



D. E. S. SMT. SUBHADRA K. JINDAL COLLEGE OF NURSING, PUNE

BEST PRACTICE



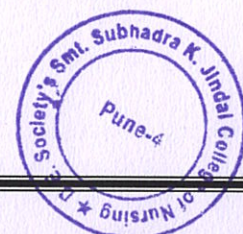
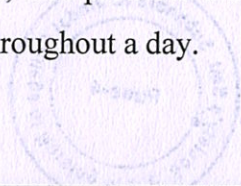
Introduction:

In our continued effort to nurture the holistic development of both faculty and students, a daily spiritual and mental well-being session has been implemented.

This activity is held every day between **9:45 am to 10:00 am**. It is a 15-minute session which includes Prayer song, listening Bhagavad Gita Shlokas with their meanings in Hindi followed by meditation with the chanting of Om Mantra.

Goal:

The goal of this initiative is to provide a peaceful beginning of the day, encouraging inner reflection, and promote a sense of tranquillity and balance in the minds of all participants lasting throughout a day.



Objective:

The primary aim of this daily practice is to enhance the Mental and Spiritual Well-being of faculty and students by:

- Offering a time for self-reflection, relaxation, and meditation.
- Introducing them to the timeless wisdom of the Bhagavad Gita, which helps in developing emotional resilience, mental clarity, and spiritual growth.
- Creating a peaceful environment conducive to better academic, professional, and personal outcomes.

Methodology:

- **Timing:** The session is scheduled daily from **9:45 am to 10:00 am**.
- **Format:**
 - The session begins with a prayer song, allowing participants to calm their minds with a gratitude to God Almighty and prepare for the further session.
 - The prayer song is followed by **Bhagavad Gita Shlokas**, where the verses are played along with their meanings in Hindi. The meanings are explained in very simple and understandable manner to ensure that participants can reflect on the deeper teachings of the text.
 - Last session of the activity includes meditation with the Om Mantra Japa.
 - The content is carefully chosen to align with themes such as peace, wisdom, self-control, and the pursuit of knowledge.
- **Participants:** All the students and teaching as well as all the non-teaching faculty actively participates in the session ensuring a shared experience of spiritual and mental renewal.
- **Delivery Mode:**
 - At 9.40 am warning bell is given indicating that the session will be started soon. Accordingly, all students and faculty get ready for the session.



- The college has inbuilt high-quality centralised audio system including all classrooms, staff rooms & all other departments to ensure comfortable and smooth conduction of the activity.

Impact and Benefits:

1. Mental Well-Being:

- **Stress Reduction:** Participants have reported a significant reduction in stress and anxiety as a result of the meditation sessions, creating a sense of calm and relaxation before bedtime.
- **Enhanced Focus:** The meditation and reflective time allow participants to disconnect from daily stressors and charge their minds, improving focus and concentration for the upcoming day.

2. Spiritual Growth:

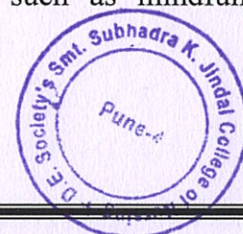
- The Bhagavad Gita's teachings provide participants with valuable insights into self-realization, Inner peace, and wisdom. Many have expressed a deeper connection with their spiritual selves and a greater sense of real purpose in life.
- The meanings behind the shlokas help individuals understand how to integrate spiritual practices into daily life, providing a solid foundation for personal growth and ethical living.

3. Increased Productivity:

- The practice of meditation and reflection has helped students and faculty experience greater emotional balance, leading to improved decision-making and productivity in both academic and professional areas.
- The calmness fostered by this activity contributes to better sleep, which further enhances the energy and alertness of participants throughout the day.

4. Community Building:

- The collective participation in this daily practice fosters a sense of unity and shared purpose among students and faculty. It has helped cultivate a positive atmosphere within the college, reinforcing values such as mindfulness, compassion, and mutual respect.



- o Faculty and students have reported feeling a greater sense of belonging and camaraderie, as they engage together in a reflective, peaceful activity each evening.

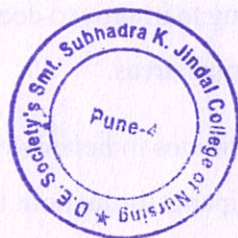
5. Holistic Development:


- o This initiative supports the overall well-being of participants by addressing not only their academic or professional growth but also their emotional, mental, and spiritual health. By engaging with the teachings of the Bhagavad Gita, individuals are encouraged to live more consciously and make mindful choices in their daily lives.

Conclusion:

The daily meditation and Bhagavad Gita Adhyaya sessions have become one of the most valuable activities of the college. By dedicating just 15 minutes each morning, participants have experienced improvements in their spiritual understanding, mental clarity, and overall emotional well-being. The integration of meditation and the wisdom of the Bhagavad Gita into the daily routine is showing a very positive and long-lasting impact on both faculty and students.

This daily activity has proven an enriching and transformative practice for all, offering students and staff a peaceful and reflective beginning to their day, while fostering both mental well-being and spiritual growth.




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