



SYMBIOSIS COLLEGE OF NURSING

Symbiosis International (Deemed University)

(Established under section 3 of the UGC Act, 1956 vide notification No.F.9-12/2001-U3 Government of India)

Re-Accredited by NAAC with A⁺⁺ grade

Founder: Prof. Dr. S.B. Mujumdar (Awarded "Padma Bhushan" in 2012 & "Padma Shri" in 2005)

Pranic Healing Workshop Report

Date: 27/03/2025 – 28/03/2025

Timings: 8:30 AM – 5:30 PM

Location: SUHRC Lecture Hall, LG

Facilitator: Ms. Sheela Raghani

Introduction:

The Pranic Healing Workshop was a two-day intensive program designed to introduce and guide participants through the fundamentals of energy healing. The workshop covered both theoretical and practical aspects, enabling attendees to understand energy anatomy, sensitize their hands, and apply healing techniques effectively. The program aimed at empowering participants with tools for physical, emotional, and psychological well-being.

Ms. Sheela Raghani is an accomplished founder in the health, wellness, and fitness industry, renowned for her expertise in counseling, pranic healing, and teaching. With an M.Sc. in Operational Research from LSE, she brings a strategic, holistic approach to empowering individuals.

Day 1 - 27/03/2025 Session Details:

The first day of the workshop laid the foundation for Pranic Healing by covering basic concepts, energy principles, and practical exercises. The session primarily focused on the 11 major chakras, their functions, and their significance in the healing process.

- **Opening and Introduction:**
 - The facilitator welcomed the participants and provided an overview of Pranic Healing, including its origins and applications.
 - The session started with basic concepts of energy fields and their influence on physical and emotional well-being.
- **Understanding Energy Anatomy:**
 - Introduction to the human energy field (aura) and its layers.
 - Explanation of prana (life force) and how it flows through the body.
 - Discussed how energy blockages can lead to physical and emotional ailments.
- **The 11 Major Chakras:**
 - Detailed explanation of the 11 major chakras, including their locations, functions, and corresponding physical organs.
 - Importance of balanced chakras for overall health.
 - Interactive session with visual aids to help participants understand chakra positioning.
- **Practical Exercises:**
 - Basic hand sensitization techniques to feel energy fields.



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- Demonstration of scanning techniques to detect energy imbalances.
- Group practice for better grasp of energy sensitivity.

Day 2: 29/03/2025 Session Details -

The second day of the workshop began with a revision of Day 1 concepts, followed by advanced techniques such as hand sensitization, cleansing, and energizing. Participants engaged in more practical exercises to refine their healing skills.

Session Details:

- **Revision of Day 1 Concepts:**
 - Brief recap of chakras, energy anatomy, and scanning techniques.
 - Q&A session for clarifying doubts.
- **Hand Sensitization Techniques:**
 - Advanced exercises to improve energy sensitivity.
 - Techniques to discern different energy qualities (positive and negative prana).
 - Pair practice for real-time feedback and correction.
- **Cleansing and Energizing Techniques:**
 - Demonstration of energy cleansing to remove stagnant or negative energy.
 - Practice of energizing techniques to infuse prana into affected areas.
 - Hands-on practice in pairs or small groups.
- **Application of Healing Techniques:**
 - Practical application of Pranic Healing protocols on minor ailments.
 - Techniques for self-healing and distant healing.
 - Use of breathing exercises to boost prana levels.
- **Closing Session:**
 - Reflections and feedback from participants.
 - Distribution of workshop materials and resources for continued practice.

Conclusion and Overall Insights

The two-day Pranic Healing Workshop provided participants with both theoretical knowledge and practical skills to begin their journey in energy healing. By covering the 11 major chakras, hand sensitization, and cleansing techniques, attendees were equipped with fundamental tools to promote physical and emotional well-being.

The workshop also emphasized the importance of consistent practice and further learning for mastery. Overall, participants expressed satisfaction with the practical demonstrations and the clarity of the instructor's explanations. At the end of the session Dr. Sheela Upendra gave Ms. Sheela Raghani humble feedback and token of love given by Dr. S. G. Joshi on behalf of symbiosis college of nursing along with group photos.



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Glimpse of Pranic Healing Workshop



Latitude: 18.538453
Longitude: 73.72769
Elevation: 620.67m
Accuracy: 20.0m
Time: 27-03-2025 12:32
Note: Basic Pranic Healing



Latitude: 18.538453
Longitude: 73.727685
Elevation: 620.67m
Accuracy: 20.4m
Time: 28-03-2025 09:31
Note: Basic Pranic Healing



Latitude: 18.538454
Longitude: 73.727685
Elevation: 620.67m
Accuracy: 20.4m
Time: 28-03-2025 17:27
Note: Basic Pranic Healing

