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## Report on Health, Yoga and Wellness event organized by Faculty of Architecture, Planning & Design, Integral University

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### **Brief Report: Health, Yoga and Wellness – A Journey Within Dates: April 17th to April 19th, 2025**

**Organized by:**

**Faculty of Architecture, Planning & Design, Integral University, Lucknow  
in Collaboration with Heartfulness Institute, Lucknow**

**Program Dates:** April 17, 2025 – June 20, 2025

**Number of Students Participated (Initial 3 Days):** Approximately 80 students from B.Arch and B.Des programs and still follow-up going on every Friday till 20th June, 2025

In alignment with the holistic education framework prescribed by the Council of Architecture (CoA), and in accordance with the directives issued by the Department of Higher Education, Ministry of Education, Government of India, which were subsequently communicated to institutions through the CoA, the Faculty of Architecture, Planning and Design at Integral University, Lucknow, has initiated a structured Yoga and Wellness Series in collaboration with BMS College of Engineering, Bangalore and the Heartfulness Institute.

This initiative was conceptualized as part of a broader pedagogical vision to embed the principles of holistic development into architectural education. It seeks to foster physical vitality, emotional resilience, and psychological well-being among students, faculty, and staff through experiential learning modules based on yoga, meditation, and relaxation techniques inspired by Heartfulness practices. The program, titled *Health, Yoga and Wellness – A Journey Within*, was curated in preparation for the upcoming International Day of Yoga 2025. Its primary objective is to reinforce the importance of inner balance, mental clarity, and mindful living within academic environments. Over the course of three days, expert facilitators conducted sessions focused on ancient yogic philosophies, breath awareness, and Heartfulness Meditation, thereby creating a reflective and engaging learning experience.

More than eighty participants from the university community took part in the program. Through their active engagement, they experienced a transformative process that highlighted the value of regular wellness practices in enhancing overall quality of life. The initiative represents a significant step toward integrating holistic well-being into the core of academic and professional education. Itivating inner balance, emotional resilience, and physical vitality.

### **Program Highlights:**

#### **Day 1 – April 17, 2025**

##### **Theme: Relaxation is the Key to Well-being**

- Heartfulness Relaxation session by Mr. Chandrakant Ji (Heartfulness Yoga Trainer)
- Gentle yoga asanas to loosen physical tension
- Guided Heartfulness Meditation by Ms. Seema Ji
- Participants learned the significance of conscious relaxation as a foundation for mental clarity

#### **Day 2 – April 18, 2025**

##### **Theme: Let Go – The Art of Unburdening**

- Breathing techniques and mindful movement
- Heartfulness Cleaning technique led by Ms. Seema Ji, helping participants release emotional heaviness
- Insights shared on the role of “cleaning” in self-transformation and stress release

#### **Day 3 – April 19, 2025**

##### **Theme: Connect with Your Inner Self**

- Integrated yoga and breathwork
- Heartfulness Prayer and Meditation by Ms. Seema Ji to connect with inner stillness and calm
- Reflection circle and Q&A session

### **Participant Feedback & Impact:**

Feedback was collected via Google Forms. Participants overwhelmingly rated the sessions as calming, rejuvenating, and essential for academic and emotional balance. Many students appreciated the meditative experience, while some expressed willingness to adopt Heartfulness practices daily.

- The majority rated the program as very effective and transformative
- Participants reported improved focus, better sleep, and emotional calmness
- Many requested weekly continuation of Heartfulness sessions
- Words like “peaceful,” “soothing,” “energizing,” and “deeply insightful” featured prominently in feedback

“It helped me find stillness and calm amidst academic stress.”

“The relaxation and prayer sessions were deeply peaceful.”

“I’d love to join future yoga and meditation activities too.”

**Follow-Up Sessions:**

Follow-up sessions are on-going and will continue every Friday at 7 PM until June 20, 2025. These sessions reinforce the initial practices and are intended to embed Heartfulness meditation as a long-term lifestyle habit among participants

The program is coordinated by Ar. Shriya Agarwal and Ar. Umair Ali under the able guidance of Prof. Zeba Nisar, Dean, Faculty of Architecture, Planning & Design, Dr. Safiullah, Head, Department of Architecture and Mrs. Shalini Mehrotra, Zonal Coordinator, Heartfulness Institute. The 3-day Health, Yoga, and Wellness program acted as a catalyst to initiate emotional clarity, inner peace, and stress resilience among students and staff. With positive feedback and continued engagement in follow-up sessions, the Faculty of Architecture, Planning & Design remains dedicated to fostering a culture of heartfelt living and well-being. The Brief Report of the program is also being uploaded on the Council of Architecture google link shared by the Council with our institute.

**The glimpses of the event are shared below:**



Thanks and Warm Regards,

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**Prof. (Ar.) Zeba Nisar**

Professor & Dean

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