

தமிழ்நாடு தமில்நாடு TAMILNADU

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2019/2022

PSN Engineering College
Melathediyoor.

CK 205304

S. Valliammal

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முத்திரைத்தாள் விற்பனை யாளர்
உரிமம் எண் : 4/97
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Memorandum of Understanding

Between

Heartfulness Institute, India

And

PSN Engineering college,

PSN Nagar, Melathediyoor, Tirunelveli Tamil Nadu 627152 .

This Memorandum of Understanding (MOU) is entered into on Date 21st September 2022 by and between **Heartfulness Institute**, India and **PSN Engineering college**, PSN Nagar Melathediyoor, Tirunelveli Tamil Nadu 627152 .

WHERE, **Heartfulness Institute**, India, hereinafter referred as HFN, a non-profit NGO, is interested in providing certificate courses on Meditation based Self-development programs for the students and faculty through teaching and practical training by a team of trainers appointed by the institute and a course completion certificate to the participants successfully completing the course.

R. Desai
for HFN

Dr. M.S. RAVIKUMAR
Principal
PSN ENGINEERING COLLEGE
Melathediyoor, Palayamkottai,
Tirunelveli - 627 152.

WHERE, **PSN Engineering college**, PSN Nagar, Melathediyoor, Tirunelveli Tamil Nadu 627152 hereinafter referred to as Institution - is interested in availing these services for their faculty and students.

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

1. Heartfulness Program

HFN 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 towards EQ (Emotional Quotient) and SQ (Spiritual Quotient) leading to demand for workforce comprised of individuals who are balanced and centred, 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.
- NAAC (The National Assessment and Accreditation Council) also seeks value based education programs.

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.
 - *"Nothing ever becomes real till it is experienced"* - John Keats
 - *"The only source of knowledge is experience"* - Albert Einstein
- Crux of self-development is thus a process facilitated by meditation.

R. Jagan
For HFN


Dr. M.S. RAVIKUMAR
Principal
PSN ENGINEERING COLLEGE
Melathediyoor, Palayamkottai,
Tirunelveli - 627 152.

3. Approach

To develop a practical and interactive curriculum spanning:

- Meditation as an essential life-skill and as a means to a balanced-existence.
- Explore practical means that interface the ever-changing human situation with the unchanging absolute.
- Personal transformation and "how to" sessions for self-development and growth.
- Ongoing campus support to continue practice after formal completion of course.

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 of a better India and humanity.

5 Duration and Frequency

- One Year program
- Mostly once a week
- 45 to 60 Minutes in class sessions
- Outdoor projects as appropriate

6 Class Formats by HFN

1. Talks and Lectures from Scholars and Professionals via webinars
2. Group Discussions & Workshops at HFN's campus, Tirunelveli- on a "Need to" basis
3. Continuous online assistance available from the faculty / assigned facilitators
4. Additional material via Emails and Handouts
5. Weekly group meditation sessions conducted remotely
6. The introduction session, at the discretion of HFN, can be conducted remotely as well

R. Raman
for HFN

Dr. M.S. RAVIKUMAR
Principal
PSN ENGINEERING COLLEGE
Melathediyoor, Palayankottai,
Tirunelveli - 627 152.

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
- SELF DEVELOPMENT COURSE

Following objectives are expected to be achieved through these modules:

- EXPERIENCE: By learning to use the simple tools of Heartfulness Meditation practice, we experience a deep state of relaxation, enhanced concentration and inner balance.
- EXCELLENCE: By integrating these tools in our lives, we begin the journey of self-development and gain courage and confidence leading to inner and outer excellence.

Introductory sessions on the First 3 consecutive days - 60 min each day - followed by Weekly Sessions

- PRESENTATION SESSION: 30 MINUTES
 - Settle down – 5 minutes
 - Topic Presentation – 15 minutes
 - Interaction / Discussion – 10 minutes
- PRACTICAL SESSION: 30 MINUTES
 - Guided Relaxation – 5 minutes
 - Guided Meditation – 25 minutes
 - Observation – 5 minutes

R. Jeyaraj
For HFN

Dr. M.S. RAVIKUMAR
Principal
PSN ENGINEERING COLLEGE
Melathediyoor, Palayamkottai,
Tirunelveli - 627 152.

ONE YEAR PROGRAM - 45 TO 60 MINS EACH WEEK (SUGGESTED TOPICS - CAN
CHANGE DYNAMICALLY BASED ON NEED & SITUATION)

Week	Topic	Objectives
1	Meditation - The technique to Connect with your Inner Self	What is meditation? The technic & it's benefits
2	De cluttering the mind - to remove hindrances to the inner connection	The technique of rejuvenation through cleaning the heart/mind and removing unwanted thoughts
3	Techniques to strengthen the inner connection	Maintaining the inner connection through the day and night
4	Attitude Building	Discover the benefits of optimism and a positive attitude
5	Building Self-belief and Self confidence	How do you actually come to believe in yourself? And how does this help you get what you want?
6	Striving for Excellence	How to excel in whatever you do? Relationship between success & excellence
7	Time Management	Identify your biggest 'time stealers' which reduce your productivity. Stop them from stopping you.
8	Communication	How to understand, persuade, influence and improve relationships through effective communication?
9	Effective Inter Personal Skills	What is needed to get along with others?
10	Emotional Intelligence	How to adjust your communications with others without being controlled by your emotions?
11	Goal Setting & Planning	Identify your goals, prepare a plan to achieve those
12	Team Effectiveness	How to be an effective member in a team? Team dynamics
13	Creative Thinking Skills	How to develop solutions that do not depend on past or current solutions? Think 'out of the box'
14	Leadership Perspectives	Gain the ability to make decisions for oneself or for a group; to positively influence the actions of others
15	Work Life Balance	How to balance 'achievement' & 'enjoyment' ?

R. R. R.
FOR IAFN

Dr. M.S. RAVIKUMAR
Principal
PSN ENGINEERING COLLEGE
Melathediyoor, Palayamkottai,
Tirunelveli - 627 152.

8 Responsibilities of the Institution

The following provisions are to be arranged by Institution

Assign a staff member as Single Point of Contact (SPOC) for the program

- Provide large enough Classroom / auditorium with Multimedia capability to conduct sessions (Mike, LCD projector etc.) as per the requested configuration / specifications
- Make sure availability of 4G (or above) internet connectivity for the seamless live streaming of webinars
- Facilitate the sessions by gathering the students, connecting to the webinar link provided at the specified time.
- Refreshments and conveyance arrangements to the HFN team during their scheduled visits
- Make sure the appropriate instructions are given to the participants on the adherence to the timings and discipline
- Facilitate the conduct of online test / assessment at the end of the program (once in a semester)
- Facilitate printing of certificates in the college
- Arrange for a convocation program

9 Duration and Termination

This MOU will begin from October 2022 and will remain in effect for 5 years and may be renewed upon written agreement of both the parties.

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.

10 Cost

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

No coaching/professional fee is collected by HFN either from the participants or from PSN Engineering college, PSN Nagar Melathediyoar, TirunelveliTamil Nadu 627152 .

PSN Engineering college, PSN Nagar Melathediyoar, TirunelveliTamil Nadu 627152 . shall provide conveyance to the HFN team from the regional office located at Tirunelveli (or within a reasonable pickup distance) .

PSN Engineering college, PSN Nagar Melathediyoar, TirunelveliTamil Nadu 627152 .shall take care of the printing of the teaching materials / brochures for internal circulation- if required.

R. Jagan
For HFN

Dr. M.S. RAVIKUMAR
Principal
PSN ENGINEERING COLLEGE
Melathediyoar, Palayamkottai,
Tirunelveli - 627 152.

11 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 acknowledgment of receipt by the receiving party.
- In the case of hand delivery, upon written acknowledgment of receipt by authorized representative of the receiving party.
- In the case of registered mail, speed post; upon acknowledge receipt by the receiving Party.
- Notices and communications under this MOU must be addressed to the Authorized Representatives of the Parties at the following address:

For HFN:

Mr.R.Ganesan
 District Co-ordinator
 Tirunelveli (TN-15)
 Heartfulness Institute, India
 Regional Office:
 Babuji Memorial Ashram, Sankarankoil Road, Sethurayanpudur Tirunelveli
 Mob: +91 9865056404 E-mail: ganesandw@gmail.com

For PSN Engineering college, PSN Nagar Melathediyoor, TirunelveliTamil Nadu 627152 .

Name: Mr. Dr.M.S.Ravikumar

DESIGNATION: Principal

Address: PSN Nagar Melathediyoor, TirunelveliTamil Nadu 627152 .

12 Signature

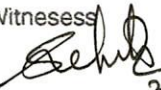
This MOU is effective upon the signature of all Parties here to.

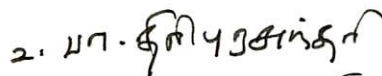

 For Heartfulness Institute

For PSN Engineering college


Dr. M.S. RAVIKUMAR
 Principal
PSN ENGINEERING COLLEGE
 Melathediyoor, Palayamkottai,
 Tirunelveli - 627 152.

Witnessess

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 21/9/22
 Dr A SATISH PANDAN
 Director IQAC
 PSNE C

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