and connection, Thriving Together Teamwork, Inspiring and aspiring from the heart & the role of heart in fostering caring behaviors.

He focused on peace of mind that comes from meditative practice. He also explained how it can establish a link with the “**Spark of Divinity**” in the heart scientifically.

He mentioned of research demonstrating that electromagnetic field of the heart is a most powerful rhythmic field in the body, extending at least 3 feet in all directions from the body vis-à-vis mind which extends to one foot. Thus our heart signals are communicated around us. When heart and mind are aligned and balanced, which we can achieve through meditation on the heart, then our work becomes naturally more efficient and those around us may feel our calmness.



He had a very heart to heart interactive session with the participants, with hilarious punch lines in between, for lightning the moments.



He gave an autobiographical talk on this journey and the progress in the field of SPIRITUALITY, followed by meditation. He emphasized on the importance on how to meditate and how beneficial to all human kind in today hectic stressful scenario all over the world. He kept everyone in the auditorium spell bound.

Dr. Dhareshwar introduced the subject “Why to meditate” and gave them the introductory transmission sitting for 15 mins. Mrs. Lalita Rajgopal taught the participants relaxation technique. He encouraged and inspired the participant to start mediation in their day to day activity. It was very unique and first of its kind program for medical professions.

Mrs. Sushila Sharangdhar, a highly experienced and accomplished Foods and Nutrition Post Graduate with Post Graduate Diploma in Hospital administration With over 34 years of experience in the field of clinical nutrition and hospital food service, academics, research and employee wellness.

She is very active in promoting good health through nutrition and life style changes. It is important to prevent obesity she stressed. Besides balancing food intake with appropriate exercise, diet also plays an important role in preventing obesity and life style related diseases.

She has provided her expert advice for a balance and healthy diet and emphasized the importance of exercise.

Mrs. Pagya Kalia, Enhance compassion through creativity, communication and connection thriving together –teamwork

After completion of each session, participants felt cheerful and enthusiastic. CME ended with vote of thanks by Ms. Sumi Elizabeth and feedback from the participants says that the complementary process of yogic cleaning frees the soul of heaviness, all the impressions our thoughts and deeds have created in the past. Once we are cleaned of past impressions, we have a clearer vision of Reality.

Thanks to meditation and the rejuvenative process of cleaning, these methods will benefit for me how to communicate heart to heart with my patients, and better see what is to be treated. It is no longer a question of removing or suppressing symptoms, as I would rather take into account the person's whole being: body, mind and soul. There is no longer any partition between them and me, any partition at the level of our souls, because I realize we are all connected to the same Source. So through this CME we are now more benevolent, compassionate attitude. We are able to receive wholeheartedly the suffering the person presents, in order to be relieved.

A ray of inner joy has dawned on the participants and faculty of MGMIHS that is sure to inspire them for years.

The entire team was deeply motivated by the way the practice has changed and enriched their lives.

A certificate of completion of the course was awarded to every participant by Annenberg institute

## HEARTFULNESS GUIDED RELAXATION



Sit comfortably and close your eyes very softly and very gently. Let's begin with the toes. Move your toes. Now feel them relax. Relax your ankles and feet. Feel energy move up from the earth... up your feet to your knees relaxing the legs. Relax your thighs. The energy moves up your legs ... relaxing them. Now, deeply relax your hips ... stomach ... and waist. Relax your back. From the top to the bottom the entire back is relaxed. Relax your chest ... and shoulders. Feel your shoulders simply melting away... Relax your upper arms. Relax each muscle in your forearms ... your hands ...right up to your fingertips. Relax the neck muscles. Move your awareness up to your face. Relax the jaws ... mouth ... nose ... eyes ... earlobes ... facial muscles ... forehead ... all the way to the top of your head. Feel how your whole body is now completely relaxed. Move your attention to your heart. Rest there for a little while. Feel immersed in the love and light in your heart. Remain still and quiet, and slowly become absorbed in yourself. Remain absorbed for as long as you want, until you feel ready to come out.



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## What is Heartfulness?

Heartfulness is all about feelings. Our entire life is led by feelings and inspirations, and that is the role of the heart. When we listen to the heart and capture the inspiration that comes from within, we can master our life. This exercise of fine-tuning the heart with the mind is done through meditation on the heart. It is simple, easy and effective, and can be done every day in the comfort of your own home.

**We offer experiential heart-based meditation to aspirants across the world for inner wellness**

**Reach us at:**

[heartspots.heartfulness.org](http://heartspots.heartfulness.org)

**Write to us at:**

[mumbai@heartfulness.org](mailto:mumbai@heartfulness.org)

**Call us on:** 9167798860

**Toll Free:** 1800-103-7726



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

# EXPERIENCE MEDITATION

Find a place where you are free from distractions; sit comfortably and relax. Close your eyes and suppose that a Divine Light is illuminating your heart from within.

Rather than trying to visualise it, simply tune in to your heart and be open to any experience that you may have.

Do this for 30 minutes. If your mind wanders, gently bring your attention back to your heart.

## **Points for Reflection**

How long was I able to sit for meditation today?

How do I feel after my meditation today?

# EXPERIENCE CLEANING

Sit in the same posture as for meditation for half an hour with a suggestion to yourself that all complexities and impurities, including grossness, darkness, etc., are going out of the whole system through the back in the form of smoke or vapour, and that in their place the sacred current of the Divine is entering into your heart.

Do not meditate on those things which you want to get rid of. Simply brush them off. Finish with the conviction that the cleaning was completed effectively.

## Points for Reflection

How do you feel after doing the cleaning?

Do you find any difference in your meditation after doing the daily cleaning?

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











## Heartful Affirmations

1. I am deeply connected with everyone around me...Everything surrounding us, the air particles, people, the birds, the trees... everything around me is deeply connected.
2. I am genuine in my thinking...All human beings are developing correct thinking, right understanding and an honest approach to life. They are attaining rightness in action and perfection in character.
3. I am calm, clear and confident with my words and deeds.
4. I am happy, joyful and grateful for all my life experiences.
5. I am becoming more empathetic, compassionate and loving.
6. I am balanced. I meditate.

## Breathing with Awareness of Purpose

"Breathe In" what is needed, good and positive for the betterment of yourself.

"Breathe out" what is good for others

1. Breathe in what is good for me, Breathe out what is good for everyone
2. Breathe in Positivity, Breathe out Optimism
3. Breathe in Sensitivity, Breathe out Compassion
4. Breathe in Trust, Breathe out Team Spirit
5. Breathe in Appreciation, Breathe out Joy
6. Breathe in Understanding, Breathe out Love

## ACTIVITY # 1.

### FIRE IN THE BUILDING

One of the activities conducted in “heartfulness CME” was the game “**fire in the building**”.

The audience were divided into 2 teams and were told to assume a situation where they were trapped in a building which has caught fire and they have to escape from it. The only way to escape the fire was a fire-proof paper provided to them, they had to cover 10 steps distance using that paper and each team was given 5 sheets of paper.

The aim of this activity was to explain people about **selflessness, being helpful to others in the** panic situation, having compassion towards others, team work and about leadership quality that one should have.

Like in this case if the two teams could communicate with each other and collaborate with each other they could easily escape from the fire in the building, by combining the sets of fire-proof paper they had because a number of steps they had to cover was 10.

The aim was common for everyone and if they communicate and co-operate this situation can be easily sorted out.

In the end this activity taught us that being selflessness and helpful is important in any kind of situation, how to protect ourselves and others

during natural calamities. It taught us team work & leadership quality along with good communication skills is important. Also protecting as many people we can without being selfish, also having compassion for others and being calm and strategic during any kind of calamity.

## THE BALLOON BATTLE

The balloon battle was a great energizer to get everyone moving while creating a situation to introduce some concepts like strategy, team work collaboration and win-win situation.

The activity included with a goal of protecting the balloon and whoever protects his/her balloon till the end wins.

The participants had lots of fun running around attacking other people's balloons. At the end of the game, some concepts were explained like teamwork, strategy, a perception of responsibility and the most important competitive human nature, which at times, works against the win-win situation.

For instance, if no one moves and attacks other people balloons, everyone accomplishes the goal of protecting their own balloon and everyone wins.

It taught us that **“pushing other people down won't get you to where you want to go.”**



## **PHYSICAL ACTIVITY WITH MEDITATION.**

The physical activity sequence emphasizes balance: on your hands, hands and knees and standing on one leg as well as when moving the spine in all directions, forward, backward and sideways. It is great to do whenever you want to cultivate balance and presence in your body/mind – first thing in the morning or last thing before going to bed or anytime in between.

It is particularly useful to do this sequence before meditation practice as it will create both, strength, flexibility and stamina that will support the physical effort required for sitting.

The positive impacts of heartfulness thru meditation could improve doctor and nurse decision making and quality of care – the 2 key elements in improving patient safety.

Any chronic illness can be benefited from emptying ones mind and not think and breathe more deeply.

In heartfulness based meditation, a person sits in silence and observes the thoughts that pop up without engaging them.

It also involves deep breathing and choosing to “let go” of any thoughts.

This CME will help you appreciate life more, make you and those around you happier.

Heartfulness through meditation is not about concentration it’s actually about de-concentration. It’s not about focusing ones thoughts on one thing but instead of becoming thoughtless. It also cleanses and nourishes you from within and calms you whenever you feel overwhelmed, unstable or emotionally shutdown.







**Heartfulness**  
Through meditation, calm





## **ORGANIZING COMMITTEE**

### **PATRONS**

Dr. S.N. Kadam  
Dr. S.K.Kaul  
Dr. ChanderPuri  
Dr. Rajesh Goel

### **ORGANIZER**

Dr. Mansee Thakur

### **COORDINATOR**

Dr. Mini Mol, Mrs. Himanshu Gupta

### **REGISTRATION COMMITTEE**

Dr. Sumi Elizabeth Reny, Ms. SmitalKulkarni, Ms. SrushtiWagh

### **HOSPITALITY COMMITTEE**

Mr. Poonam Patil, Mr. Yogesh Patil

### **MEDIA**

Mohan Babu,, Mahesh Patil

### **IT SUPPORT**

Mr.Patric, Mr. Anil Khandare, Mr. Mukund

