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# Marathwada Mitramandal's Institute of Technology (MMIT)

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## Report of "Heartfulness relaxation & meditation - Sahaj Marg Spirituality Foundation, Spiritual Retreat Centre Pune, FE Students Visit Organized by Department of Engineering Sciences, MMIT, Lohgaon, Pune

Department of Engineering Sciences, Marathwada Mitra Mandal's Institute of Technology (MMIT), Lohgaon, Pune, organized 2 days visit to **Sahaj Marg Spirituality Foundation, Spiritual Retreat Centre Pune** in collaboration with HEARTFULNESS EDUCATION TRUST "Expert sessions on Meditation Master Class & over all development of Students" for First Year Engineering Students.

Details are as follows:

**Time:** 08:00-05:00 PM

**Date:** 2<sup>nd</sup> & 3<sup>rd</sup> December 2023

**Venue:** Retreat Centre Pune, at Ghore Khurd, Taluka Haveli, District Pune.

Total Duration of sessions is 24hr.

Total Participants: 48.

### About **Sahaj Marg Spirituality Foundation, Spiritual Retreat Centre Pune**

Sahaj Marg Spirituality Foundation, **Spiritual Retreat Centre Pune**, is located in the village of Ghore Khurd, Taluka Haveli, District Pune. It is away from the hustle and bustle of Pune city and has a serene and peaceful environment. Its scenic beauty, with Sinhagad Fort in the background and the vast Khadakwasla Lake in the forefront, is captivating.

Occupying a five-acre plot of land, it fulfills one of Revered Master's divine plans, to set up several Sahaj Marg Spiritual Retreat Centres in India, under the aegis of the Sahaj Marg Spirituality Foundation. Pune is thus blessed by the Revered Master with the gift of a Retreat Centre.

About HEARTFULNESS EDUCATION TRUST, It is a registered trust having its registered office at no. 40-15-9/12, Nandamuri Road, Venkateswarapuram Post Office, Vijayawada – 520 010, Andhra Pradesh, India (here in after referred to as "HET", which expression shall unless repugnant to the context and meaning thereof mean and





include its successors, administrators, authorized representatives and permitted assigns)

HET is a public charitable trust registered under the Indian Trust Act, 1882 inter alia with an objective to impart Heartfulness approach to various wellness programmes including relaxation, meditation,

values based educational programmes for schools, colleges, government organizations, corporates etc., made available to all who are willingly interested in individual development and wellbeing. HET is also engaged in conducting various Teachers' training programmes in collaboration with Certain State Governments/ Education Institutions.

**Aim & Objective-** HET through its Heartfulness initiatives offer a way for balanced living through various meditation techniques. These simple and effective techniques gradually imbibe feelings of discipline, empathy, brotherhood, leading to mental, spiritual, and psychological well-being, helping an individual to transform not only inwardly but also his/ her attitudes, and dealings with society at large.

Heartfulness relaxation, meditation and other connected wellness workshops to help students' teachers to regulate their minds, moderate their tendencies, increase their concentration, sharpen the use of their will, introspect and self-analyze and accept people and situations in general. Through such workshops and Offerings of HET, they intend to help the students to improve their learning skills and behavior, and inculcate humility, emotional maturity, confidence, stress management, self-awareness and most importantly, develop a sense of Purpose towards life.

Heartfulness is the simple, and subtle practice of meditation that connects each one of us with the light and love in our hearts. Through our network of thousands of global HeartSpots and one magnificent smartphone app, we offer the world a daily practice that awakens our potential for a joyful existence. This precious gift of human transformation is provided free of charge.

### **Spiritual Retreat Centre Pune - Beautiful place in Pune**





## Activities supported by the Sahaj Marg Spirituality Foundation

A retreat was for always the few, who needed to retreat from everyday life and retire in seclusion to introspect, meditate, brood over one's inner condition, etc. The purpose was to re-enter normal life refreshed spiritually to face life with a renewed sense of purpose, and to restore balance to one's life. A retreat could never be for the many or the multitude.

### FACILITIES GUIDELINES AND PURPOSE...

**The Retreat** ... is proposed to have a preceptor couple living in this facility to give sittings when necessary. Please note that this is not an ashram, and there will be no daily meditation and things like that since this is essentially for you to retreat into yourself, introspect, brood over your condition as Babuji Maharaj has advised, do some writing if you wish, and go back into life spiritually fresh, mentally refreshed, and fit in body and mind. The facility is of course free of all costs, as everywhere else in Shri Ram Chandra Mission, but of course, you have to pay for your own transport, and such other facilities as you may need personally with you. Telephone facilities will be available onsite for limited use ..."

### ACTIVITIES...

Firstly, detailed meditation sessions have been performed for a deep understanding and how it plays an important role in each life. Overall, the discussion was about what meditation is, its advantages, and why there is a need to perform it on a daily basis. Small video clips have been played for a better understanding. Also, discussion was held in a very interactive ways with students also teachers participating in it

Along with meditation and proper guidance, various activities along with students were conducted. Here, the active participation of students were seen where equal groups of students were distributed and different topics were given to each group and hence more activity was seen. Where the attention checking and mystery solving were conducted. The stages of fear and self-clearance about each one have been cleared.

After the intellectual sessions, we were taken to Khadakwasla Lake. The beauty of nature can be seen there. The calmness and peace of mind are obtained there.

Then, the cleanliness of the body is done by one type of method used for meditations to feel very light and peaceful. Then various activities like BONFIRE, games, acts, and plays were performed by the students where equal participation could be seen.



As we all know YOGA is the first key to being positive in life. So as far as it is concerned, in the morning YOGA sessions have been taken along with relaxation. Thereby, freshness dwells in the surroundings and mind throughout the day.

### **Tree Plantation:**

As nature plays an important role in everyone's life, tree plantation took place in which students planted plants in which teachers guided them in a very effective way.

Students showing interest and their affection towards MOTHER NATURE...

THEN, after that, A deep meditation session was conducted in which the active participation of the students could be seen. Also, one effective session was conducted which deals with MIND and HEART and how to identify thoughts between them. It deals with the various emotions and their thought process. Talking about experiences, conclusion, and staff, we gained a lot of knowledge and an in-depth understanding of each small thing has been clarified.

The staff and community were very good and their efforts were very good in which we learned a lot of things along with real-life experiences. I will definitely recommend visiting this place where the path towards spirituality has been done and taken place.

### **Students & Teachers Feedback:**

**Students-** First of all we want to thank you sir for taking us there. It was a great experience of 2 days. There was a different energy in the atmosphere, so peaceful and calming. I've learned a lot in 2 days-4 heartfulness practices :(relaxing, meditation, cleaning, inner connection), time management, awareness, habits, positive thinking, and many more. Group activities was most interesting, it helped building communication skills, team work, leadership, planning, confidence. And Kavita mam's session was one of my favorite, I learned mystery of heart (my favorite was-A babies heartbeat is synchronized with mother's brain waves). I will never forget Priyanka mam's principle: "observe-absorb-practice-consistency-excellence" And the moral I learned from the book "As the man thinketh" chapter 5 "thought factor in achievement" while group activity: "As you think, so you are, as you are, so you act and as you act so you attract".

All the sessions were excellent, and the staff was so kind, learned so many things with fun. I will always follow those principles in life. Once again thank you for arranging this life changing visit for us.

Faculty-Everyone wants a relaxing moment in life and I think you can't find another place in Pune like the Retreat Centre. All sessions were outstanding. I am thankful to Shailesh Sir, Anand Sir, Rakesh sir & entire heartfelt educational trust for making the impossible possible. Overall, this visit is really unforgettable for me.





## Photographs



Presenter while giving detail guidelines to the students







Morning Meditation activities





Students active participation



Students while attending the session







Dr. Anand Sir while felicitating HOD Dr. Umesh Moharil sir







Visit to Khadakwasla Dam







Cleaning activity at evening



Students while writing diary





Students while developing reading & listening habits in the morning



Students while performing Morning Yoga







Students participation in the morning Meditation Session



Live meditation session with Daaji







Active participation of Students in Plantation Activities







Active participation of Students in Plantation Activities







Session Conducted by Kavita Mam



While giving thanks by Prof. Anil G. Darekar







While Concluding the session by Centre Director Mr. Pradip Sir



Group Photo with presenters before leaving the Centre

*A.G. Darekar*

Prof. Anil G. Darekar  
Coordinator



*U.P. Moharil*

Dr. Umesh Moharil  
HOD



# Participants Attendance List

Marathwada Mitra Mandals Institute of Technology, Lohgaon, Pune  
Department of First Year Engineering

FE Students Visit to Pune Retreat Centre

Attendance Sheet-02/12/2023

Sr. No.	Name of the Students	G	D	Roll No.	Mobile NO.	M Sign	A Sign	N Sign
1	Mayuri Muttepawar	F	A	135	8087405280	Mayuri	Mayuri	Mayuri
2	Giri Atharva	M	E	565	9923770443	Giri	Giri	Giri
3	Dole Shrujal Sudhakar	F	E	505	9356786061	S.S. Dole	S.S. Dole	S.S. Dole
4	Vaishnavi dongare	F	E	507	9421539920	Vaishnavi	Vaishnavi	Vaishnavi
5	Pradnya Balaji Kolhe	F	E	510	8624891084	Pradnya	Pradnya	Pradnya
6	Tejsvi Chunesht patle	F	E	514	7498845928	Tejsvi	Tejsvi	Tejsvi
7	Bhakti Ramnath Walke	F	B	221	9075738495	Bhakti	Bhakti	Bhakti
8	Mayuri Somnath Udar	F	B	220	8766021993	Mayuri	Mayuri	Mayuri
9	DIVYA RATNAKAR GITTE	F	C	352	9552496483	Divya	Divya	Divya
10	Kalyani jayant ramayane.	F	C	313	8080099724	KJR	KJR	KJR
11	SEEMA GAJANAN MAHALE	F	C	314	9325135500	Seema	Seema	Seema
12	Aakanksha Pravin Shinde	F	D	418	9503776711	Aakanksha	Aakanksha	Aakanksha
13	Sakshi Sambhaji Bule	F	D	404	7972001412	Sakshi	Sakshi	Sakshi
14	Ujwal Aswar	M	E	502	8788073097	Ujwal	Ujwal	Ujwal
15	Sagar Yashwant Chavan	M	E	503	8767402725	Shavan	Shavan	Shavan
16	Amey Anil Hingmire	M	E	509	9561055251	Amey	Amey	Amey
17	Vitthal vidyadhar phad	M	E	515	7620640724	Vitthal	Vitthal	Vitthal
18	Sabir khan	M	E	517	7899106884	Sabir	Sabir	Sabir
19	Prathmesh Pradip Bhushette	M	E	527	9405415500	Prathmesh	Prathmesh	Prathmesh
20	Aditya Gajanan Dhorme	M	E	529	8767954532	Aditya	Aditya	Aditya
21	Abhijeet Jaysing Kale	M	E	536	7020527401	Abhijeet	Abhijeet	Abhijeet
22	Darshan khandare	M	E	537	7620767907	Darshan	Darshan	Darshan
23	Saksham Raina	M	E	541	9103746842	Saksham	Saksham	Saksham
24	Yashwant Rohan	M	E	544	8766618932	Yashwant	Yashwant	Yashwant
25	Prathavijeet Sharad kanade	M	E	553	8975201416	Prathavijeet	Prathavijeet	Prathavijeet
26	Sameer Aji Maneri	M	E	555	7821060945	Sameer	Sameer	Sameer
27	Ketan kulkarni	M	E	557	9850298811	Ketan	Ketan	Ketan
28	Shubham Pawar	M	E	559	9309317389	Shubham	Shubham	Shubham
29	Onkar Shendage	M	E	562	9284411338	Shendage	Shendage	Shendage
30	Rajvardhan Anil Thombre	M	A	141	8788056182	Rajvardhan	Rajvardhan	Rajvardhan
31	Thorat sachin santosh	M	A	162	9022486481	Sachin	Sachin	Sachin





32	Aditya suresh wakde	M	A	123	8999507304	<del>Aditya</del>	<del>Aditya</del>
33	Nachiket Prakash Patki	M	B	235	7875954826	<del>Nachiket</del>	<del>Nachiket</del>
34	Rushikesh Sandip Wankhade	M	B	244	8329120578	<del>Rushikesh</del>	<del>Rushikesh</del>
35	Dongare Shruti	F	E	506	8446364627	<del>Dongare</del>	<del>Dongare</del>
36	Shravani Pravin Patil	F	E	558	8668374022	<del>Shravani</del>	<del>Shravani</del>
37	Gayatri Ashok Rakhunde	F	E	560	9763211840	<del>Gayatri</del>	<del>Gayatri</del>
38	Smruti Nitin ghodekar	F	A	130	8432876329	<del>Smruti</del>	<del>Smruti</del>
39	Riya Thakur	F	B	201	8010040733	<del>Riya</del>	<del>Riya</del>
40	Mugdha Jadhav	F	C	332	7709959272	<del>Mugdha</del>	<del>Mugdha</del>
41	Yuvraj Rajendra Vethekar	M	A	144	9730595829		
42	Nishita pawar	F	B	236	7385020996	<del>Nishita</del>	<del>Nishita</del>
43	Jadhav Samrudhi Sunil	F	E	535	9699056750	<del>Jadhav</del>	<del>Jadhav</del>
44	Vaibhavi Sharanappa Halloli	F	D	432	9665245837		
45	Omkar Popat Ajabe	M	E	523	9657754545	<del>Omkar</del>	<del>Omkar</del>
46	Vedant Santosh Navale	M	E	526	7875547671	<del>V. Navale</del>	<del>V. Navale</del>
47	Sanskriti Atul Deokar	F	B	227	7020112046	<del>Sanskriti</del>	<del>Sanskriti</del>
48	Muskaan Mahesh Valecha	F	B	243	8788177160	<del>Muskaan</del>	<del>Muskaan</del>
49	Prof. Anil G. Darekar	M	FACULTY		8888247861	<del>Anil</del>	<del>Anil</del>
50	Mrs. Laxmi Shinde	F	FACULTY		8308528030	<del>L.S.</del>	<del>L.S.</del>

