

HELP PROGRAM - STUDENTS FEEDBACK

EXAM TOPPERS



B. Likith

JEE Mains Topper, Chittoor
98.96 Percentile,
Sri Chaitanya Junior College

"Meditation helped me a lot during my time of studies. It kept my stress levels low and concentration really high. It helped me be what I am. I recommend meditation to all students. I believe it can help anyone reach anywhere and be anything they desire if they believe in the art of meditation and are determined enough to practice it."



P. Surya

JEE Mains Topper, Chittoor
98.88 Percentile,
Sri Chaitanya Junior College

"Meditation has really helped me a lot a in scoring these marks in my exams. It has really inspired us from within. I thank the teams from Heartfulness Education Trust who trained us without expecting anything in return. I also thank our college management for conducting this program in our college."



R. Hruthik Sai

JEE Mains Topper, Chittoor
90.36 Percentile,
Sri Chaitanya Junior College

Students have to study for 10-12 hours a day, it is not an easy task. It needs a good level of concentration. Meditation has helped me a lot in maintaining my concentration levels. I meditate everyday. It is my advice to every student to meditate every day. It will help them keep the stress levels down, improve concentration and help them score good marks in competitive and board examinations.



Venkata Ramana

Lakshya Medical Academy, Vijayawada

The life-skills sessions along with meditation sessions are really wonderful. The way these topics were explained by the teams was very inspiring. It has changed the way we communicate among ourselves. Our concentration levels are increasing consistently. As a result of this we are getting good marks in our exams. I thank the Board of Intermediate Education for recommending this program for Junior Colleges. Programs like this will help in moulding students into ideal citizens which will greatly benefit the society. I hope such programs continue year after year for the benefit of the student community.



Chandralekha

Vignan Junior College, Guntur

I would get carried away with external disturbances and influences before I started meditation. I am able to stay centered and calm since I started to meditate. I am able to concentrate better. My sleep is much better and stress levels have come down. Earlier I would panic during exams, now I am able to calm myself down. My problem solving capacity has improved very much.



Sai Durga

Saradaniketan College, Guntur

I faced a lot of problem concentrating in the class before I started meditation. After practicing Heartfulness Meditation I am able to easily grasp what is being taught in the class. I really appreciate the care and affection shown by the Heartfulness Teams while explaining the life-skills topics and while teaching meditation. The atmosphere in the college has become very calm and peaceful since all of us started meditating. I thank the Heartfulness Teams for conducting this program in our college.



Pallavi

Masterminds, Guntur

My concentration and focus levels have gone up considerably. I have in fact taught these meditation and relaxation techniques to my parents. They too use these techniques now to overcome stress and stay calm and peaceful. I had fear of exams which has gone now. The life-skills sessions have greatly helped me introspect and identify my strengths and weaknesses.



Nandini

Government Junior College, Guntur

The rejuvenation technique taught during these sessions has helped me a lot. I do it every evening. I can now easily get rid of all the emotional overload of thoughts which accumulate throughout the day through this simple yet effective technique. I have observed that my sleep quality has become better. This in turn has improved my memory and now I am able to memorize my lessons more easily during my early morning study hours.



Asha Deepti

Chaitanya Junior Residential College, Guntur

Initially when the sessions started I was hesitant to participate as I thought it was a waste of time but when I started to use the Heartfulness tools of relaxation, meditation and rejuvenation it naturally resulted increased concentration while studying. The life-skills sessions about time management have really helped a lot. I would lose my temper at small things, now I am able to control my anger and handle situations calmly. I have even taught my family members these techniques, they have benefitted a lot from them. There is a lot of stress as we have to prepare for multiple competitive exams. Sometimes we don't get enough sleep, in such situations meditation helps us a lot, just ten minutes of meditation relaxes us. After practicing meditation my thought process has changed, while studying I am able to take a multidimensional approach and understand the subject better. The life-skills sessions were really motivating. We would always look forward to participate in these sessions every week.



J Sneha Priya

Narayana Junior College, Nellore

Today in the college we see everybody is stressed be it students or lecturers. In such a situation the introduction of meditation is really helpful. I would describe this meditation in one word - HEAVEN. We are in lot of stress the whole day. Just 15-20 minutes of meditation deeply relaxes us. We mentally feel calm and peaceful, the mind feels like clean slate. My anger has reduced, patience has increased. I am able to focus and concentrate better now on my studies. It would be wonderful if we had these meditation sessions daily.



Karishma

Krishna Chaitanya Junior College, Nellore

I have always aspired to become something in life and want my parents to be proud of me. Whenever I discussed this with my friends and relatives they would make fun of me and took me very lightly and demotivated me. I have attended the HELP sessions, this has given me lot of inner strenght and confidence. The practice of meditation has helped me develop a deep sense of gratitude towards everyone around me, for my parents, my friends and my teachers who have helped me become what I am. The Heartfulness practices have brought a lot of positive change in my life.



Afreen

Krishna Chaitanya Junior College, Nellore

Whenever we are stressed out we are generally advised to take a break, listen to music or watch TV. Since I have started meditating I advice everyone to meditate to overcome stress. Just 15 minutes of practice is enough. Infact we will never be stressed if we meditate regularly. Meditation has greatly helped improve my self confidence. Now no challenge or situation seems very difficult. I really appreciate the way Heartfulness teams have taught us meditation and motivated us with life-skills sessions.

PRINCIPALS FEEDBACK



Mrs. YVD Mangatayyaru

Principal, Montessori Mahila Junior Kalasala, Vijayawada

Meditation practices cannot be easily explained to Junior College students but the way Heartfulness Education Trust has simplified the process, packaged meditation tools with life-skills sessions is really commendable. We thank Mrs. B. Udaya Lakshmi, IAS, Secretary Board of Intermediate Education, Govt. of AP for recommending such wonderful program for students. We have felt a marked change in the students, the age is such that it is difficult to discipline them. Now, after practicing meditation they are much more disciplined, memory and concentration has improved. Their inter-personal relations and that with the lecturers have also improved. Students themselves have liked the practices very much and we have observed that they have started practicing on their own in the campus during recess.

We have also observed that the values imparted through the life-skills sessions have brought a positive impact in their personalities. What we teach in the college is just a part of life but what they have learnt through the HELP Program has given them great inner confidence to face the challenges they will face in their lives ahead with little or no outside help.



Mr. Srinivas

Principal, NRI Educational Institutions, Turakapalem, Guntur

We have most of our students coming in our residential college from surrounding villages and towns. Nowadays we have children mostly coming from nuclear families. These students are brought up with lot of care by their parents. When they come to the hostel environment it is difficult for them to adjust as they are out of the comfort zone of their homes and away from their parents. We try our best to keep up their spirits and make them feel comfortable but there is a certain degree of home sickness which the students feel.

The educational system today is highly competitive which adds to their stress. So, it takes them at least 3-4 months to adjust to the campus life. In this scenario we have seen that meditation and yoga practices help them a lot in overcoming stress. We have seen that after 30 mins of daily Heartfulness meditation they feel peaceful and stress free, they have benefitted not only mentally but also physically. In fact, parents are also happy that students are practicing meditation in the college. The students have become more receptive and have started to realize their inner potential and have adjusted and changed their study patterns accordingly.

The students have started to understand what is right and wrong for them at the tender age of 16-17 years. The program is a great boon for students and we thank the Board of Intermediate Education for recommending this program.



Mr. N. Srikrishna

Director, Masterminds Group of Institutions, Guntur

The program has been going on in our colleges for the past 6 weeks we have seen that the practices have brought lot of change in 2 sets of children.

Firstly in students who are weak in academics and are stressed most of the time. After practicing regularly, we have seen that their stress levels have come down, their memory and focus have improved and they have started getting

better marks in their periodic exams.

Secondly, we have seen that students who are overactive, mischievous and difficult to control in class have calmed down a lot and have shown improvement their behaviour. Our Heartfelt thanks to Dr. Kamlesh D. Patel and Mrs. B. Udaya Lakshmi, IAS for introducing this program in the intermediate colleges.



Dr. R. Devaiah
Principal, Saradaniketan College, Guntur

I would like to share something interesting. This academic year we had 50% more admissions than the previous year. We were worried we would face problems with the students as it takes them 3-4 months to adjust to the college atmosphere.

The HELP Program was introduced this year in our college in August this year and I am happy to say that we have had very little problems with the students thanks to Heartfulness practices. The students have benefitted a lot. They have become more disciplined and attentive in class. They have started to better respect their teachers. I wouldn't say there is a complete transformation in students but the change in very much felt and visible.



Mr. M. Vinod
Principal, Sri Chaitanya Educational Institutions, Gorantla, Guntur

I have been observing that over the past 5-6 years the competitive entrance exams are putting a lot of stress in intermediate students. In residential colleges we see that about 1000 students stay in a single campus. It is not easy for students to adjust in this environment, the competitiveness further compounds the problem. This is a problem for both the college management as well as the students. The Heartfulness meditation practices have helped a lot in overcoming these problems.

We have seen an unfortunate tendency of suicides in students who are unable to cope with the stress. Such programs definitely help in controlling such tendencies.

In my experience if students are motivated, we can work wonders. Unfortunately, in today's educational system there is lack of motivation in both teachers and students as well. The whole system has become mechanical and result oriented. The programs like HELP are very beneficial for college managements, teachers and students as well. I have personally seen lot of reduction in stress levels in students who are sincerely practicing meditation regularly. The problem-solving capacity of these students has greatly improved. They are now better equipped emotionally to tackle challenges. Such programs should continue year after year. The meditation sessions should also be introduced on a daily basis in colleges if the time permits, students will immensely benefit from this. I thank the Heartfulness teams for conducting this wonderful program in our college week after week tirelessly.



Mr. Bhaskar Reddy
Principal, Narayana Junior College, Stonehousepet, Nellore

There are 850 students in our campus. The Heartfulness Teams have been conducting the meditation sessions week after week here. I have seen that the stress levels of students lagging behind in studies has gone down considerably. They are able to concentrate well, their memory has increased as a result of this their marks have also

improved. Many students have requested me to conduct these meditation sessions daily. The transformation seen in the students through the HELP program is really wonderful. I really appreciate the Heartfulness Teams for the way they conduct the sessions in a calm and composed manner. They are doing great service for the overall well being of the student community and the society without expecting anything.



Mr. P Ramesh

Krishna Chaitanya Junior College, Stonehousepet, Nellore

I have observed that the stress levels have come down since the students have started attending the HELP sessions. After seeing this I decided to implement meditation in the college on a daily basis in the morning and afternoon sessions for 10 minutes before the classes start. This has helped students focus and concentrate better in class. Meditation should be made a part of the curriculum for students. It will greatly help them in overcoming the stress they face in junior college while preparing for multiple competitive exams.



Off: 08572 – 236497

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SRI CHAITANYA JUNIOR COLLEGE

(Recognized by Govt. of Andhra Pradesh - Affiliated to Board of Intermediate Education, Andhra Pradesh)

Rc. No. 101/E4-4/1992-1993, dated 22-09-2004

10-199, TMR TOWERS,

GANDHI ROAD, CHITTOOR – 517 001. (A.P.)

Place: Chittoor

Date: 31-01-2019

To whom soever it may concerned


Dear sir/madam

I am writing this letter to express my sincere thanks to Heartfulness team for their service to our students.

Your team extreme service made our students to achieve town **top 5 percentile in JEE mains exam** conducted in January 2019. Your programme change our maximum student's education life. The innovative way of conducting **HELP programme** by Heartfulness team helped all the students to strengthen themselves in all areas and gained confidence to overcome stress.

Thanking you


31/01/19
PRINCIPAL
Sri Chaitanya Junior College
CHITTOOR - 517 001.




SRI CHAITANYA

CHITTOOR


JEE - MAINS - 2019 RESULT



Name : B. L. KETH
H.NO : AP05300194
Percentile : 98.96




1st RANK
TOP Percentile




Name : P. SURYA
H.NO : AP05300361
Percentile : 98.88


గత 10 సంవత్సరాలూ JEE - MAINS/ AIEEE పరీక్షల్లో టాపర్లలో పాల్గొన్నప్పై ఏకైక బిచ్చానంబు మన చిత్తూరు ప్రో చైతన్య.




NAME : R. L. NIKHIL KUMAR
Percentile : 97.44




NAME : Y. VIVEK REDDY
Percentile : 97.42




NAME : B. R. YOGANANDA
Percentile : 96.51




NAME : V. I. LOKESH
Percentile : 96.41



NAME : R. K. JAYASH CHAKRAVARTHI
Percentile : 96.40



NAME : R. L. RUTHIK RAI
Percentile : 96.39



NAME : M. RAI MOURYA
Percentile : 96.38



NARAYANA JUNIOR COLLEGE

Affiliated by B.I.E., R.C. No. 800040/E1 - 4/2007-2008 dated 19-07-2007
Sy. No. 1233, Plot No. 13, Ragamayuri Building, Nannur, Orvakal (M), KURNOOL Dist.

☎ : 08518 - 238525

Date : 12/02/2019

TO WHOM SO EVER IT MAY CONCERNED

Dear Heartfulness team members,

I am conveying my gratitude and my sincere thanks through this letter to Heart fullness team for their service to our students.

Thank you Note for excellent service.

This letter is to compliment to the whole team of Heartfulness Programme for the services rendered by you to our students. We have always been pleased with your service at our Branch. We all admired your ingenuity in creating outstanding package of stress relief. Your programme has helped us a lot to stood as a **Best branch** in entire Kurnool district by providing 117 students with 10/10 & a remarkable senior Eamcet rank 1072. Addition to this our excellence in **Jee mains percentile** was flawless, which has been possible by our branch only because of your selfless services.

For all these service by you we would like to express our whole hearted thanks for all the great work your team had done from last 3 years. We hope your services will continue in our Branch.

Thanking you.

P. Sanyasree
PRINCIPAL
Narayana Junior College
NANNUR(VI),
Orvakal(M), Kurnool(Dt.)



NARAYANA JUNIOR COLLEGE GIRLS RESIDENTIAL CAMPUS NANNUR - KURNOOL JEE-MAINS-2019 JANUARY RESULTS



D. SNEHA SALMA
AP10303750
PERCENTILE 96.27



R. PUSHSPANJALI
AP10302415
PERCENTILE 93.99



K. EDIGA AASHRITHA
AP10301733
PERCENTILE 92.38

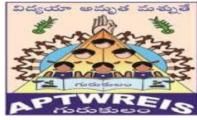


M. MANASA
AP10302317
PERCENTILE 90.35

COLLEGE CODE: 03 355

Off: 08864 243835

Cell: 9490957242



A.P.T.W.R JUNIOR COLLEGE (BOYS)

RAMPACHODAVARAM-EAST GODAVARI dt. PIN: 533 288

rjcb.rcv@gmail.com

Rampachodavaram

05.02.2019

To whom so ever it may concern

Dear sir/madam

I write this letter to express my sincere thanks to Heartfulness team for their service to our students. The wonderful mix of both motivation and meditation is fructified in bringing out both cognitive and behavioral change in the students' lives.

Your team's extreme service with indomitable spirit made our students to achieve four better Percentile achievements in IIT JEE mains exam conducted in January 2019. Your programme changes our students' academic and intellectual life. The innovative way of conduct of HELP Programme by Heartfulness team helped not only bright students but also all the students to strengthen themselves in all areas and gained confidence to overcome stress and write the exams and in grooming their personal lives. Once again hats off and kudos to your wonderful programme and innumerable thanks to your organizers.

Thank you sir


PRINCIPAL
A.P.T.W.R. Jr. COLLEGE (BOYS)
RAMPACHODAVARAM - E.G.Dt.



A.P.T.W.R JUNIOR COLLEGE (BOYS)

RAMPACHODAVARAM

JEE – MAINS – 2019 January Results



Kosuri Durga Prasad

Paper-I Marks 61.1

Paper-II Marks 86.4



Palasi Raju Kumar

Paper-I Marks 69.3

(all marks in percentiles)



Vema Ganesh Reddy

Paper-I Marks 74.4



MADONNA COLLEGE FOR THE DEAF

E-mail : madonnacollege@rediffmail.com

Recg. by Govt. A.P.R.C. No. 794853 / 61 - 2 / 2007 Dt. 19-09-2007 & Carmel Nagar, Gunadala, VIJAYAWADA - 520 004.
Recg. No. ANU / Affil / SI / MSIT / NDC / TA / 2007 Dt. 14-08-2007

Phone : 0866 - 2451753

To

Date : 26.02.2019

Thanking you

"Gratitude is the inward felling of kindness

Thanks fullness is the natural impulse to express

A thanks giving is the following of that impulse."

Welcome! Heart fullness is a beautifully simple practice of meditation that connects us with all the light and love in our heart.

It' our privileges to have been propose thanks on this occasion.

On behalf of the Madonna College Principal, Staff and students we extend heartfelt thanks to the Mrs.SriDevi, Mrs. Malathi Rukmini, and Mrs.Rama from Heart Fullness of Education Trust. On 12.11 .18 to 18.02.19 you have taken sixteen Saturdays to taught meditation for spiritual transformation in your valuable time of your buy schedule.

Thank you Madams, for your motivation to our students through meditation. Now they come to know the important &Benefit of meditation. Madam you make them practice according to the steps to overcome from their stress and for the development of essential life skills and understanding of core of human values. You encourage them to be peaceful mind to study for their great future life.

Sr. H. Mercy

PRINCIPAL

Madonna College for the Deaf
Carmel Nagar, Gunadala
VIJAYAWADA - 520 004