



SWARRNIM STARTUP AND INNOVATION UNIVERSITY

AARIHANT HOMOEOPATHIC MEDICAL COLLEGE AND RESEARCH INSTITUTE

Subject: Report on student participation in heartfulness Dhimahi program

Heartfulness Dhimahi is a program focused on ultimate wisdom, combining Dhyana (transcendence) and Raja Yoga (self-mastery) based on Indian Knowledge Systems. It aims to develop self-confidence, mental well-being, and inner resilience in students.

While specific attendance numbers for individual "Dhimahi" programs aren't publicly detailed, Heartfulness Education has a broad "HELP" (Heartfulness: Experience Life's Potential) program that has reached so many students across India. This indicates a significant reach and student participation in Heartfulness initiatives.

Attendees:

1. Patel Prisha Popatbhai-2274002053
2. Nayak Kirtan-2274001041
3. sadhana Yadav2274001050

Duration of program: From 18/6/2025 to 22/06/2025

Schedule of students:

Date: 18/06/2025

06.00 am - Wake up and get ready.

7.30 am - Breakfast (main dining hall)

09.15 am - Seated in first floor conference room (near main meditation hall). Carry your workbook, pen and your mobile.

09.30 am to 12.30 pm - Launch session.

12.30 pm to 01.30 pm - Lunch (main dining hall; near departmental store).

01.35 pm - Plenary and breakout by language track in North Meditation hall. Carry your workbook, smartphone and pen.

Date: 19/06/2025 and 20/06/2025

A big thank you. Tomorrow's agenda is as follows

Some students are coming to take individual sitting at 5 am to north meditation hall

05.30 am - Walking / Yoga/ Personal meditation / Quiet time/ preparation for the class /Getting ready.

07.30 am - Breakfast

08.20 am - Seated for Group Meditation in North Meditation hall.

09.10 am - Plenary
09.30 am to 12.00 pm - SDGs (Power of Observation)
12.00 pm to 12.30 pm - Re-cap
12.30 pm to 01.30 pm - Lunch
01.30 pm to 2.30 pm - Fun n Games
02.30 pm to 04.30 pm - SDGs of your chapter
04.30 pm to 5.30 pm - Luminary talk by Shri Ramana Vemuri (Mindset of entrepreneur and innovator)
05.30 - Wrap up

Date : 21/06/2025

special day - International Day of Yoga celebrations.
6.00 am - Reach North Meditation hall
06.10 am to 06.50 am - Yoga day celebration with Yoga Asanas (North Meditation Hall).
06.50 am to 07.30 am - Group Meditation (North Meditation Hall)
07.30 am - Breakfast (North Canteen)
08.30 am - Plenary
08.50 am - SDG - The divine energy for transformation
11.00 am to 12.30 pm - SDG - From conditioning to creativity
12.30 pm - Lunch
01.00 pm to 03.30 pm - Personal time / Break / Visit Books n More / Yatra Garden / Rest.
03.30 pm - Plenary (Be seated in First floor conference hall. Ensure to carry course workbook) –
05.00 pm - Spotlight speaker (Smt. Kranthi Valluri, I.A.S)
06.00 pm - Cultural performance
07.00 pm - Wrap up
07.30 pm- Dinner

Date : 22/06/2025

07.10 am - Reach main meditation hall and prepare for group meditation. (Mobile phone to be switched off).
07.30 am - Group Meditation in the main meditation hall.
08.15 am to 09.10 am - Breakfast (main dining hall)
09.20 am - Be seated in first floor conference hall.
09.25 am to 12.30 pm - Back to Future.
1. 09.30 am to 10.10 am- Common plenary on “essential practices of Raja Yoga and dhyana.
2. 10.10 am to 10.45 am - Common plenary on The Blue Print (part 1)
3. 10.45 to 11 am - Break

4. 11.00 to 11.30 am - Welcome to the guest of honour. Key note by Shri Dr. Sanjeev Sharma ji, Member Secretary, National Commission for Protection of Child Rights.
5. 11.30 am to 12.00 pm - Key actions, sign up for online classes, mentoring and Dhimahi course assignments for completion and assessments.
6. 12.00 pm to 12.45 pm - Final Quiz and Certificate distribution.

Benefits for young generation :

The Heartfulness Dhimahi program uniquely empowers youngsters by teaching practical mind-regulation and stress-reduction techniques, fostering self-confidence, emotional intelligence, and inner resilience to navigate life's challenges with a positive, growth-oriented mindset.

Beyond individual well-being, the Heartfulness Dhimahi program also cultivates social-emotional skills like compassion and acceptance, fosters goal and growth-oriented mindsets, and helps develop meta-cognitive skills for intuition and innovation, ultimately aiming to nurture responsible global citizens who can lead with inner spiritual potential.



DHIMAHİ

(ULTIMATE WISDOM)

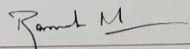
A signature course on Raja Yoga and Dhyana
to unlock limitless inner spiritual potential

*Thank you for attending
Dhimahi - Self Development workshop
at Kanha Shanti Vanam from 18th to 22nd June, 2025.*

MS. SADHANA YADAV

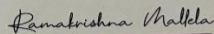
Your heartfelt participation and complete presence in the DHIMAHİ workshop upholds the promise and renewed hope of a change champion in the making.

Your inner wisdom will guide and manifest in your intentions, thoughts, actions and demonstration of universal values which will inspire one and all about the impact of Raja Yoga and Dhyana.



Ramesh Krishnan
Program Director, Heartful Campus
(Heartfulness Education Trust)
Kanha Shanti Vanam

Rest Not Till The Ideal Is Achieved.



Ramakrishna Malléla
National Program Director
(Heartfulness Education Trust)
Kanha Shanti Vanam







Amptes



Principal
Aarohant Homoeopathic Medical College & R.I.
Bhojan Rathod, Gandhinagar.