

REPORT OF HELP PROGRAM FOR NCC CADETS NORTH EAST

HELP
Heartfulness - Experience of Life's Potential



Heartfulness HELP session for Batch 2 in two batches – 1 morning and 1 evening batch from 21st Sept - 16th Oct 2020. The sessions were held on weekdays Monday to Friday for 4 weeks consecutively. The evening batch had approx. 125 cadets registered from Assam & Tripura.

The program was a blend of different life-skill topics taken through interactive PowerPoint presentations as well as practical experience of the different Heartfulness Tools which would help them sail through the different challenges faced in life.

The Core Heartfulness tools introduced were Relaxation, Meditation, Rejuvenation & Inner Connect. Besides these some supporting tools introduced were Centering , Universal well being , Heartfulness yoga , Spot cleaning, Anger Detox, Fear Detox.

The Session flow as well as Program flow are given below:

Session Flow:

5mins	Bonding time
2mins	Recap & Introduction of Presenter and Topic of the day
20 mins	Topic presentation through interactive Powerpoint presentation
20 mins	Experience Heartfulness Tools / Support tools
5 mins	Introspection , Sharing experience
2 mins	Attendance sheet , Curiosity for the next session

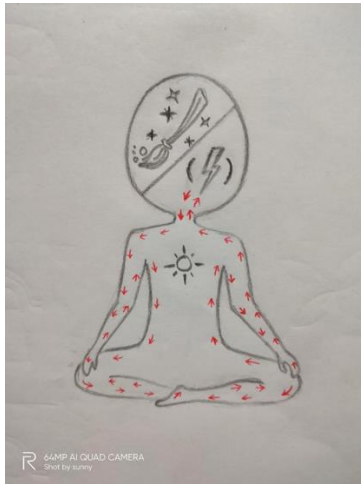
Program Flow:

DATE	TOPIC
21-Sep	SHA Baseline assessment Test
22-Sep	HFN Introduction - Meditation
23-Sep	HFN Introduction - Cleaning
24-Sep	HFN Introduction - Inner connect
25-Sep	HELP Orientation Program
28-Sep	Goals and Aspirations
29-Sep	SMART goals
30-Sep	Power of thoughts
01-Oct	My strengths
03-Oct	Communication skills
05-Oct	Balance
06-Oct	Courage & confidence
07-Oct	Heartfulness Yoga
08-Oct	Leadership skills
09-Oct	Time management
12-Oct	Decision-making
13-Oct	Healthy Living
14-Oct	Sustainable Development & Social responsibilities
15-Oct	Designing Destiny
16-Oct	SHA Endline Assessment Test

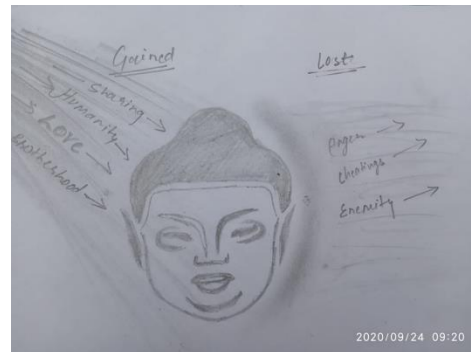
Step wise flow of the entire program from start to finish was as follows:

1. Cadets were asked to register through google forms
2. Created a whatsapp group to stay connected
3. Sessions were held everyday from Monday to Friday for 1hour
4. Held a orientation meeting with the presenters to understand the past sessions they had conducted and to find the topics they were comfortable with.
5. Conducted mock sessions with the presenters for familiarising with the zoom platform as well as timing the sessions.
6. There were back up presenters for all topics for emergency situations
7. Also had a co-host to help the anchor and presenter during the sessions
8. Conducted Centering exercise in the beginning of a few sessions.
9. Used Menti for interactions during the presentations
10. Cadets were asked to share their experiences in the form of creatives ie drawing, sketching, poetry etc
11. Assignments were given at the end of a few sessions
12. Also cadets were encouraged to try relaxation with their family and friends during the weekend and share their experiences .

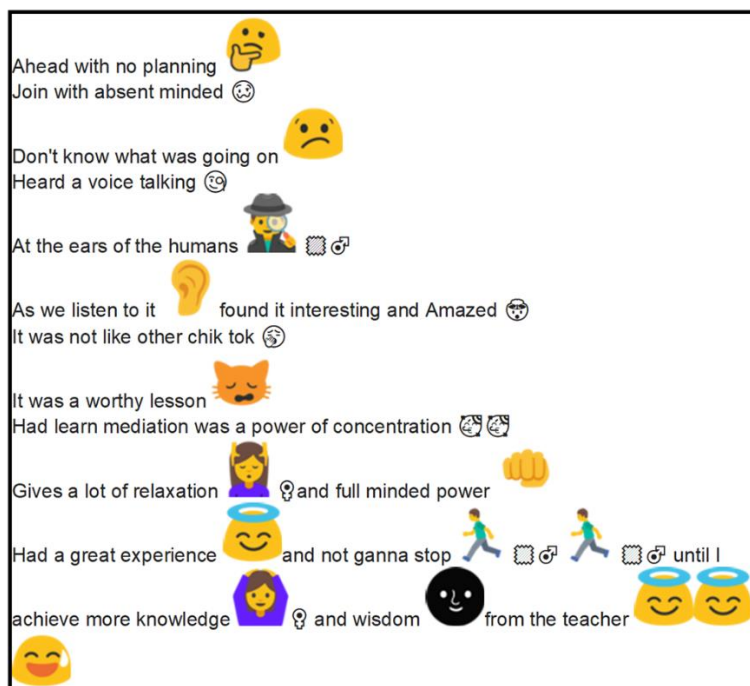
The cadets were very interactive during the session and shared their experiences through creatives such as drawings & Poetry. Some of the creatives are shared below:



By Cadet Samanay Nath



By Cadet Gopall Jee



By cadet Aojung Shijamir

Bereft of any idea!
Living straightforward in this pandemic,
Visualizing as if we are healthy!
Devoid of any intention,
Attached with callowness!
Attendant with concerned!
Found to be fascinating,
Had learned gripping,
New experience about Meditation.
Perceived that,we are not healthy enough.
Eagerness to learn more about it!
Resuming my task with a relaxed mind

By Cadet Neha Wangkhem

Also attaching a few feedbacks given by the cadets :

Heartfulness has bring a big change from day one till date, it has help me to view and understand different aspects of one's life
I've personally experience a change in my personalities like control my emotion and has helped me more energetic and focus on my goal and more stronger emotionally and physically...it has also help me to be a better person to face the world in the coming days in terms of confidence , leadership skills , smart goals and many other more...
thank you to the heartfulness team for such an opportunity and those few days with you all have change a lot in me thank you all so much

Yes indeed ,this program was a helpful one .due to this pandemic ,so many unexpected things are happening around ,online class ,depression,laziness,lack of peace and so on and i was also a victim of it. however joining this program helped me a lot i recommend to continue this program also feeling very grateful being part of NCC to experience all this .Thank you and Jai Hind.

The link for the creatives and feedbacks is as follows:

<https://drive.google.com/file/d/16ivjCDZ2XKqP9wQJG2mP7w853DsFSI0T/view?usp=sharing>

This link for the list of presenters as well as those who observed is as follows:

<https://drive.google.com/file/d/1RRmPznc0lflWBBTIGs0uoOJYiXYRGsUJ/view?usp=sharing>