

Heartfulness HELP session for NCC cadets from 21<sup>th</sup> September - 16<sup>th</sup> October 2020.

Batch 3 -137 cadets from Assam and Manipur and scheduled 10-11 am 5 days/week for 4 weeks

Week	Day	Topic	Presenter
week 1 21sep.to25 sep.	<b>Monday 21</b>	SHA Baseline Assessment Test	Bharat ,Gyaneshwar Sarin
	<b>Tuesday 22</b>	HFN Introduction--- Meditation	Pramod Kumar Kulkarni
	<b>Wednesday 23</b>	HFN Introduction – Rejuvenation	Charkradhar Gandhe
	<b>Thursday 24</b>	HFN Introduction--- Connect within	Krishna Sachdeva
	<b>Friday 25</b>	HELP Orientation Session	Vibha Srivastav
week 2 28 sep to 2oct	<b>Monday 28</b>	HELP TOPIC :Goals and Aspiration	Yogesh Pathak
	<b>Tuesday 29</b>	HELP TOPIC :Smart Goals	Yogesh Pathak
	<b>Wednesday 30</b>	HELP TOPIC :Power of Thoughts	Narayan Balkrishnan
	<b>Thursday 1</b>	HELP TOPIC : Communication Skills	Ushma Sri raman
	<b>Saturday 3</b>	HELP TOPIC : My Strengths	Nachiketa Kulkarni
week3 5 oct to 9 oct	<b>Monday 5</b>	HELP TOPIC : Balance	Ravi Chandran
	<b>Tuesday 6</b>	HELP TOPIC :Courage and Confidence	Juhi Shah
	<b>Wednesday 7</b>	HELP TOPIC : Heartfulness Yoga	Varsha Khuswaha
	<b>Thursday 8</b>	HELP TOPIC : Leadership Skills	Vibha Srivastav
	<b>Friday 9</b>	HELP TOPIC : Time Management	Aayam Sharan
week4 12oct to 16 oct	<b>Monday 12</b>	HELP TOPIC : Decision Making Skills	Chakradhar Gandhe
	<b>Tuesday 13</b>	HELP TOPIC : Healthy Living	Dr.Sadhna Singh
	<b>Wednesday 14</b>	HELP TOPIC : Sustainable Development Goals	Ushma Sriraman
	<b>Thursday 15</b>	HELP TOPIC : Designing Destiny	Subhash Hegde
	<b>Friday 16</b>	SHA Endline Assessment test	Bharath, Gyan Sarin, Sunil

Along with the presentation on topic Heartfulness meditation tools were practiced.

**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	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	2-3 Questions
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. After session on Heartfulness Yoga, continued Yoga for 10-15 mins few days , and begun session 15 mins earlier. Participants were very interested and this helped them to stretch and be better prepared for session.
3. 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 technique.
4. 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)
5. Cadets were encouraged to do guided relaxation for all fellow cadets during the sessions.
6. Weekly assignments related to topics were given on every Friday (sharing relaxation with family/friends, setting Goals, Green gram experiment, Creative HELP experiences).

Creative output after each session was recorded on online platform, Padlet. Links are given below.

<https://padlet.com/kulkarnidiptika/i6fxo6leyoj9i07w>

<https://padlet.com/kulkarnidiptika/z6c3dt57v3q2wzd9>

<https://padlet.com/kulkarnidiptika/n0sj55652n8mml6a>

## Experience sharing about Meditation, Rejuvenation and Connecting to Self

### Overall feedback about the HELP program

Akash Angom, Manipur Air Squadron(FLG) Imphal

Hello, I am Cadet Akash Angom from Manipur in the unit No.1 Manipur Air Squadron (FLG) NCC. My life was quite depressing (being an engineering student) before attending the session. And after I am introduced to the HELP program, I am able to control my emotions, I am happy, I am able to let go of the things which cannot be changed, I am able to positively impact on my friends, family and people around me. Actually, I also taught my little brother the Heartfulness practices and it's benefitting my whole family. I am now able to focus on my goals clearly and motivated always with my day beginning and ending with these wonderful Heartfulness tools. I am good mentally, physically, socially and spiritually now after and during this session. I have gained a lots of valuable life lessons. With all these benefits the program has given me, I will continue to practice it my whole life and also share these with my friends and family and people. Thank you HELP program, I am blessed with all these benefits.

Monsomita Barman from 50 Assam Air Sqn, NCC Guwahati

Today session was interesting...

Know we learn that we should not take decision on our anger mood... (HALT)

We should stay calm and relaxed then we can understand the situation and the surrounding...

Thank you sir for lovely and interesting session today... I really learn many thing in this session... I know it will help me in my future and present life so.

Momi Devi

जीवन म\_ कटु सम\_याँ, तनाव होती है  
हर एक उलझन का उपाय है \_यान,  
\_यान ही एकमा\_ साधन है  
खुद को पहचानने का ।  
पूरे शरीर म\_ ला सकती है धना\_मक शि\_  
\_जससे लाभ होता है हर एक का,  
िव\_ाम भी तो खूब ज\_री है  
मान\_सक संतुलन यही सब से िमलता है  
मनु\_य का मन ही तो सब कुछ है  
\_यान करो ,जीवन म\_ सफलता लाभ करो।।

Regards

Cadet Momi Devi

Senjam Victoria Devi from 14<sup>th</sup> Manipur Bn NCC Imphal

Heartfulness for me has been a guiding light during my darkest hour that brings me to the right path. I'm so thankful to God for giving me an opportunity to meet helpfulness in my life. The techniques which I've learn in the past few days not only help me to and peace and relax myself but also help in developing myself as a more confident person and overall a good human being. And I know that with helpfulness in life I can achieve my aspirations and give back to the society. Thank you once again.

Feelings on paper by a Cadet



## Decision making

**Monsomita Barman from 50 Assam Air Sqn NCc, Guwahati**

And session name is decision making. First of all i thank you ma'am and sir who provide this lovely session... That will be very much help in our future..

Through all session their are many different definition and also related to our daily life... (More simple)  
So i come back to decision making session..

Thank you sir such a interesting session was.

And Ya we should make decision with our logic and feeling (mind and heart)

Bcz mind have full of data that we can think and get focus on aim and health like work out physical and mentally.

Heart is to feel the emotion of all the people who truly trust us.. And believe us... Through the heart...  
"Decision making is a skill"

We should stay calm our mind and relaxed.. (Bcz I have use this method always in my life)

Whenever I have doubts I just leave to my heart... 😊🌸

Whenever I take decision... My mind say you have to give me a prove like evidence 😊

But my heart say just stay calm and relaxed.

**Cdt. Priyanka rabha khanikar.**

The HELP session program helps me a lot in knowing myself properly and having peace of mind . This session is such a good session were we were taught how to deal with our daily life , problem, stress etc. Which is our daily problem and we become hopeless. The program teaches as the meaningful topics with various examples and many inspiring thoughts. Thank you everyone the speaker and my friends for making us more motivated and active 😊

**Mayanglambam Naresh from 14 Manipur Bn NCC, Imphal**

From this program I have more and more learn, I have learned this session mind relaxation, positive thinking, way of focus , help me release stress a lot of learn from this session.

**Purnasachi Mangsatabam from 14 Manipur Bn NCC, Imphal**

I have a lot of thought about my goals.

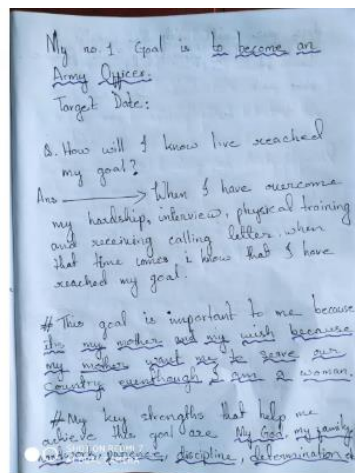
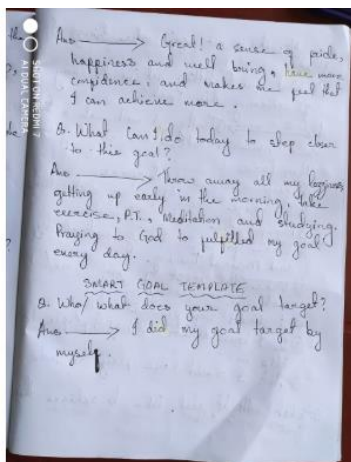
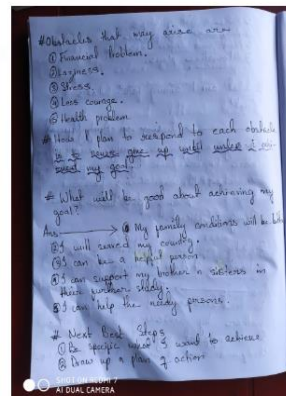
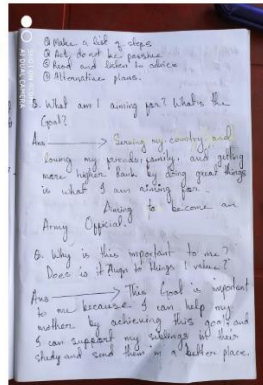
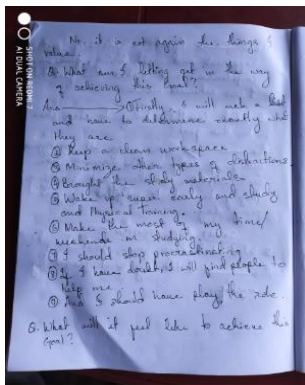
I have many goals.

And I am trying to arrange them in proper order based on priority of my wants and needs.

I hope this Heartfulness program will help me solve this puzzle 😊

# Goals and Aspiration Assignment

Lhingjoujam from 14 Manipur Bn NCC, Imphal



## Chats Recorded at Zoom, Topic - Decision Making Skills

From Monsomita barman : maam the session was interesting too much 😊

11:01:57 From joujam haokip : the class is so inspiring, amazing, awesome et,c□□

11:01:59 From Purnasachi Mangsatabam : sir for me decision that i decide often change with the influence emotions form my parents.. what should i do for this sir

11:02:46 From Gonglinlu Golmei : it was really great ma'am . I'm happy I'm getting this opportunity to experience something like this. Thank you ma'am and sir

11:02:47 From Victoria Senjam : the class is very relevant for us youths and I'm sure this will help inspire many



11:03:50 From Kamgoulul Kuki : the class was too challenging as well as motivating sir thank you so much sir

Heartfulness Yoga sessions were conducted by Varsha Kushwaha



She taught many Aasanas and Pranayam and right and left nostril breathing and benefit of asanas and pranayam .It has helped student to easily slip into meditation.