



## **Healthy Lifestyle Practices for KRMU Guards and Housekeeping Staff**

**Date: 28 December 2023**

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

**Audience: Non-Teaching Staff and Students**

An enlightening and experiential session titled “*Living a Life Full of Purpose*” was conducted by the Chetna Society for the Non-Teaching Staff and Students of K.R. Mangalam University, Gurugram, on 28 December 2023. The purpose of this session was to inspire participants to break away from the monotony of routine life and to rediscover the true meaning of living with intention, awareness, and fulfillment.

The session was graced by Dr. Ruchika Yadav, a Certified Heartfulness Trainer, Convener of the Chetna Society, and Professor at the School of Management and Commerce. Drawing from her rich experience and deep understanding of the human psyche, Dr. Yadav led the audience on a journey of self-reflection and inner exploration. She emphasized that every individual has a unique purpose in life and that recognizing and aligning with it can bring immense satisfaction, balance, and joy.

Throughout the session, Dr. Yadav engaged the audience through interactive discussions, guided contemplation, and experiential activities based on the principles of Heartfulness meditation. She introduced the concept of transmission energy, explaining how it can help individuals connect more deeply with their inner selves and experience calmness amidst chaos. Her sharing of personal experiences and real-life examples added authenticity and depth to the discussion, making it relatable and impactful for all participants.

At one point, Dr. Yadav posed a thought-provoking question—whether the participants had ever contemplated the true reason for their existence or faced moments of uncertainty about their life’s direction. This inquiry sparked deep introspection among attendees, many of whom responded affirmatively, sharing their experiences, reflections, and personal stories. These heartfelt exchanges created an atmosphere of trust, empathy, and shared understanding, making the session memorable and emotionally enriching.

The participants demonstrated excellent discipline and enthusiasm throughout the session, actively engaging in discussions and responding thoughtfully to reflective questions. The environment was filled with positivity, calmness, and a renewed sense of purpose as the audience collectively explored ways to lead more meaningful lives.

As the session concluded, the sense of fulfillment and gratitude was clearly visible on the faces of the attendees. The participants expressed their heartfelt appreciation for the

guidance and inspiration received during the event. The successful conduct of this session reaffirmed the Chetna Society's commitment to nurturing emotional well-being, self-awareness, and purposeful living among the university community.

Overall, the event served as a powerful reminder that living a life of purpose begins with self-understanding, mindfulness, and a conscious choice to make each day meaningful—for oneself and for others.



Picture 1: Expert is motivating the audience towards life



Picture 2: Expert is addressing the audience



Picture 3: Group Photograph with banner