

## **Heartfulness Institute, Novi, MI, United States**


Pillai College of Education and Research (PCER) has established a collaborative partnership with the Heartfulness Institute located in Novi, MI, United States. This collaboration, initiated as part of PCER's commitment to holistic education and student well-being, aims to integrate mindfulness practices and promote mental health among PCER students.

The collaboration with the Heartfulness Institute involves a series of workshops, seminars, and experiential learning opportunities designed to enhance the mental health and well-being of PCER students.

In addition to student-focused initiatives, PCER and the Heartfulness Institute are exploring avenues for joint research projects, academic exchanges, and collaborative initiatives aimed at promoting mental health and holistic development in educational settings. These endeavors seek to contribute to the body of knowledge in the field of mindfulness-based interventions and their impact on student well-being and academic success.

PCER's collaboration with the Heartfulness Institute underscores its commitment to fostering a culture of mindfulness and self-awareness within the institution. By promoting mental health and well-being through mindfulness practices and holistic education initiatives, PCER aims to support the holistic development and academic success of its students.

As part of PCER's ongoing efforts to enhance quality and excellence in higher education, the collaboration with the Heartfulness Institute represents a significant step towards promoting student well-being and fostering a conducive learning environment. PCER remains committed to nurturing this partnership and leveraging it to benefit students, faculty, and the broader community. Through continued collaboration and innovation, PCER strives to create a supportive and inclusive educational ecosystem that empowers students to thrive academically, emotionally, and personally.

  
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