Centre for Universal Human Values and Mental Wellness

The Centre for Universal Human Values and Mental Wellness is dedicated to fostering a culture of ethical living, emotional well-being, and inner harmony among students and staff. It promotes core human values such as empathy, integrity, and mutual respect. Through regular practice of yoga and meditation, the Centre encourages mindfulness, stress management, and self-awareness. Our mission is to nurture a compassionate, resilient, and value-driven campus community.

Schedule for the activities w.e.f 25-08-2025

Name of the Activity	Name of the Facilitator	Venue	Day	Timings
Meditation	Resource person from Heartfulness Meditation Dr Geethamma	Swami Vivekanda Centre for Human Excellence	Every Wednesday	6.30pm -7.30 pm
Yoga	Resource person from Vikasa Tharangini Mr.T.Ramana Murthy	Yoga Centre-GMR Sports Complex	Every Monday(Boys)	6.00 am-7.00 am
			Every Friday (Girls)	6.00 am-7.00 am
Human Values	Resource person from Sri Brahma Kumari Vishwa Vidyalaya	Yoga Centre-GMR Sports Complex	Every Tuesday	6.00 am-7.00 am
	Resource person from Sri Kurmagram Vedic Village	Yoga Centre-GMR Sports Complex	Every Thursday	6.00 pm-7.00 pm

All the students who are interested may attend the programme as per schedule above

Note: All HoDs are requested to nominate a faculty coordinator for all the activities and motivate the students to attend regularly.

Principal