



B.M.S. COLLEGE OF ENGINEERING, BENGALURU
Autonomous Institute, Affiliated to VTU
Department of Chemical Engineering

1. **Name of the Department:** Chemical Engineering & Biotechnology
2. **Name of the Activity:** Value added Course: Visva-sākṣī Contemplative Practices in Education: Life Lessons from Bhagavad Gita and Ashtavakra Gita
3. **Objectives:** The objective of the value added course is
 - Understand the fundamental aspects of life
 - Identify some of the common problems faced by individuals and society
 - Apply the practical aspects of the Gita in addressing some of these problems
 - Strengthen emotional intelligence, behavioral quotient, and deepen self-awareness.
 - Cultivate optimism and resilience in facing life's challenges, becoming torchbearers for tomorrow.
4. **Date:** March – May 2026 for 30 Hours
5. **Venue:** CR-3001, 3rd Floor & CR-4004, 4th Floor, PG Block
6. **Brief summary of the Programme:**

Gitopadesh by Heartfulness, a flagship initiative of the Heartfulness Education Trust, integrates ancient Indian wisdom with modern educational practices to offer a holistic learning experience. The programme promotes interactive learning, critical thinking, and personal reflection, enabling students to understand and apply the teachings of the *Bhagavad Gita* and *Ashtavakra Gita* in their daily lives. In the contemporary world, youth face numerous challenges — mental health concerns, peer pressure, unhealthy competition, excessive materialism, digital overexposure, and social biases. These influences disrupt inner balance and emotional well-being. Visvasakshi is designed as an intervention to cultivate coherence between the heart and mind, aligning with Universal Human Values (UHV) and the UN Sustainable Development Goals (SDGs). The value-added workshop was conducted by Heartfulness Education Trust, Bengaluru. The workshop was initiated by Dr. Rajeshwari Hegde, Professor & Dean student Affairs, BMSCE, Dr. Chetan A Nayak, Professor & HoD, Dept of chemical Engineering, and Dr. Saisha Vinjamuri, Professor & HoD, Dept of Biotechnology, BMSCE.



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The value added course was delivered by (1) Priyadarshini, Global Director of Gitopadesh under the Heartfulness Education Trust, having impacted over 10,000 participants worldwide through thematic Bhagavad Gita and Ashtavakra Gita modules, custom-designed workbooks, and self-paced digital content. (2) Maa Chinmayi (Rathi Ramesh Sarma) is a musician, researcher, and spiritual educator with over 27 years of experience in Indian classical music, theory, and values-based living. She is the Founder-Director of URise India Foundation and a core faculty member of Gitopadesh under the Heartfulness Education Trust. (3) Parthasarathy Narasimhan is an Innovation and AI Leader with over three decades of global professional experience, currently driving GenAI initiatives for European customers in a multinational organisation. (4) Jayanti Subramanyam is an accomplished educator and spiritual practitioner associated with the Heartfulness Education Trust, bringing deep knowledge of Indian philosophy, contemplative practices, and value-based education to her sessions. Her warm presence and experiential approach during the offline sessions of Gitopadesh Visvasakshi at BMSCE created a safe and sincere space for students to explore, question, and grow. The value added course was conducted for 30 hours.

The value-added course ended with an assessment test to give certification to everyone who passed the test with 60% aggregate. With all the attendees getting certified and a few students giving review about the workshop, the course ended with a validatory function on 21st May 2026. The certificate distribution followed by the HODs formally handing the certificates to Dr. Bheemsha Arya, Principal, BMSCE, Dr. Rajeswari Hegde, and the resource persons, who then presented the certificates. The Principal addressed the students and conveyed their appreciation to the students for their sincere participation. The validatory was concluded with expressing deep gratitude to Maa Chinmayi and Jayanti for their invaluable and transformative teachings throughout the course.

7. Number of participants: 29 students



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8. Photographs:





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9. List of students

Sl No	NAME	USN
1.	Deepthi S	1BM24CH012
2.	Kanaka Lakshmi R H	1BM24CH026
3.	Karthik H B	1BM24CH027
4.	Mithila R	1BM24CH038
5.	Nakshatra B Nambiar	1BM24CH040
6.	Nithin P	1BM24CH042
7.	Parineetha M	1BM24CH043
8.	Akshay M P	1BM24BT003
9.	Aathreya Shashi Kumar	1BM24BT001
10.	Abhinav Raj R	1BM24BT002
11.	Bhavana Jayaprakash	1BM24BT011
12.	Bhumikaa K Ramesh	1BM24BT012
13.	Chirag Kamaravalli	1BM24BT014



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14.	Dyuthi V	1BM24BT015
15.	Kushal M	1BM24BT022
16.	Mahesh Kumar T	1BM24BT024
17.	Pavan B R	1BM24BT033
18.	Samana V Prasad	1BM24BT046
19.	Sameeksha Santosh	1BM24BT047
20.	Sathya Priya M	1BM24BT048
21.	Shraddha Ganacharya	1BM24BT054
22.	Sneha S Adiga	1BM24BT059
23.	Sejal Vishwanath Nayak	1BM24BT049
24.	Sinchana M Aithal	1BM24BT058
25.	Harshiny M	1BM22BT020
26.	Bushra	1BM22BT012
27.	Khushi J Naik	1BM24BT021
28.	B Pragati Satish	1BM24BT010
29.	Roshni R Nair	1BM22BT042