



## **D.E. Society's Smt. Subhadra K. Jindal College of Nursing, Pune**

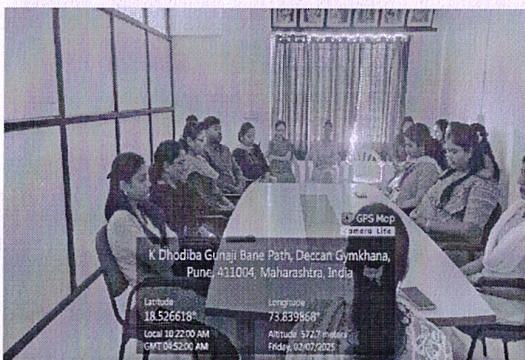
*(Approved by INC, MNC, Govt. of Maharashtra, Affiliated to MUHS, Nashik)*

### **1. Title of the Practice**

**“Integration of OM Chanting and Bhagwat Geeta Teachings for Holistic Well-being of Nursing Students”**

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### **BEST PRACTICE REPORT**



### **2. Objectives of the Practice**

1. To promote **mental, emotional, and spiritual health** among nursing students
2. To enhance **focus, concentration, and positive thinking** for improved academic performance
3. To inculcate **values, ethics, and resilience** through life teachings
4. To create a **peaceful, mindful, and value-based environment** in the college

### **3. Context**

Nursing students experience intense academic load, clinical stress, and

**emotional fatigue.** The college envisioned an intervention to:

- Improve **mental clarity and emotional stability**
- Strengthen **spiritual grounding and moral behaviour**
- Provide a **calm and focused start** to the day for enhanced productivity

Hence, **OM Chanting and Bhagwat Geeta sessions** were initiated as an institutional best practice.

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### **4. The Practice**

#### **Activities:**

- **OM Chanting (5 minutes)** to centre the mind and induce calmness
- **Bhagwat Geeta shloka reading and explanation (10 minutes)** to impart wisdom and life values
- **Facilitated by faculty and student volunteers**

**Frequency:** Daily 10 am to 10.15 am

**Mode:** Conducted using the **centralized**

**intercom (music system)** for broadcasting in all classrooms and halls

## 5. Evidence of Success

### Key outcomes and student feedback (verbatim):

#### ✓ Stress Reduction & Peacefulness:

“The chanting makes me feel peaceful and relaxed. My mind becomes calm and I can focus better throughout the day.”

“I feel very peaceful, calm, energetic, and relaxed after OM chanting and Bhagwat Geeta sessions.”

#### ✓ Improved Concentration & Focus:

“These sessions improve my concentration level and help me focus better on my studies.”

“It helps to reduce stress and increase concentration during lectures.”

#### ✓ Enhanced Positivity & Confidence:

“After the sessions, I feel positive energy within me. It motivates me for the day.”

“It has improved my confidence and helps me remain peaceful and positive.”

#### ✓ Spiritual Connection & Life Lessons:

“Bhagwat Geeta teaches us valuable life lessons. It shows the right path in life and how to deal with challenges.”

“I have learnt patience, how to control anger, and how to behave respectfully with others.”

#### ✓ Routine Improvements &

#### Mindfulness:

“I have started OM chanting and meditation at home every morning. It keeps me calm throughout the day.”

“The teachings give me clarity on how to live life peacefully and happily.”

#### ✓ Recommendations for Continuation:

“This should be continued regularly. It is very useful for students to handle stress.”

“I recommend continuation because it helps to refresh our mind, keep us motivated, and makes us feel energetic.”



## 6. Outcomes and Impact

1. Created a peaceful and positive environment in college
2. Helped students develop focus, confidence, patience, and moral values
3. Reduced stress levels and improved mental well-being
4. Fostered spiritual connection and ethical behaviour essential for future nurses

## 7. Students' Verbatim Feedback

“I feel peaceful, relaxed, and calm after OM chanting. It gives me positive energy for the whole day.”

“Bhagwat Geeta sessions teach us how to behave in life, increase confidence, and give clarity on decision making.”

“These activities reduce my stress, improve concentration, and make me feel energetic.”

“I have started my day with OM chanting and mindfulness practices at home, and it has improved my daily routine.”

“The sessions give me motivation and help me remain positive towards my life and studies.”

“I feel fresh, relaxed, and my mind becomes clear to focus better in class.”

## 8. Conclusion

The **OM Chanting and Bhagwat Geeta teachings practice** has significantly contributed to students:

- ✓ Mental peace and emotional stability
- ✓ Academic focus and positivity
- ✓ Value-based behaviour and holistic development

The college plans to **continue and further strengthen this initiative** by integrating **Yoga, motivational lectures, and personality development activities** to ensure **all-round growth and well-being of students**.

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