

B.M.S. COLLEGE OF ENGINEERING

(Autonomous College Affiliated to Visvesvaraya Technological University, Belgaum)
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Department of Electronics and Telecommunication Engineering



REPORT ON

Heartfulness Huddle

Date: 4th and 5th June 2022

Student:

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Faculty:

Dr. Rajeshwari Hegde

DAY -1: 04/06/2022

- The day was started by registering our names in heartfulness and we all had an amazing breakfast. Later, there was an introductory session where we all introduced ourselves.
- Each and every individual introduced themselves and met new people. Further, we played small game – Dare games. Here, everyone participated and had fun.
- Soon after the game, everyone were divided among the groups and were assigned to certain task that had to be completed on the given schedule of the day.
- **Activity -1:** I was in group 5, where I did two different task. Task -1: There were some mud in small black packets, where we had to make the black packet empty which had mud in it and make the mud to a level, hence, later we could plant.

- **Activity -2:** In this activity, we were given to make broom sticks, where each of us were given some coconut tree leaves.



Like these, we were given some bunch of leaves, where we had to cut the surface layer of leaf and take out the stick inside that leaf, make a broom stick. Later we also cleaned the lawn by taking out all dried leaves.

- Then, we all had amazing lunch and in the evening, we played few fun activities such as Tug of war. We had group photo sessions, Bharatanatyam performance and musical night. Also, played some activities with different people and watched movie.

DAY -2: 05/06/2022

- Day 2 began with meditation and followed by some amazing skill enhancement sessions.
- In skill enhancement session, we were taught some communication skills, how to react when somebody is ignoring us and what happens when we ignore someone and how listening skills is utmost important to each and every individual was being taught in this session.
- Therefore, we could understand people and listen to what they tell and communicate with them. This session was amazing session.
- Later, we were assigned some activities. Activity that I was assigned to was to clean (remove) the plastic covers.
- Then, we had session on heartfulness – how it started, what are the things undertaken by heartfulness and many more.
- Hence, two days spending time in heartfulness was the best thing.

PERSONAL EXPERIENCE: I felt amazing, peaceful and satisfied by attending heartfulness huddle. I could meet new people, interact with them and have a best time with amazing people. Everyone in heartfulness where so welcoming and I personally enjoyed a lot and felt satisfied.

PHOTOS OF EARTFULNESS HUDDLE

