
Neotech Institute of Pharmacy

L.I.G.H.T. - Lead through Inner Guidance using Heartfulness Techniques

Date: 10th February 2024

On February 10th 2024, Youth Unite organized an enlightening seminar titled "L.I.G.H.T: Lead through Inner Guidance using Heartfulness Techniques," showcasing the profound impact of heartfulness practices on personal development. The event, designed to empower young individuals, featured interactive sessions exploring the transformative journey of leading through inner guidance. Participants engaged in guided meditation sessions, a cornerstone of the Heartfulness approach, promoting self-awareness and mindfulness.

In addition to these activities, the seminar incorporated an engaging game centered on direct communication. Participants actively took part in a communication-themed activity that underscored the importance of clarity and directness in communication. This experiential learning element aimed to convey that effective communication involves understanding nuances and fostering genuine connections, emphasizing that the word "communicate" is just a small part of the broader spectrum of interpersonal effectiveness and inner guidance. This interactive component added a dynamic dimension to the seminar, reinforcing the holistic approach to leadership, interpersonal relations, and individual growth. The overall experience inspired attendees to incorporate heartfulness techniques and inner guidance into their daily lives for a comprehensive and balanced personal development journey.

