

## Report

### Short Term Course on “Bhagavad Gita”

**Starting Date:** October 3<sup>rd</sup>, 2023

**No. of Participants:** 151

**Timings:** 9:00 AM-9:30AM

**Duration of the Course:** 6 months

**Faculty Coordinator:** Ms. Neetu Agarwal, Assistant Professor, Dept. of Computer Applications

**Resource Person:** Mr. Sunil Kumar (Yoga Instructor)

The **Wellness Club** of Maharaja Agrasen Institute of Management Studies (MAIMS), under the guidance of **Ms. Neetu Agarwal**, Assistant Professor in the Department of Computer Applications, successfully organized a six-month certification course on the "Bhagavad Gita." The course commenced on October 3, 2023, and was conducted at the Spiritual Library (9th Block, Basement) from 9:00 AM to 9:30 AM, Monday to Friday led by Mr. Sunil Kumar, a yoga instructor, the course aimed to impart spiritual wisdom and promote mental well-being among faculty, students, and staff of MAIMS and MAIT. It focused on the profound teachings of the Bhagavad Gita, encouraging personal growth, inner peace, and ethical values while bridging the gap between traditional wisdom and modern challenges. The course featured daily 30-minute sessions focused on fostering inner peace, self-awareness, and the practical application of Bhagavad Gita's teachings in everyday life. Participants engaged in in-depth discussions on the core teachings of the Bhagavad Gita, practical insights into applying its principles in daily life, and interactive Q&A sessions for deeper understanding. A total of 151 participants enrolled in the course, out of which 84 successfully completed the program. The inclusive and interactive environment fostered meaningful discussions and knowledge sharing among attendees.



Shrimad Bhagavad Gita taught by Mr. Sunil Kumar at MAIMS



Certificate Distribution on completion of Bhagavad Gita Course at MAIMS

The impact of the course was significant, enhancing mental clarity and emotional well-being among participants, strengthening the spiritual culture within the campus community, and fostering mindfulness and purpose in personal and professional life. The positive feedback from participants reflects the program's success and the need for such enriching initiatives in academic settings.

The Wellness Club of MAIMS, through this impactful program, successfully fulfilled its objective of imparting timeless wisdom and promoting holistic well-being. This initiative highlights the importance of integrating spiritual education into modern academic environments.