



**Name of the Activity : Heartful Leadership: Inspiring Educators to Lead with Morality and Humanity**

**Date: 03 August 2023**

**Organized by: Chetna Society, K.R. Mangalam University**

**Target Audience: Teachers of K.R. Mangalam University**

A transformative leadership development session titled “*Heartful Leadership: Inspiring Educators to Lead with Morality and Humanity*” was organized by the Chetna Society for the teachers of K.R. Mangalam University on 03 August 2023. The session aimed to redefine the traditional concept of leadership by shifting the focus from authority and competition to compassion, moral integrity, and collective growth. It encouraged educators to view leadership not as a position of power but as a responsibility to nurture goodness, empathy, and ethical conduct in their professional and personal lives.

The session was conducted by Dr. Ruchika Yadav, a Certified Trainer from the Heartfulness Institute, whose insightful guidance and experiential approach made the session deeply engaging and inspiring. The faculty coordinators, Mr. Krishan Kumar and Dr. Isha Chhabra, Assistant Professors at the School of Management and Commerce (SOMC), contributed to the smooth organization and facilitation of the event. The session witnessed active participation from around 32 faculty members from various departments, each bringing their unique perspectives and enthusiasm to the discussion.

Dr. Yadav’s session focused on the idea that *true leadership begins within oneself*. Through interactive discussions, reflective exercises, and guided meditation practices, she emphasized the importance of emotional awareness, authenticity, and empathy in shaping a meaningful leadership journey. Participants were encouraged to cultivate “*heartful leadership*”—a form of leadership rooted in compassion, patience, and service to others—rather than striving for external recognition or superiority.

The interactive and experiential nature of the session allowed participants to explore their inner values and recognize the profound influence educators have in shaping not only the intellect but also the character of their students. The session highlighted how leading with humanity, kindness, and purpose can create a ripple effect of positivity in the academic environment.

Throughout the event, the participants actively engaged in thoughtful discussions, sharing their personal reflections and leadership experiences. The activities conducted during the session fostered teamwork, self-awareness, and a renewed sense of connection among the faculty members. The atmosphere was filled with warmth and introspection as educators

realized that leadership in education is about *guiding with the heart, inspiring through actions, and empowering through empathy*.

As the session drew to a close, a collective sense of inspiration and purpose could be felt among all attendees. The participants expressed deep gratitude to the Chetna Society and the Heartfulness Institute for offering such a refreshing and meaningful perspective on leadership. The concluding reflections reaffirmed the central message of the session — that leadership is not about being ahead of others, but about uplifting, supporting, and empowering those around you.

The session was widely appreciated by the faculty members for its depth, relevance, and emotional resonance. It successfully instilled a spirit of unity, moral strength, and compassion among educators, paving the way for a more heart-centered culture of leadership within K.R. Mangalam University.



Picture 1: Expert is interacting with audience



Picture 2: Expert is addressing the audience