

INVENTURE (INNER ADVENTURE) CLUB REPORT

A. Introduction to Inventure:

Objectives:

The Inventure Meditation Club aims to create a nurturing environment where students can embark on a journey of self-discovery, inner calm, and enhanced focus. Through practical experiences of meditation, we intend to equip our fellow students with valuable tools to navigate the challenges of academic life with resilience and mental clarity.

The club is driven by the following objectives:

1. **Promotion of Meditation Practices:** We aim to introduce the IIT-H community to diverse meditation practices and techniques, fostering an atmosphere of curiosity and exploration. To this end, we are planning to invite experts to introduce different types of meditation.
2. **Cultivation of Resilience and Focus:** Our primary focus is to empower students with the ability to build resilience, hone their focus, and increase productivity through the practice of meditation.
3. **Creation of a Supportive Platform:** The club will provide a safe and open platform for students to initiate their personal meditation journey, encouraging self-care and holistic growth.
4. **Formation of a Meditating Community:** We envision a strong community of students who come together regularly to meditate, share experiences, and uplift one another.

Overview of all the activities (December 2023 - April 2024):

1. First session: 3 Day session from Dec 8 - 10, 2023
2. We are conducting weekly guided meditation sessions on Fridays. This includes basic stretches, pranayama along with meditation.
3. Following are details of special sessions apart from the weekly mediation:

Date of the session	Conducted by	Topic
Dec 22, 2023	Prof. Suresh Purini (Associate Professor at IIIT Hyderabad)	Peak performance
Jan 5, 2024	Prof. Suresh Purini (Associate Professor at IIIT Hyderabad)	Maximizing Signal-to-Noise Ratio

Feb 16, 2024	Dr. Arun Sasidharan, Neuroscientist, NIMHANS	Understanding the impacts of Meditation on Brain and Behaviour: Objective insights as a neurologist
Feb 23, 2024	Group activity - Book reading	A booklet on Gratitude by Daaji (Heartfulness)
April 12, 2024	Mr. Deepak Bharadwaj Chief Delivery Officer, 8th Element	Anatomy of Success

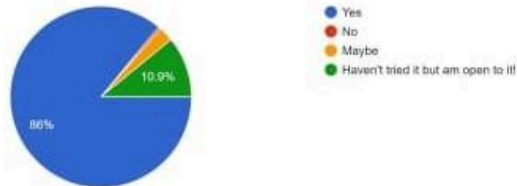
4. We have begun with Heartfulness meditation sessions and are open to introducing other meditation practices as well.
5. Encouraged students to participate in the Global Spiritual Mahotsav (GSM) at Kanha Shanti Vanam, Telangana from March 14 - 17, 2024.

Initial Responses from the IITH Student Community on the need for a meditation club on campus (Aug 2023):

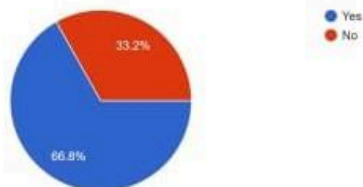
We initially mailed the student community asking about their interest in being a part of this club and had received 229 responses (see below). Their enthusiasm further strengthened our resolve to create a meaningful impact through meditation.

**Response from student community regarding ideation of
“Inventure” Meditation club at IIT-H**

Are you interested in experiencing meditation?
229 responses



Have you tried meditation before?
229 responses



Membership and Participation:

1. Prof. Suresh Purini, Associate Prof. @IIIT Hyderabad is conducting these sessions. Thanks to him for providing this service to us at free of cost.
2. We have a WhatsApp group with >200 participants now in April 2024 (increased from ~80 in Dec 2023). This shows there is good interest in students.
3. We started with a core group of 4 members and now have expanded to 8 members.
4. Students from B.Tech to Ph.D. from different departments are regularly attending the sessions, and to keep track of this, we have been regularly taking the attendance of the students after every session.

Talks conducted:

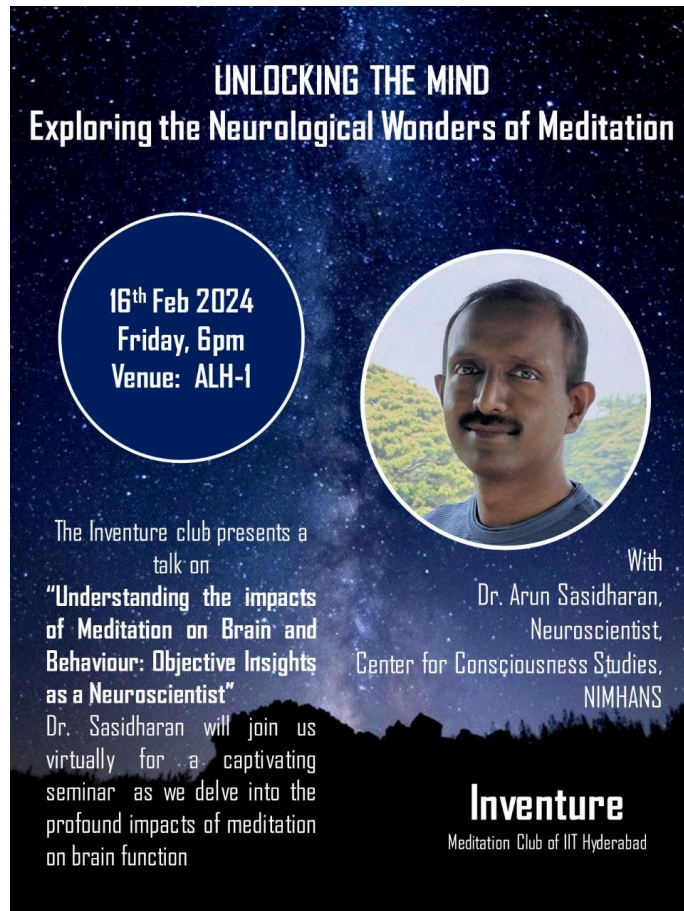
1. Dr. Arun Sasidharan (MBBS, PhD), a Neuroscientist from NIMHANS, Bangalore

Date: 16th February 2024, 6pm

Abstract of the talk:

Meditation has often been studied as a spiritual mind-body practice that has shown promising impact on Brain and Behaviour across illness-to-wellness spectrum. During this talk I hope to highlight the fact that Meditation is a universal human ability, which when goes maladaptive causes suffering. The neuroscience behind day-to-day meditative process will be examined alongside those seen in practitioners of various mind-body practices. Some of the insights from

studies conducted on proficient meditators at NIMHANS during wake and sleep, will be shared. The talk will also highlight the need to rethink some of the neuroscience concepts and approaches, such that the promising impact of meditation can be understood and be applied. Here is the poster containing the details of the session (We also have recorded the meeting, in case those who missed it can listen to it).



2. An offline session was conducted on 12th April, 2024:

Title: ANATOMY OF SUCCESS

Speaker: Mr. Deepak Bharadwaj

(This talk was initially planned on March 15, 2024 but has been postponed due to Elan)

The Inventure club presents a talk on

ANATOMY OF SUCCESS

12-04-2024
Friday, 6pm
Venue: A-117



With

Mr. Deepak Bharadwaj

Chief Delivery Officer, 8th Element,
23+ years experience in software
and product development,
Certified yoga teacher,
Associated with Gayatri Pariwar,
DSVV, DIYA, Art of Living,
Isha Foundation, Youth For Sewa

The talk focuses on the following
interesting aspects:

- **What is success?**
- **Who defines success?**
- **How do we shape our reality?**
- **How to take charge of our lives?**

Mr. Bharadwaj will join us on campus for
an inspiring and interactive seminar on
unravelling the secrets to success.

Inventure

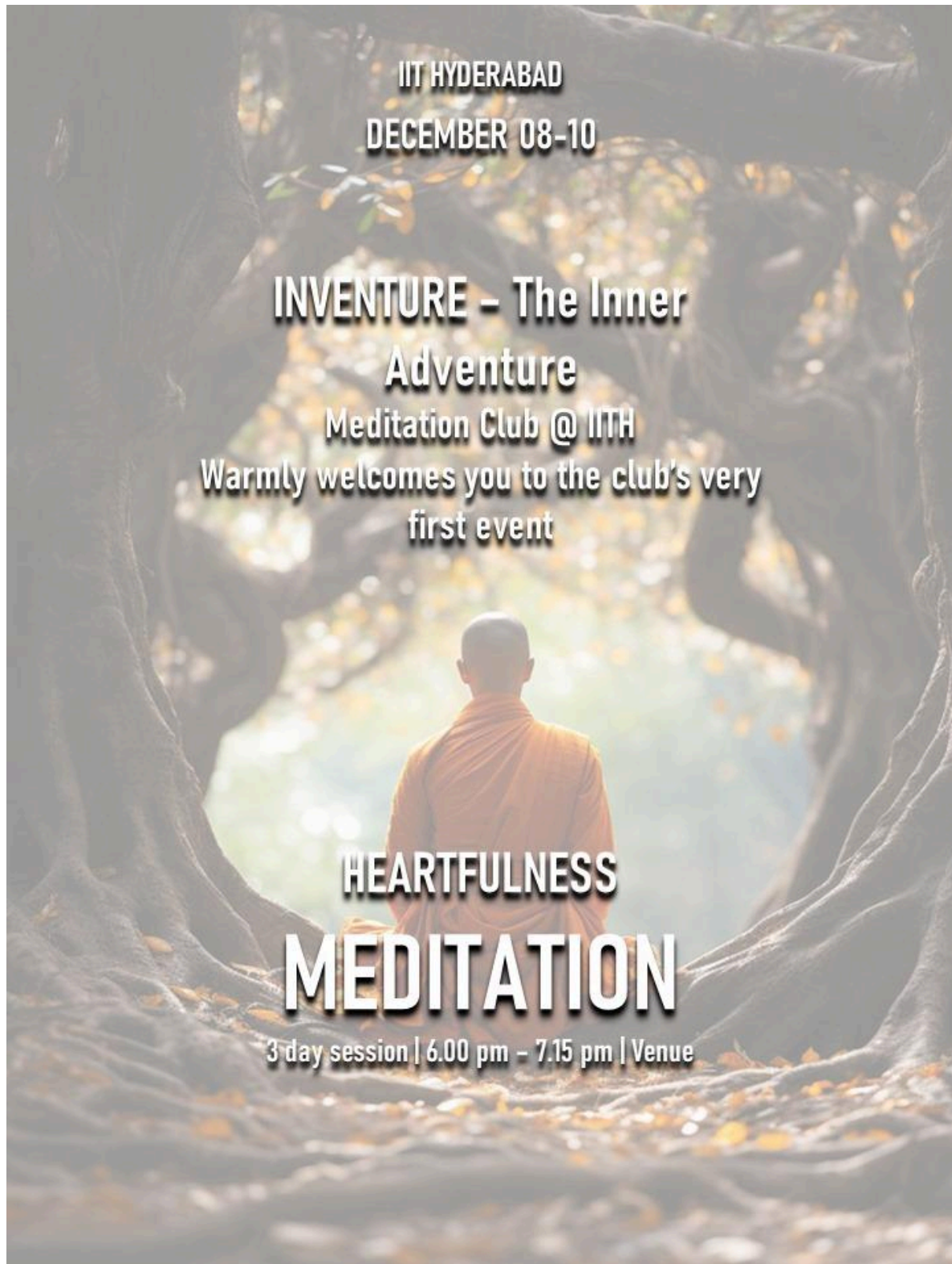
Meditation Club of IIT Hyderabad

Future plans:

1. Invite trainers from other meditation practices (Vipassana, Rajayoga meditation etc.) to conduct sessions at IITH
2. Talks from leading researchers, neuroscientists, cognitive scientists who exclusively work on meditation
3. Screening of movies

4. Visit to Kanha and other places of spiritual guidance
5. Community Outreach:
 - To invite well known personalities/experts related to meditative practises to our campus

Visuals and Testimonials:



IIT HYDERABAD
DECEMBER 08-10

**INVENTURE - The Inner
Adventure**

Meditation Club @ IITH

Warmly welcomes you to the club's very
first event

**HEARTFULNESS
MEDITATION**

3 day session | 6.00 pm - 7.15 pm | Venue

(Below: First Session from Dec 8-10, 2023)

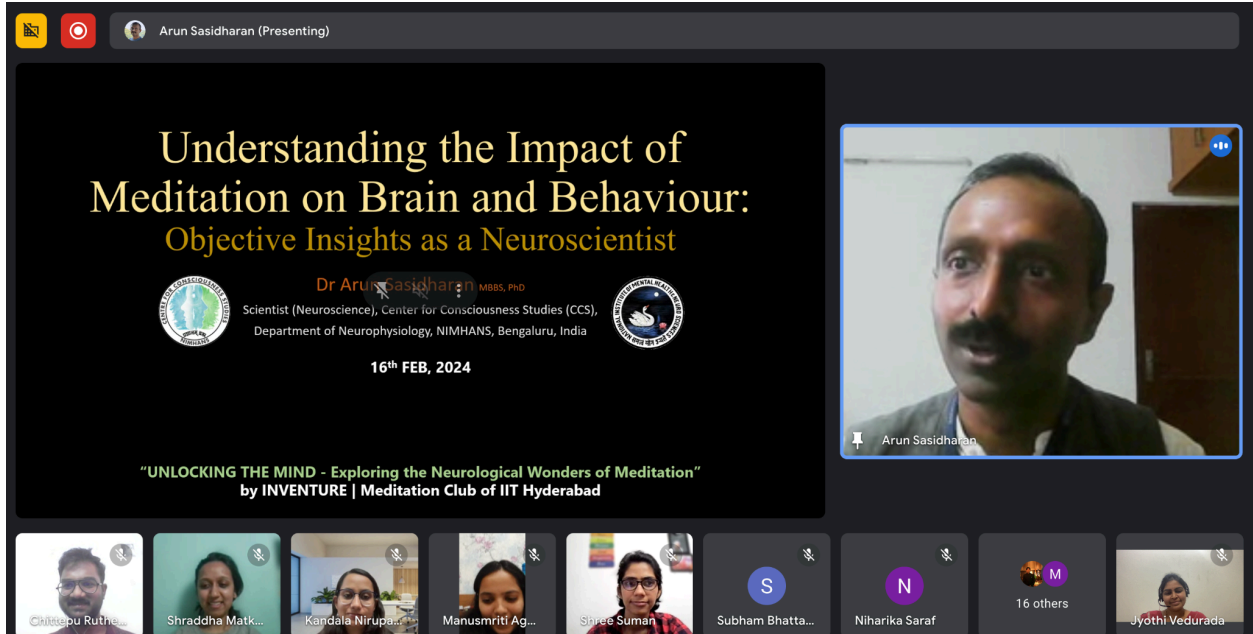








Krishna Mohan G, Microsoft R&D kindly conducted one of the weekly meditation sessions (above)

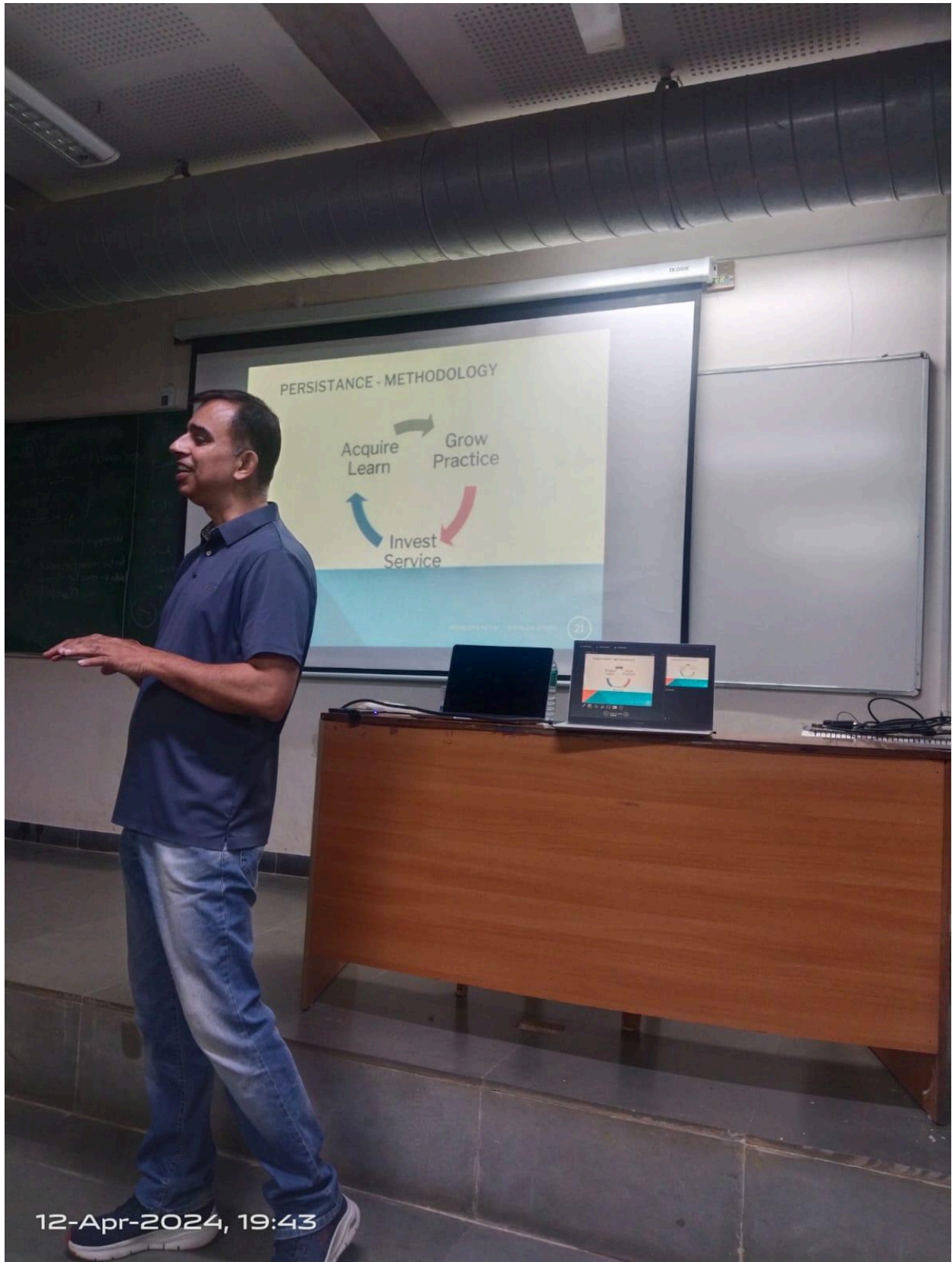


Mr. Prashanth Parsam kindly conducted one of the weekly meditation sessions.
Affiliation: Director, managing global delivery at Cognizant

(Below: Pictures from the session on April 12, 2024)







Budget and Resource Requirements:

1. We need a classroom for conducting the sessions.
2. If we are allotted a minimal budget we would be happy to pay for the to and fro expenses of the meditation trainers who are conducting the sessions for free coming from far places (Optional requirement).
3. Official email id and website (website will be created by the Inventure team)

Conclusion:

Why should we formalize the club?

A formalized club provides a dedicated space for students to come together, connect with like-minded individuals, and build a sense of community centered around mindfulness and well-being. Through regular meetings, workshops, and events, we can create a supportive network that encourages personal growth and mutual support.

Promoting Mental Wellness: The pressures of academia and the demands of student life can often lead to stress and burnout. By formalizing the Inventure Meditation Club, we aim to provide students with a structured and supportive environment where they can learn and practice mindfulness techniques to manage stress, enhance focus, and cultivate inner peace.

Enhancing Academic Performance: Research has shown that regular meditation practice can improve cognitive function, concentration, and academic performance. By offering students access to guided meditation sessions, mindfulness workshops, and resources for self-care, we can empower them to excel academically while also prioritizing their mental and emotional health.

Aligning with Institutional Values:

We believe that formalizing the Inventure Meditation Club will not only benefit individual students but also contribute to a more supportive and compassionate campus culture overall. By officially recognizing and supporting initiatives that promote mindfulness and self-care, we also demonstrate our dedication to nurturing the whole student—mind, body, and spirit.

Feedback from regular attendees of the sessions:

1. Rutheesh (cs21btech11014@iith.ac.in)

We all know the multitude of benefits one derives from doing meditative practice. But it is also difficult at times to keep the practice going. That's where a like minded community helps. That's what Inventure is, a club for people interested in meditation. Friday sessions help beginners to slowly make meditation their habit and adepts to strengthen their practice. Also, when many people meditate together it is a different experience. I am very passionate about meditating and helping interested people to start with meditation, hence I became a **core member**.

2. Pushkar Mishra (me22resch11007@iith.ac.in)

I wanted to take a moment to express my sincere gratitude for the meditation sessions I've attended over the past few weeks. Participating in these sessions has been an incredibly enriching experience for me, and I wanted to share some of the reasons why I found them so beneficial.

Firstly, I appreciate the calming and welcoming atmosphere that you and your team cultivate during each session. From the moment I walk in, I feel a sense of peace and tranquility that allows me to fully immerse myself in the practice.

Moreover, the guidance throughout the meditation sessions has been invaluable. Gentle instructions and insightful prompts have helped me deepen my practice and explore new aspects of mindfulness and self-awareness. I particularly appreciate the way you tailor each session to address different themes and techniques, keeping the practice fresh and engaging.

I've also noticed tangible benefits from incorporating meditation into my routine. Not only do I feel more relaxed and centered during the sessions themselves, but I've also noticed an increased sense of clarity and focus in my daily life. I find myself better equipped to manage stress and navigate challenges with a greater sense of ease and resilience.

Overall, I am incredibly grateful for the opportunity to participate in these meditation sessions. Thank you for creating such a nurturing and supportive environment for growth and self-discovery. I look forward to continuing my journey with meditation and further exploring its transformative potential.

Looking forward to attending such amazing sessions...!!

3. K Shiv Kumar (cs21resch11003@iith.ac.in)

It was great attending the group meditation sessions organized by Inventure Club.

I practice meditation alone in my hostel room. However, the experience I have had in the group meditation sessions is amazing.

Thanks to Inventure Club for organizing group meditation sessions.

I hope this will continue.

4. Bhagyashree Khandare (ce21resch01002@iith.ac.in)

I came in starting I felt it to be a good thing and should be a permanent thing for the wellbeing of students.

5. Anwesha Kar: (cs21mtech12006@iith.ac.in)

Hello Inventure Club!

The last talk from NIMHANS was very insightful. I had been seeking such an explanation or learning of neuroscience and our mind, and my curiosity was satiated by the talk. I expect more such upcoming interactive sessions (especially if we could get some practical experience on working of our mind like EEG etc).

6. Niharika Saraf (bt23resch11010@iith.ac.in)

I have been regularly attending the sessions conducted by Inventure Club and they are extremely beneficial. Really appreciate that Dr. Purini comes every week and conducts these wonderful interactive sessions.

I look forward to the group meditation every Friday because I feel very peaceful and relaxed. The discussions which we have about different aspects like improving focus, mental health, improving sleep quality etc are also very important and the tips we get are very helpful. These sessions have really helped in making meditation a part of my routine and I am really grateful for that.

7. Naveen

Dear @Dr. Jyothi Vedurada IITH mam, I have attended GSM yesterday for the first time. It was very pleasant and new experience. The panel discussions from global spiritual leaders were enlightening. The place itself is peaceful and soothing. There are separate places for meditation, and people out there were helping out with practical sessions on heartfulness meditation. However, it was super crowded due to GSM and people came from all over the world from different religions, so I wasn't able to sit and do meditation there. But, I guess during normal days it's so peaceful to visit. Overall, it was a diff exp being around people talking about inner peace and spirituality. Thank you so much for sharing this and letting me know.

Naveen also shared a few pictures with us of his visit to Kanha during GSM:



8. Tamal Mondal (cs21mtech12001@iith.ac.in)

I really appreciate all the efforts made by the Inventure team and trainers in organizing the physical sessions every week and teaching from very basic to everyone.

One small feedback from my end would be if the sessions can be more target/goal driven (like the one organized to improve productivity) and if there are more activities (I totally understand that with meditation, achieving it is difficult as it's all about being peaceful and stay calm) to

make it helpful along with fun and opportunity to network, then it might be more interesting to continue for the students who have a perception that meditation doesn't work or it's boring.

9.Shubham Chatterjee (cs23resch01002@iith.ac.in)

Here are my suggestions

1. Yoga Sessions should be conducted regularly. There are many open places in the new sports complex beside the Gym (on the first floor) where it can be done. It just needs a little bit of cleaning because of the accumulated dust of construction. You can have an idea about the places through the image below.
2. We can have some reading sessions (maybe any type of books like story books and not just spiritual, just to make our mind light and fresh after the session).
3. We can also sometimes have many feel-good shorts films or biopics of some great people that we can watch together during the sessions.

10.Arpit Shrimankar (id21resch11003@iith.ac.in)

The guidance provided for practicing mindfulness meditation in overcoming problems is insightful and practical. It emphasizes the importance of focusing on the breath, acknowledging negative thoughts without judgment, and cultivating compassion towards oneself and others. The suggestion to breathe in strength and release tension with each exhale is particularly helpful. Meditation as mindfulness is a tool for finding clarity, resilience, and inner peace in the face of challenges of daily life. It helps me to keep calm in every situation.

11. K Naveen Kumar (cs19m20p000001@iith.ac.in)

I would like to take this opportunity to express my sincere appreciation for the chance to be part of the Inventure Meditation Club at IITH. The warm and inclusive environment, along with the expert guidance in heartfulness meditation and cleansing techniques, has significantly enhanced my overall well-being. I value the diversity of practices and the supportive community atmosphere. I eagerly anticipate participating in more transformative sessions. Further, I would like to specially thank Dr. Jyothi Vedurada mam, and all the team for your dedication and efforts in making this experience truly enriching.

12.Shiv shankar (ce20resch11006@iith.ac.in)

Guidance provided by Jyothi mam and Suresh Sir emphasizing on the need for regular meditative routine has really inspired me to take up practice seriously.

Practice combined with interactions/ queries related to our day to day issues and interactions with experts has been resourceful.

13.Vatsal Chaudhary (ma21btech11017@iith.ac.in)

I was exposed to meditation during my Class 10th but then I was cut off due to JEE. This initiative of the meditation club made it possible for me to feel the bliss of meditation again. All the sessions are very calming and peaceful and I sense some positive change.

14. Soumik Kumar Basu (cs21resch11004@iith.ac.in)

I liked how the Inventure club has taken a forward step towards a nice meditation club, however it might be a wise idea if we include some games, reading sessions and we do it under an open sky instead of a room. I overall liked the whole idea.