

# **MIT** | MAEER's **Arts, Commerce & Science College**

Alandi (D), Pune – 412 105

**Department of Arts & Commerce**

**Academic Year 2024-25**

**Report on**

**Study Visit to MIT Vishwaraj Rajbag, Loni Kalbhor.**

**Date: 4<sup>th</sup> February 2025**

**Name of the Activity: "Study Visit to MIT Vishwaraj Rajbag, Loni Kalbhor."**

**Objectives:** To provide students an opportunity to explore the integration of meditation and positive psychology in an educational environment.

**Date : 3<sup>rd</sup> February 2025**

"Study Visit to MIT Vishwaraj Rajbag, Loni Kalbhor" was successfully organized by the Department of Arts & Commerce on Monday, 3<sup>rd</sup> February 2025 under the guidance of Dr. Padmavati Undale, HoD Arts & Commerce.

Our study visit to MIT Vishwaraj Rajbaug, Loni Kalbhor, Pune, was a transformative journey that not only deepened academic perspectives but also provided students with an invaluable opportunity to explore the integration of meditation and positive psychology in an educational environment. Students sought to understand how the institution nurtures mental well-being, promotes mindfulness, and cultivates a positive learning atmosphere for both students and faculty. The visit allowed students to witness firsthand the connection between holistic educational practices and personal growth.

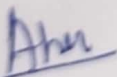
The environment at MIT Vishwaraj Rajbaug is intentionally designed to promote a sense of calm and mental clarity. The natural beauty of the campus, combined with its modern amenities, fosters a peaceful and productive atmosphere that encourages a balanced lifestyle. Key features of the campus that support mental and emotional well-being include Peaceful Outdoor Spaces such as Lush gardens, walking paths, and quiet zones where students can reflect, meditate, or simply

unwind. Also students have seen dedicated Mindfulness Zones viz Spaces dedicated to meditation, yoga, and relaxation, offering students a chance to disconnect from academic pressures.

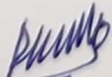
MIT Vishwaraj Rajbaug's educational philosophy integrates practices from positive psychology and meditation to enhance students' well-being. Observations from the visit highlight the following areas:

- **Mindfulness Integration:** Meditation is incorporated into the daily lives of students, with sessions available on campus to help manage stress and increase focus. Students are encouraged to engage in mindfulness techniques to improve their emotional resilience.
- **Positive Psychology:** Faculty members emphasize strengths-based approaches, fostering a positive mindset by encouraging gratitude, optimism, and personal growth. The institution promotes self-reflection and supports students in identifying and cultivating their strengths.
- **Emotional Intelligence:** Courses and workshops on emotional intelligence are included in the curriculum, encouraging students to develop awareness and control of their emotions, as well as to enhance interpersonal skills.
- **Holistic Approach to Education:** MIT Rajbaug emphasizes the importance of well-being, balancing academic achievement with emotional health. Practices like meditation and mindfulness are integral to the educational experience.
- **Focus on Mental Health:** The institution fosters a campus culture where students' mental and emotional needs are addressed through wellness programs, positive psychology workshops, and a supportive environment.
- **Strengths-Based Development:** Positive psychology practices are deeply embedded in the institution's ethos, helping students focus on their strengths, develop a growth mindset, and build emotional resilience.

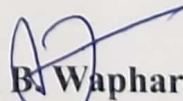
58 students visited MIT Rajbaug, Loni Kalbhor, Pune, was an enlightening experience that showcased how an educational institution can successfully integrate mindfulness, meditation, and positive psychology to create an environment that nurtures both intellectual and emotional growth. The focus on well-being is not only beneficial for academic performance but also contributes to the overall happiness and resilience of students and faculty alike. This visit reaffirmed the importance of a holistic approach to education, where personal growth and emotional health are prioritized alongside academic success.



**Dr. Archana Aher**  
Coordinator



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**Dr. B. B. Waphare**  
Director





**“Study Visit to MIT Vishwaraj Rajbag, Loni Kalbhor.”**  
**dated 3<sup>rd</sup> February 2025**

