

## **Report on Energetix Session with students of SNEHA Nurse Aide programme in SNEHA Centre at Santacruz, Mumbai**

SBC3 conducted the Energetix session with the students of SNEHA Nurse Aide Programme. Sneha is an NGO that works with women, children and public health and safety systems. The objective of the session was to empower young women with techniques to energise themselves, the importance of Mind and Body Healing through channelizing Energy.

**Target Audience** - The participants were young women students of Sneha Nurse Aide Programme aged of 18 – 35 years. There were in total 80 students who participated in the session apart from the faculty. SNEHA provides a Nurse Aide programme which is an 8-month long course that trains young women to become nurse aides in privates' hospitals, nursing homes and maternity homes. Through this they seek to offer employment opportunities for aspiring nurse-aides and also address a system-wide demand for health care workers. To date, SNEHA have trained more than 700 nurse aides.

Energetix Team from SBC<sup>3</sup> was invited to conduct a brief session on “Mental Health & Meditation Energy” by SNEHA. As an organization their goal is to break the intergenerational cycle of poor health among women and children living in vulnerable settlements, based around 3 principles — **Evidence-based interventions, Scaling through partnerships, and Sustainability.**

**Ms. Priya Arte**, the Energetix Trainer from SBC<sup>3</sup> facilitated the session. The session was intended to increase energy in a group by engaging them in a physical activity or in ways that engage the members cognitively. It was a two hours session. The Brain Energizers that have been taught to the students are required to be practiced daily for improved results.

Energetix team will be following up with the students after a month to study if there is any changes and feedback.