

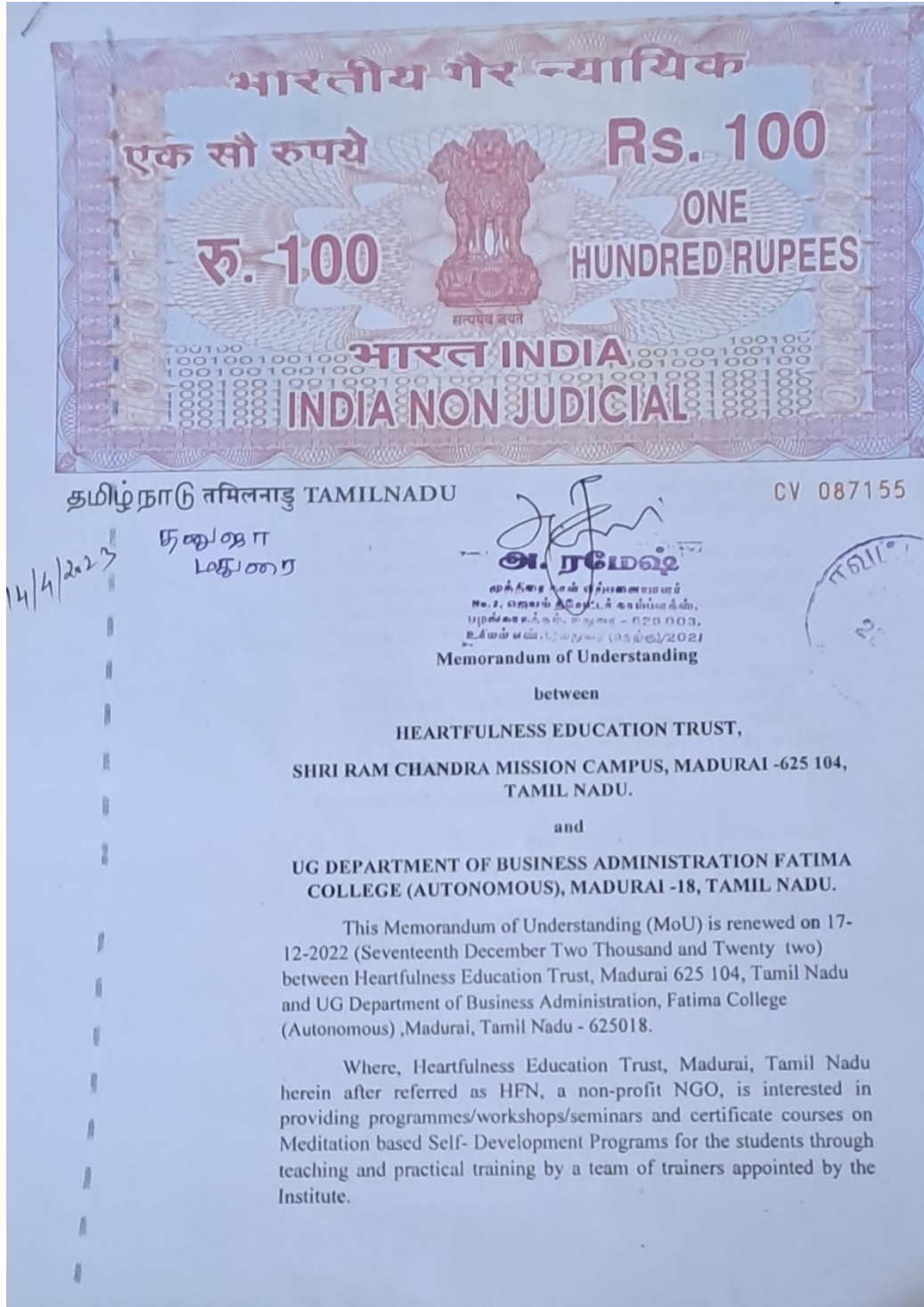


# FATIMA COLLEGE

(Autonomous)

*Affiliated to Madurai Kamaraj University*  
*Re-Accredited with 'A++' (CGPA 3.61) by NAAC (Cycle - IV)*  
Mary Land, Madurai - 625 018, Tamil Nadu

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Where, UG Department of Business Administration, Fatima College (Autonomous), Madurai -18, Tamil Nadu, hereinafter referred to as college is interested in availing these services for their students.

Therefore, in consideration of the interest described above, the parties agree to work together in the following manner:

## 1. Heartfulness Program

HET programmes/workshops/seminars and Certificate Course on Meditation – Based Student Development Programs is tailored to meet the urgent demands of our time, as listed below:

- Growing scientific interest in meditation and its proven benefits for holistic development.
- Industry and society warming up to the need for holistic development of mind, body and spirit for greater personal effectiveness.
- Shift from IQ(Intelligent Quotient) towards EQ(Emotional Quotient) and SQ (Spiritual Quotient) leading to demand for workforce comprised of individuals who are balanced, as opposed to merely intelligent or qualified.
- The UGC and Universities in India taking the above demand seriously and including various certificate courses on Self Development/Personal Growth in their curriculum. In 2014, UGC has proposed introduction of Yoga and Meditation courses in all universities.

## 2. Program Design Principles

- Spiritual development must go hand in hand with Physical and Mental / Intellectual development to realize one's true potential as a human being.
- External motivation fails to create lasting inspiration unless it is complemented by a simple daily discipline.
- Crux of self- development is thus a process facilitated by meditation.

## 3. Approach

- Meditation as an essential life- skill and as a means to a balanced-existence.
- Personal transformation and “how to” sessions for self-development and growth.





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#### 4. Desired Outcome

- Become adept in the art of meditation and the means to continue this exploration life-long.
- Inspired and self-motivated to pursue a balanced life.
- Confidence and courage to face the demands of life and the ability to draw inspiration from within oneself.
- Honest and capable students with hopes can contribute to overall development of India and Humanity.

#### 5. Duration

6 Sessions of 2-hours duration each, of which the first 3 sessions are on consecutive days, and rest of the 3 Sessions at an interval of once in fortnight each, followed by a weekly group meditation on a convenient day (if feasible)

#### 6. Class Formats by HET

- Talks and Lectures from Scholars and Professionals.
- Additional material via Emails and Handouts.

#### 7. Indicative List of Modules

Following is an indicative list and not exhaustive:

- Orientation- Introduction to Meditation and Understanding the Crux of Self Development
- Discussion on values.
  - Understanding Aspiration, Ambition, Attitudes & Aptitudes
  - Personal and Universal Values and How to set & align values to goals.
- Meditation- Learning and Deepening Skills
  - Being the Observer
  - Additional Meditation Techniques (Gradual and Systematic deepening of Meditation Skills- Some examples listed)
    - i. Relaxation Technique (Learn to relax body and mind)
    - ii. Meditation Basics (Role of the Heart in Transformation, Discipline etc)
    - iii. Rejuvenation / cleaning Technique (Stress management, Sleep Cycle Management etc)
    - iv. Finer Aspects of Meditation
    - v. Finer Aspects of Cleaning

#### 8. Duration and Termination

The existing MoU for one year (17-12-2021 to 16-12-2022) is now renewed for one year (17-12-2022 to 16-12-2023).



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Should either party choose not to renew this MoU, it will give the other party not less than two months prior notice in writing of its intent not to renew. The either party may terminate this MoU hereto by giving written notice to the other party ninety days in advance of a specified date of termination.

## 9. Cost

This program is conducted by HET on a cost neutral basis.

- No coaching / professional fee is collected by HET either from the participants or from the college authorities.
- The college shall take care of the printing of the teaching materials/ brochures for internal circulation- if required.
- No financial commitment on both sides.

## 10. Correspondence and Notices

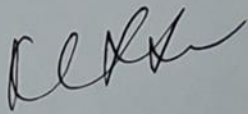
All notices and communications arising from this MoU shall be deemed to have been delivered.

- In case of E-mail, upon due acknowledgement of receipt by the receiving party.
- In case of hand deliver, upon written acknowledgement of receipt by authorized representative of the receiving party.
- In the case of registered mail, speed posts, upon acknowledgment receipt by the receiving Party.
- Notices and communications under this MoU must be addressed to the Authorized Representatives of the Parties .

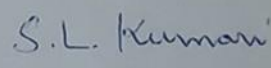
## 11. Signature

This MOU is effective upon signature of all Parties here to.

M.K.Kishorekumar  
Heartfulness Trainer,  
Heartfulness Education Trust,  
Shri Ram Chandra Mission Campus,  
Sundar Rajan Patti, Madurai -625104

  
**HEARTFULNESS EDUCATION TRUST**

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