



# B.V. Patel Institute of Commerce, UkaTarsadia University



Date:07/01/2025

## A Session on “ATTENTION” by Heartfulness

<b>Event</b>	Attention: A Meditation session by Heartfulness
<b>Date of event</b>	07/01/2025
<b>Participants</b>	Students of B.Com Second Year
<b>No. of Participants</b>	48 students (Male-18, Female-30)
<b>Venue</b>	Gopal Bhavan Hall
<b>Faculty coordinator</b>	Dr. Srutiva Mishra
<b>Time</b>	10.30 am to 12 O'clock

### Event Description:

A session by Heartfulness was organised for the students of BVPIC on the 7<sup>th</sup> of Jan, 2025 at Gopal Bhavan Hall by Shri. Hitendra Parekh. The objective of the programme was to make the students aware of the 5 C's of human existence which are Contentment, Calm, Compassion, Courage and Clarity which are the foundation of the mental, emotional and social intelligence. The session began by a captivating speech by Ms. Madhu Jagdish who taught the importance of “Attention” in student's life. She explained about how paying of attention to detail helps to catch errors and inconsistencies, which can save time and resources. She also conducted various fun and interesting activities to examine the attention level of students. Later, she explained about the importance of yoga in one's life and demonstrated the right posture for performing yoga. The negative impact of regular use of mobile phones was beautifully explained through various videos and photos. The students thoroughly enjoyed the session and learned the importance of yoga and meditation in one's life. The session ended with 30 min. meditation by Shri. Hitendra Parekh.



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## Resource Person

### Madhu Jagadeesh

• BE Electrical from COEP (1996), MTech in Software Systems from BITS Pilani, with 18 years of Industry experience (Accenture, Datamatics, Patni Computers Pvt Ltd, Larsen and Toubro). Speaker on Data and Analytics at various forums during the IT Career. Since 2016 working on a self driven non-commercial project called Conservation of Humanity and collaborate and support initiatives that are for the cause of peace and harmony in the world.

• Deep interest in Science and Spirituality and consider it as Data Analytics of the Inner World.

• Currently associated with MIT World Peace University, Pune India as a Visiting Peace faculty(since 2018). Involved in designing, developing and delivering courses on Science and Spirituality, Universal Human Values and Peace. Also actively involved in various initiatives of MIT-WPU Department of Peace Studies.

• Post 2016, presented papers in various Conferences on Science and Spirituality, Women Empowerment, Ethics and Humanity, Sustainability. Actively contributed and participated in MIT-WPU's initiatives like National Teachers Congress, National Women's Parliament, World Parliament of Science, Religion and Spirituality, MIT-WPU/PRIO Conference on Digital Designs and Mentor for the recent Peace Hackathon 2024.

• Certified NLP HUNA , Certified Heartfulness Trainer and Heartfulness Communication Facilitator.

• As Heartfulness Trainer, involved in Faculty Development Programs, Heartful Campus Initiative, School Connect and Corporate Connect Initiatives.

• Cluster Coordinator for Heartful Campus Western Region.



## Attendance Record

B.V. Patel Institute of Commerce, UTU  
B.Com - Attendance Sheet  
Date: 7/1/25  
Time: 9:30 to 10:30  
Subject: Session (Heartfulness)  
Semester: 1<sup>st</sup>

Enrollment No.	Late time	Late Reason	Sign.	Enrollment No.	Late time	Late Reason	Sign.
202307100710002			AR	202307100710035			A-D
202307100710003			Pragathi	202307100710036			Vijay
202307100710005			Gamin/S	202307100710037			Rita
202307100710006			AR	202307100710038			Rita
202307100710007			Arjun	202307100710039			Arjun
202307100710008			AR	202307100710040			Arjun
202307100710009			Arjun	202307100710041			Arjun
202307100710011			Arjun	202307100710042			Arjun
202307100710012			Arjun	202307100710043			Arjun
202307100710013			Arjun	202307100710044			Arjun
202307100710014			Arjun	202307100710045			Arjun
202307100710015			Arjun	202307100710046			Arjun
202307100710016			AR	202307100710047			AR
202307100710017			AR	202307100710048			AR
202307100710018			SSP	202307100710049			AR
202307100710019			AR	202307100710050			AR
202307100710020			AR	202307100710051			AR
202307100710021			AR	202307100710052			AR
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202307100710025			AR	202307100710057			AR
202307100710026			AR	202307100710058			AR
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202307100710029			AR	202307100710062			AR
202307100710030			AR	202307100710063			AR
202307100710031			AR	202307100710064			AR
202307100710032			AR	202307100710065			AR
202307100710033			AR	202307100710068			AR

Topic Covered: (48 students) (18 boys, 30 girls)  
Faculty Signature: *Madhu Jagadeesh*  
HOD Signature: \_\_\_\_\_  
Attention - Madhu Jagadeesh