

Heartfulness HELP session started in two batches for NCC cadets from 17th August -11th September 2020. 525 cadets registered for both batches.

Batch -1 Assam 10-11 am

Batch -2 Manipur and Kohima 3-4 pm

DAY	TOPIC
Monday 17th Aug	SHA Baseline Assessment Test
Tuesday 18th Aug	HFN Introduction - Meditation
Wednesday 19th Aug	HFN Introduction - Rejuvenation
Thursday 20th Aug	HFN Introduction - Connect Within
Friday 21st Aug	HELP Orientation Session
Monday 24th Aug	HELP Topic: Goals and Aspirations
Tuesday 25th Aug	HELP Topic: SMART Goals
Wednesday 26th Aug	HELP Topic: Power of Thoughts
Thursday 27th Aug	HELP Topic: My Strengths
Friday 28th Aug	HELP Topic: Communication Skills
Monday 31st Aug	HELP Topic: Balance
Tuesday 1st Sep	HELP Topic: Courage and Confidence
Wednesday 2nd Sep	HELP Topic: Heartfulness Yoga
Thursday 3rd Sep	HELP Topic: Leadership Skills
Friday 4th Sep	HELP Topic: Time Management
Monday 7th Sep	HELP Topic: Decision Making Skills
Tuesday 8th Sep	HELP Topic: Healthy Living
Wednesday 9th Sep	HELP Topic: Sustainable Development Goals
Thursday 10th Sep	HELP Topic: Designing Destiny
Friday 11th Sep	SHA Endline Assessment Test

As part of the practical experience during these sessions participants were also introduced to Heartfulness Tools

Core Practices- Relaxation, Meditation, Rejuvenation, Reconnect, Universal well-being

Supporting Practices- Centering, Affirmations, Spot cleaning, Anger, Fear and Stress Detox methods (Way of Heart-book)

Session flow

Welcome	2 mins	Greetings
Bonding activity	5mins	Brain gym, Yoga
Recap & Discussions	5mins	Menti, Zoom- Poll, Breakout rooms
Presentation	20mins	Guest Presenter
Practical Experience	20mins	Heartfulness tools and Detox
Introspection	2mins	Journal writing
Q&A	5mins	3-5 Questions posed on chats
Reminders	1min	Attendance sheet, Follow –up activities, Weekly assignments

1. Cadets registered via google forms and WhatsApp groups were formed prior to commencement of session, hence the communication (Group etiquettes, reminders, follow-up activities, appropriate Heartfulness Quotes, YouTube links of HELP topics shared) was managed with all participants.
2. Bonding activity included ice-breakers, Brain Gym and after session on Heartfulness Yoga, continued Yoga for 10-15 mins every day, and begun session 15 mins earlier. Participants were very interested and this helped them to stretch and be better prepared for session.
3. Recap and feedback on Mentimeter
4. Heartfulness Tools used for guided practical session as aligned with the day's Topic.
5. Facilitated Discussion during presentation were conducted in Zoom Breakout Rooms which worked very well - participants felt engaged and were able to share their thoughts verbally and exchanged guided Relaxation /Cleaning techniques.
6. For few topics related articles were shared so they came prepared for further learnings. (ex: article on Yoga before session, SMART Goal sheets after the session helped them to plan their goals strategically, Feelings and Values list, Simple Heartfulness Practices. pdf)
7. To Empower and Collaborate with them, cadets were encouraged and guided to Host and Present HELP session in last week of program.
8. Weekly assignments related to topics were given on every Friday (sharing relaxation with family/friends, setting Goals, Green gram experiment, Creative HELP experiences). Pictures of all were shared in shared Google Docs
9. Creative output after each session was recorded on online platform, Padlet.

Heartfulness Tools

Relaxation

Do the relaxation for your family and friends and share their experience/pictures here

Link to padlet: <https://padlet.com/swatidev25/nvitiurn38aq3d>

<https://documentcloud.adobe.com/link/track?uri=urn:aaid:scds:US:f2de1243-2c0f-4448-bda5-7f4eb2429ee7>

Experience sharing about Meditation, Rejuvenation and Connecting to Self

Cdt Parinita Mili

11 Assam Girls (I) Coy NCC

Dibrugarh group

Regimental no - AS17SWA128571

*. The session conducted by **Heartfulness** was a very interesting experience for me . It helps me a lot in increasing my knowledge and also changes my thoughts towards Yoga and meditation. Because I play outdoor games which are energetic for me if I say honestly for me Yoga and meditation is boring to do but after these sessions my perception of thinking towards meditation is completely changed. And I enjoyed a lot of leadership skills sessions by watching that little boy video which was shown by Vibha ma'am and also motivated me very much. And again thank you for giving me this opportunity to learn something in this critical situation because something is much better than nothing. And definitely I will try to share about those topics which I learn from this program especially the starting and ending meditation part.*

Cadet Dikshita Choudhury AS/17/SWA/107778 PragjyotishCollege

The objective of the session is to explore essential life skills that enhance personal development. The different topics are covered help program session. This programme is very much helpful for cadets, last 3 week we learned that how important is to know us strength & weakness, how should believe ourselves, importance of Smart Goals, proper planning of goal, positive & pure thought, control our emotions, overcome form fears, Time management, Leadership skills, etc.

Meditation completely changed our mind, first relaxing, peaceful, regulating mind, concentration, etc. When I reconnect with my inner Potential.

Cleaning Tool helped me to have Pure & clear intention, positiveness, and right action

I liked the session on Leadership skills the most.

SUO Athipro k kayina

MN17SWF100069

Manipur

My Experience with Rejuvenation

When I initially started practicing rejuvenation I thought I needed to think about all my unwanted thoughts, habits, behaviours, etc that I wanted to let go. I thought real hard about

all these thoughts so much that I kept on rethinking about them. I felt dejected as I was unable to experience the lightness that my friends were experiencing. I thought the rejuvenation technique was either not as effective or it was not for me.

Then I joined a rejuvenation session, it was then I realised that I had it all wrong. Turns out rejuvenation means letting go of everything. We don't choose what we let go, instead we let go of everything (our thoughts, be it positive or negative, our past tendencies, etc).

Today when I did this technique of letting everything go from my mind I could really sense a change deep within me. I felt really light and calm. I felt really positive and my soul was rejuvenated.

I'm very thankful that I got to learn the right way to do it.

Goals and Aspirations, S.M.A.R.T Goals

The link for the Padlet is: <https://padlet.com/swatidev25/lj5lym9h34uifqqd>

<https://documentcloud.adobe.com/link/track?uri=urn:aaid:scds:US:0f8834c8-cf59-4d96-b056-4abaffabf994>

Power of Thoughts

Students were asked to share: If your thoughts become real in the world, what would it look like? Share using pictures in your gallery/google

Link to Padlet: <https://padlet.com/ushmas/Bookmarks>

My Strengths

Cadets sharing their strengths.

Padlet link: <https://padlet.com/swatidev25/Bookmark>

<https://documentcloud.adobe.com/link/track?uri=urn:aaid:scds:US:7974ede1-94aa-4c49-8d64-14d5e393b5d2>

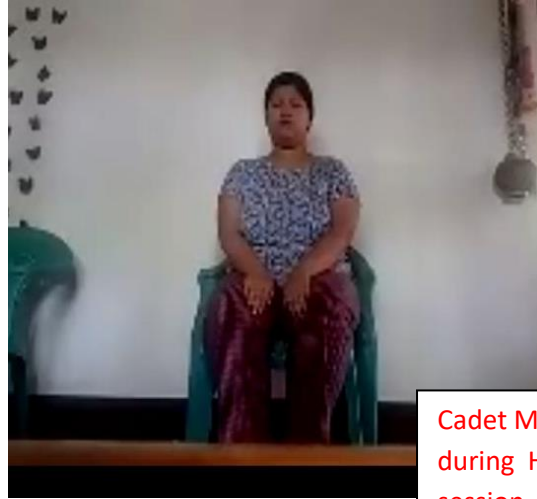
Balance

Title: Man trying to balance



Heartfulness Yoga

During the Yoga session Heartfulness Yoga Trainers Varsha and Vaibhav



Cadet MomiDevi
during HELP Yoga
session

General feedback about the HELP Session

- 1- To develop our personality , spirituality and physically.
- 2 - Meditation, rejuvenation, connect within, orientation session, goals and aspirations, smart goals, power of thought, my strength, communication skills, Balance, courage and confidence, Heartfulness yoga, Leadership skills, Time management, decision making skills, healthy living, sustainable development goals, designing destiny.
- 3- yes meditation was effective for me in stable my mind in every situation and to decide what is good for me and my surrounding.
- 4 -By regular practice of meditation and several other practice the cleaning of soul and body shows changes in us.It helps me in every aspect of day to day life.
- 5 - connect within.



I am Geetanjali saikia consider myself as a HNF ambassador wanted to be a responsible person by my soul and body to the society and want to pursue more knowledge for becoming a better being of the country

Help Program For NCC Students

Heartful

Cadet Nirodha Pegu

AS18/SWA/108034

Hi everyone my name is Nirodha Pegu of GO ASSAM GIRLS BNNCC, Guwahati from Cotton University. I want to tell my experience from starting of this journey when the NCC Help Program for us was announced. After hearing about the program I thought of not doing it as it was for 6 long weeks and it would be a waste of time. But when I started this programme I felt that this is the best thing that I have ever done in the whole quarantine. The sessions are very interactive and informative. It is fun to interact with Sumati Maam and play those mind games before the start of the sessions.



Through this webinar I have learned a lot. This has made me realise the power of meditation. Not only I but my family has started noticing the changes in me. I have become more of a calm person and my aggression level is also decreasing. I have learned rejuvenation technique which has taught me





to release all my unwanted thoughts and just concentrate on the present rather than the negative thoughts that stress me out. This webinar has also taught me to have a better future aspect with smart goals and aspiration by working & improving on my strength and weakness.

Vishal Gantum sir also told us the importance of communication skills in our holistic development. I am also trying to balance my life by following the 3H's Formula taught by niji Maam. I really got inspired by the examples and the quote

"A bird sitting on a branch is never afraid of the branch breaking because her trust is not in the branch but in her own wings"



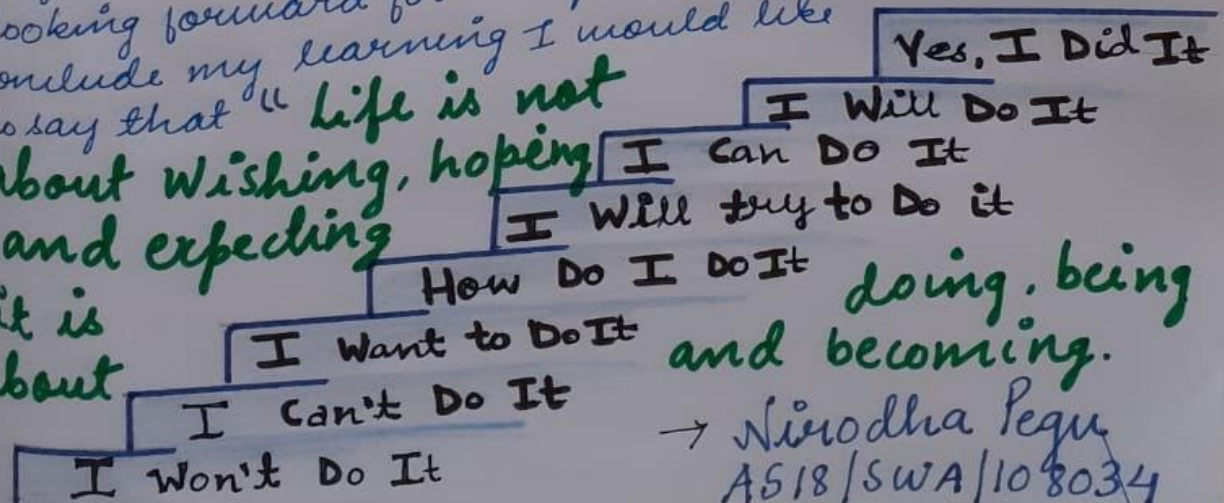
Always believe in yourself.

given by Priya Maam to explain courage.

Implementing all these technique and messages in daily routine is definitely going to be tough but I will try my best. I have become a more positive thinker & looking forward for the upcoming webinars. To conclude my learning I would like to say that

Life is not about wishing, hoping and expecting

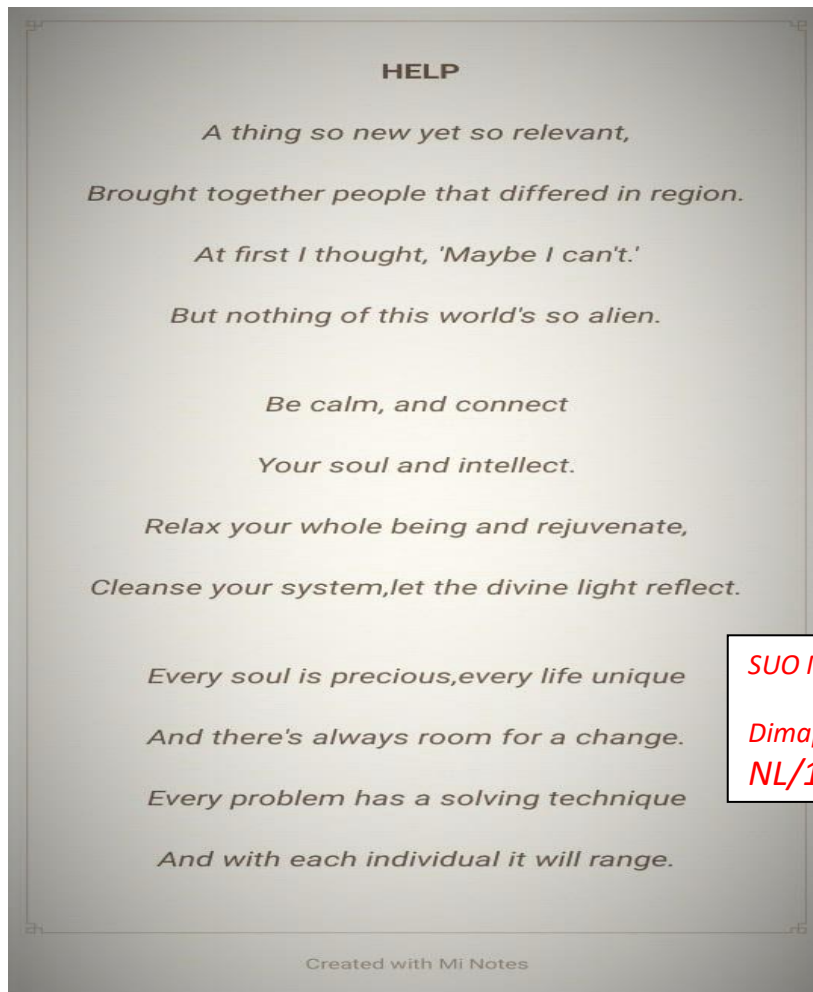
it is about



doing, being and becoming.

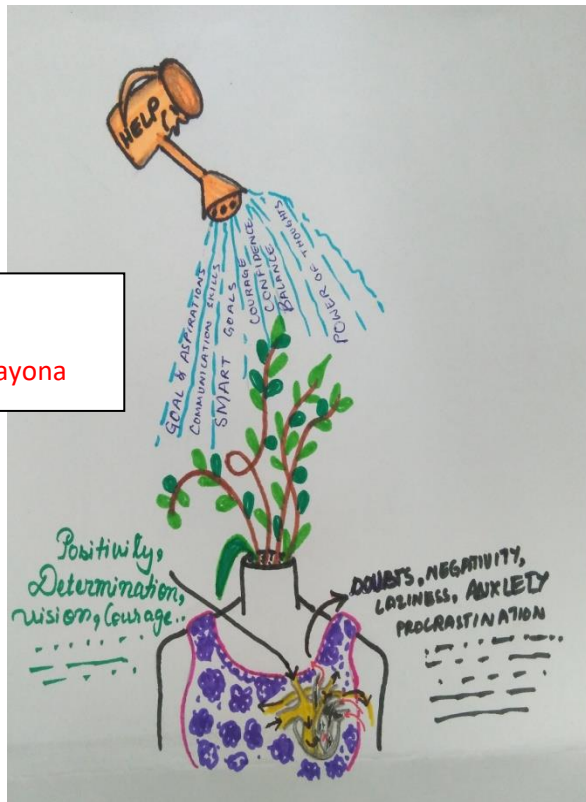
→ Nirodha Pegu
AS18/SWA/108034

Here you have to share your experience with HELP - Tools and Life Skills - In most creative way you can - drawing, diagram, cartoon. U can draw and upload that doc/pic here



CSUO

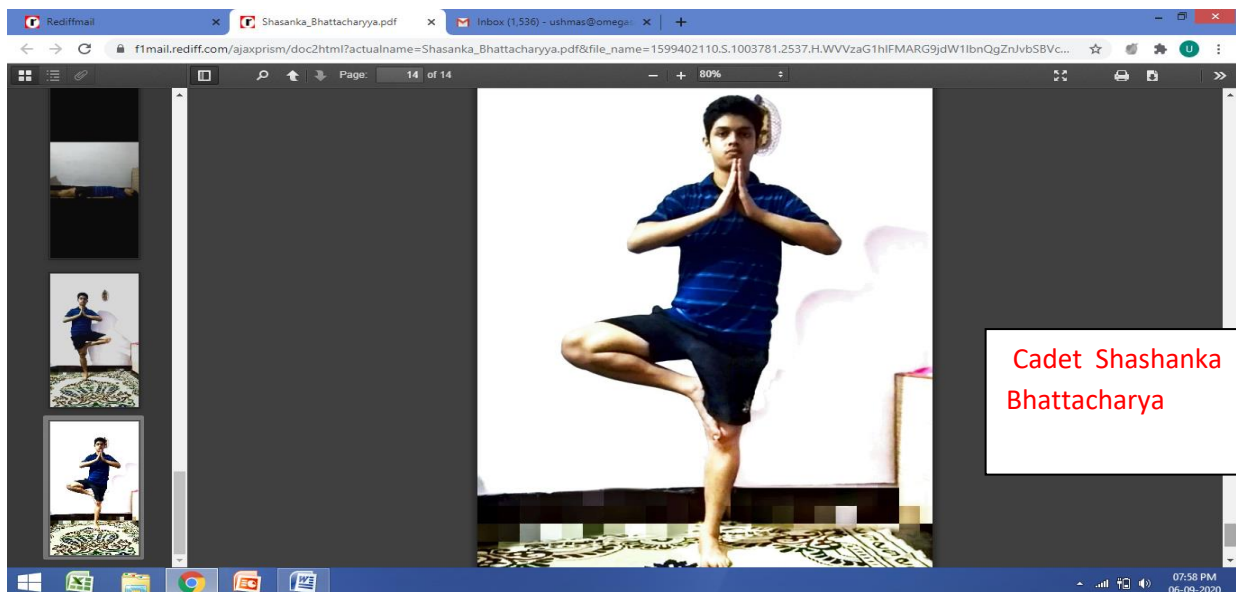
Athipro Kayona



*This is Angella Razak
Before Heartfulness sessions I knew
my Heart as part of circulatory
system, but in these few days I
learned how to connect with my
heart.*

Heartfulness Yoga Webinar – Hatha yoga to Ashtanga yoga

Today's Heartfulness Ashtang Yoga Webinar was really a heart warming experience for me 'cause the mentors taught us yogic meditation in such a way that I was really flattered. Below are some auspicious and inestimable moments of today's evening yoga session mentored by Varsa Khuswaha ma'am and two co - mentors.



Cadet Shashanka
Bhattacharya

Excrepts of Telephonic Interview

Cadet Samikhya Duarah AS18W122981 Assam

Somikhya: Tell me something about communication skills. How much it is helpful in our day-to-day life? Give a valid explanation.

Joyoshree(NCC): Communication skills are those which enable us to convey information and exchange expressions in front of others, be it in written or verbal.

Communication skills are extremely important in our day-to-day life as we live amidst people and we need to express ourselves before our surroundings in some time or the other. It's really necessary to have a good communication skills so as to live successfully in a society.

Somikhya: Tell me something about meditation. How much it is useful for our day-to-day life? And what the changes you notice after the Meditation Session started?

Sanu(NCC): Meditation can help us in many ways, and it is one of the most important aspect of everyone's life , everyone should meditate for a hour in a day ..

It helps us to eliminate negative thoughts, worries, anxiety, all factors that can prevent us feeling happy. It has been proved that the practice of meditation, carried out on a regular basis, will mitigate the symptoms of stress depression and anxiety.

It will improve the work level of a person,

It makes a person more active.

The changes I have noticed is I am more focused on my daily task and I do it with my heart and I enjoy doing it.

Samikhya: When is cleaning to be done and how does it help you?

Shasanka(NCC): During anxiety situations and it helps me to increase my will power

I want to know that how the Meditation Session of Help Program became helpful for you?

Barbie(Junior): Meditation can increase blood flow in the brain and improve memory, It was really become very helpful for me....

Somikhya: I want to know that how the Smart Goals Session of Help Program became helpful for you?

Beethika: It's a very helpful program. It teach us how to achieve our destiny and also help to make a good aim.