

DR. AMBEDKAR COLLEGE, DEEKSHABHOOMI, NAGPUR.

Department of Psychology

Report: Visit to Kanha Shanti Vanam, Hyderabad

Notice

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Date: 20 /02/2024

Notice


This is to inform all students that the Department of Psychology is organizing a visit to **Kanha Shanti Vanam, Hyderabad, from 29th February 2024 to 2nd March 2024**. This visit aims to provide a unique learning experience and foster personal and academic growth.

The following students have been selected to participate in this enriching trip:


1.	<u>Archi Larokar</u>	B.A Sem 6
2.	<u>Prii Borkar</u>	B.A Sem 6
3.	<u>Priya Titumare</u>	B.A Sem 6
4.	<u>Sonam Uikey</u>	B.A Sem 6
5.	<u>Kajal Uike</u>	B.A Sem 4
6.	<u>Dhanashree Chopde</u>	B.A Sem 4
7.	<u>Nikita Meshram</u>	B.A Sem 4
8.	<u>Sweety Khirade</u>	B.A Sem 4
9.	<u>Tejas Kusumbe</u>	B.A Sem 4

Selected students are required to attend a mandatory briefing session on 21st Feb2024 in the department of Psychology at 11 am to receive important information regarding the itinerary, guidelines, and other relevant details.

We congratulate the selected students and look forward to a meaningful and memorable visit. For any queries, please contact the Ms Rohini Meshram Head, Department of Psychology.



Ms. Rohini Meshram
Head, Department of Psychology
DACN



Dr. Mrs. B.A Mehere
Principal
DACN

Under the auspices of Dr. Ambedkar College, Deeksha Bhoomi, Nagpur, the Psychology Department organized a transformative visit to Kanha Shanti Vanam in Hyderabad from February 29th to March 2nd, 2024.

The primary objective was to provide students with a unique learning experience, emphasizing mindfulness and personal growth. The itinerary included workshops on mindfulness, guided nature walks, cultural exchanges, and interactions with resident experts.

About Kanha Shanti Vanam:

The Heartfulness Institute has its international headquarters at the pristine 2000-acre campus at Kanha Shanti Vanam, located near Chegur Village in Ranga Reddy district, 50 kilometers from Hyderabad in India.

29 January 2020 marked the inauguration of the world's largest meditation center at Kanha Shanti Vanam, by the current Guide of Heartfulness and President of Shri Ram Chandra Mission, Pujya Shri Kamlesh D.Patel (Daaji), in the august presence of Yogrishi Swamiji Baba Ramdev.

The meditation center, with its magnificent and lofty structure, grabbed the attention and imagination of everyone, with a capacity to seat 100,000 people for meditation at one time. The unveiling of this facility celebrated the 75th anniversary of the Mission, which has a global presence in 162 countries. It was dedicated by Daaji to the first guide of Heartfulness, Shri Ram Chandra of Fatehgarh (Lalaji).

Throughout the visit, a series of enriching activities were organized:

Mindfulness Workshops:

The first session of Mindfulness was conducted by Brother L.V.Rao from Kanha shanti Vanam . This workshops aimed to introduce students to mindfulness techniques and their applications in psychology.

The workshop delved into the principles and practices of mindfulness, offering valuable insights and practical techniques. Participants were introduced to the art of being present in the moment, cultivating a heightened sense of awareness and inner calm. Rao's session not only initiated a journey into mindfulness but also laid the foundation for subsequent activities, contributing to the overall success of the visit

Heartfulness Meditation:

Sister Anusaya from Kanha shanti Vanam skillfully navigated through the principles of connecting with the heart, fostering emotional well-being, and cultivating a sense of compassion. She started her session with the meaning of Heartfulness. She said that 'Heartfulness involves the realm of emotions. Feelings and inspirations guide our entire life, and the heart plays a crucial role in this process. Tuning in to the heart, listening to its wisdom, and capturing the inspiration that arises from within empower us to master our life's journey. The practice of aligning the heart with the mind is achieved through meditation focused on the heart, giving rise to the term Heartfulness Meditation.' The session encouraged participants to explore the inner realms of their emotions and facilitated a collective journey towards greater empathy and understanding. Anusaya's contribution to the visit was instrumental in fostering a sense of emotional intelligence and mindfulness, leaving a lasting impact on the participants' personal and academic growth.

Nature Walk: A guided walk through the lush surroundings of Kanha Shanti Vanam provided a serene setting for reflection and connection with nature. Sister Anita and Brother Jaikrishna gave all the information about Yatra garden where all the thirteen point of Meditation are covered.

Yoga session: Brother Bhushan led refreshing yoga session that added a holistic dimension to the transformative visit at Kanha Shanti Vanam. The yoga session, a pivotal part of the itinerary, provided students, with a unique opportunity to connect mind, body, and spirit. Bhushan's

expertise in yoga facilitated a rejuvenating experience, guiding participants through a series of postures and breathing exercises. The session not only promoted physical well-being but also emphasized the importance of mindfulness in movement, fostering a deeper understanding of the mind-body connection.

Cultural Exchange: Interactions with the resident experts and cultural performers allowed for a diverse learning experience.



Brother L.V.Rao and Brother Jaikrishna Preceptor from Kanha shanti Vanam gave information about the Ashram





Students taking notes about various therapies