



Shri Siddheshwar Devasthan Solapur,
**Shree Siddheshwar College of Physiotherapy,
Solapur.**

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Ref. No.

Date: 13/12/2024

**Report on Heartfulness Meditation Program at Shree Siddheshwar College of
Physiotherapy, Solapur**

On the occasion of World Meditation Day, Shree Siddheshwar College of Physiotherapy, Solapur along with Heartfulness Meditation Centre, Solapur conducted a three days meditation program for the students of 1st and 2nd year BPTTh from 9th January, 2025 to 11th January, 2025. The program was conducted at Shree Siddheshwar College of Physiotherapy, Solapur from 10am to 11am for three consecutive days. The program aimed to introduce participants to various meditation techniques, promote mental well-being, and foster a deeper understanding of mindfulness practices. The session was conducted by Dr. Vinod Kolhapure (running Kolhapure Clinic since 20 years), a Heartfulness Meditation Practitioner since 27 years and trainer since past 9 years. He was accompanied by Mrs. Swati Kolhapure and Mr. Onkar Janjiral along with Dr. T. Suresh Kumar (Principal-Shree Siddheshwar College of Physiotherapy, Solapur and the faculty members.

This event was arranged and executed by Dr. Suresh Kumar (Principal- Shree Siddheshwar College of Physiotherapy), Dr. Kaustubh Jadhav (Assistant Professor), along with students and other staff. The program was scheduled for three days and had separate topics for each day. On the first day, Dr. Suresh Kumar introduced the resource person; Dr. Vinod Kolhapure and explained the importance of meditation to the audience. The program was commenced by lamp lighting along with a prayer song sung by the students of 1st year BPTTh. The Principal and the teaching faculty then felicitated the trainers. Dr. Vinod Kolhapure, then, initiated the program by explaining the agenda for three days. On the first day, the agenda was to promote relaxation by meditation, on second day-Cleansing and third day-Prayer. All the faculty members, students from 1st and 2nd year BPTTh attended the program. After completion of three days, the students were then asked about their experience about the program.

The three-day meditation program was successful in introducing participants to various meditation techniques and fostering a deeper understanding of mindfulness practices. It provided a supportive environment for personal growth and stress reduction, equipping participants with practical tools to integrate meditation into their daily lives. Overall, the

program exemplified the transformative power of meditation in promoting mental well-being and cultivating mindfulness in everyday life.

