

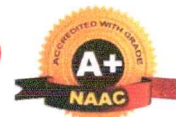


VIGNAN'S INSTITUTE OF MANAGEMENT AND TECHNOLOGY FOR WOMEN

(An Autonomous Institution)

[Sponsored by Lavu Educational Society, Affiliated to JNTUH & Approved by AICTE, New Delhi]

Kondapur (V), Ghatkesar (M), Medchal - Malkajgiri (D) - 501 301. Phone: 96529 10002/3



CIRCULAR

Ref. No.: VMTW/BSH/IND/2024-25/01

Date: 02-09-2024

Subject: Conduct of the Heartfulness Orientation (Induction) Programme for the First Year B.Tech. students (Batch 2024-25) at the Heartfulness Institute, Thumukunta, from 04-09-2024 to 06-09-2024 — Instructions issued — Reg.

All First Year B.Tech. students admitted for the Academic Year 2024-25 and all concerned faculty members are hereby informed that the Institute is conducting the Heartfulness Orientation Programme for the newly admitted batch, as part of the Student Induction Programme mandated by the All India Council for Technical Education, New Delhi and in accordance with the guidelines of Jawaharlal Nehru Technological University, Hyderabad.

The programme is being organised in association with the Heartfulness Institute, ECIL, Hyderabad, for the personality development and leadership skills of the students. In view of the infrastructure and the faculty available there, the sessions will be held at the Heartfulness Institute, Thumukunta.

Programme Particulars

Programme	Heartfulness Orientation Programme — First Year B.Tech. (A.Y. 2024-25)
Duration	04-09-2024 to 06-09-2024 (three days)
Timings	10:00 A.M. to 3:15 P.M. daily
Venue	Heartfulness Institute, Thumukunta
Organised by	Department of Basic Sciences and Humanities (BSH), VMTW
In Association with	Heartfulness Institute, ECIL, Hyderabad
Chief Resource Person	Mr. Goutham Sharma, Heartfulness Institute
Co-ordinators	Br. Goutham Sharma (Heartfulness) and Mrs. V. Suzan Shalini (VMTW)
Participants	All newly admitted First Year B.Tech. students of the 2024-25 batch

Instructions

- Attendance is **COMPULSORY** for all First Year B.Tech. students of the 2024-25 batch on all three days of the programme.
- Students shall assemble at the reporting point at the notified time and shall travel to the Heartfulness Institute, Thumukunta, only by the transport arranged by the Institute.
- Students shall wear comfortable and decent attire suitable for the yoga, relaxation and meditation sessions.
- Complimentary breakfast, snacks and lunch will be provided at the venue by the Heartfulness Institute; students are requested to observe silence and discipline in the dining area.
- Students will be divided into groups for the group-discussion activity; each group shall prepare its allotted topic and present it before the jury on the final day.
- Participants shall carry a notebook and pen, and shall keep their mobile phones in silent mode during the sessions.
- Class-wise attendance shall be recorded on each day by the faculty members deputed for the programme and submitted to the Programme Co-ordinator.
- All Heads of Departments are requested to depute faculty members to accompany the students and to ensure the smooth conduct of the programme.

The co-operation of all students, faculty members and staff is solicited for the successful conduct of the programme.


Dr G Apparao Naidu
PRINCIPAL

Copy to: CEO for information,

All Deans, All HoD's, TPO, Admin, Library, Exam Branch, IQAC,
&Transport, Hostel In Charges, Supervisors and Wardens

PROGRAMME SCHEDULE / TIME TABLE

Heartfulness Orientation Programme — First Year B.Tech. Students of Vignan Institutions

04 September 2024 to 06 September 2024 | Heartfulness Institute, Thumukunta

A. Curriculum and Time Table

Day / Date	Time	Subject
04-09-2024 (Wednesday)	10:00 A.M. – 11:00 A.M.	Relaxation & Meditation — the concept of Dhyan for personality development — Mr. Goutham Sharma
	11:00 A.M. – 11:30 A.M.	Tea break
	11:30 A.M. – 12:30 P.M.	Thought Experiment & Creative Thinking — Mr. Goutham Sharma
	12:30 P.M. – 1:45 P.M.	Lunch
	1:45 P.M. – 2:45 P.M.	Goal Setting & Prioritisation — Mr. Goutham Sharma
	2:45 P.M. – 3:15 P.M.	High tea
05-09-2024 (Thursday)	10:00 A.M. – 11:00 A.M.	Relaxation & Meditation — Rejuvenation as part of yogic practices — Mrs. Padmavathi
	11:00 A.M. – 11:30 A.M.	Tea break
	11:30 A.M. – 12:30 P.M.	Balanced Existence — Mr. Goutham Sharma
	12:30 P.M. – 1:45 P.M.	Lunch
	1:45 P.M. – 2:45 P.M.	Values & Attitudes — Mr. Goutham Sharma
	2:45 P.M. – 3:15 P.M.	High tea
06-09-2024 (Friday)	10:00 A.M. – 11:00 A.M.	Relaxation & Meditation — Connect with the Inner Self — Mr. Goutham Sharma
	11:00 A.M. – 11:30 A.M.	Tea break
	11:30 A.M. – 12:30 P.M.	Making Resolutions Work — Mr. Goutham Sharma
	12:30 P.M. – 1:45 P.M.	Lunch
	1:45 P.M. – 2:45 P.M.	Presentation & Feedback (group presentations before the jury) — Mr. Goutham Sharma
	2:45 P.M. – 3:15 P.M.	High tea
Daily (all three days)	10:00 A.M. – 10:15 A.M.	Yoga session — Ms. Mahita, Yoga Trainer

Breaks: Tea break 11:00 A.M. – 11:30 A.M.; Lunch 12:30 P.M. – 1:45 P.M.; High tea 2:45 P.M. – 3:15 P.M. Complimentary breakfast, snacks and lunch were provided by the Heartfulness Institute for all volunteers, students and faculty members on each day.

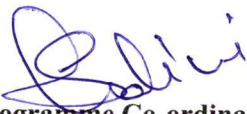
B. Group Discussion and Presentation Topics

The following topics were allotted to the student groups for detailed discussion during the programme, to be presented on the final day before the jury.

S. No.	Topic for Group Discussion	Groups Allotted
01	Ambitions vs Aspirations	Groups 01, 05, 09, 13
02	Education for Balanced Existence	Groups 02, 06, 10, 14
03	Knowledge vs Wisdom	Groups 03, 07, 11, 15
04	Youth — A Time of Promise and Achievement	Groups 04, 08, 12, 16

C. Organising Committee

Patron	The Principal, VMTW
Convener	Head, Department of Basic Sciences and Humanities
Programme Co-ordinators	Br. Goutham Sharma (Heartfulness Institute) and Mrs. V. Suzan Shalini (VMTW)
Chief Resource Person	Mr. Goutham Sharma, Heartfulness Institute
Other Resource Persons	Mrs. Padmavathi; Ms. Mahita (Yoga Trainer); Mr. Ramana, District Co-ordinator, Medchal-Malkajgiri; Mrs. Archana, Centre Co-ordinator, Thumukunta; Ms. Pooja (Brighter Minds)
Jury for the Presentations	Mr. Prabhakar, Mrs. Sujatha, Mrs. Archana and Mrs. V. Suzan Shalini
Infrastructure Arrangements	Br. Goutham Sharma, Br. Narsimha Chari and Br. Durga Kumar
Photography and Videography	Mr. Prabhu and the College authorities


Programme Co-ordinator
 Mrs. V. Suzan Shalini

Head of the Department
 Dept. of BSH

PRINCIPAL
 VMTW

DEPARTMENT OF BASIC SCIENCES AND HUMANITIES

REPORT ON THE HEARTFULNESS ORIENTATION PROGRAMME

First Year B.Tech. Students — Academic Year 2024-25

04 September 2024 to 06 September 2024 | Heartfulness Institute, Thumukunta

1. Programme at a Glance

Title of the Programme	Heartfulness Orientation Programme for the First Year B.Tech. Students of Vignan Institutions
Dates	04-09-2024 to 06-09-2024 (three days)
Timings	10:00 A.M. to 3:15 P.M. daily
Venue	Heartfulness Institute, Thumukunta
Organised by	Department of Basic Sciences and Humanities, VMTW
In Association with	Heartfulness Institute, ECIL, Hyderabad
Chief Resource Person	Mr. Goutham Sharma, Heartfulness Institute
Co-ordinators	Br. Goutham Sharma (Heartfulness) and Mrs. V. Suzan Shalini (VMTW)
Participation	426 students on Day-1; 307 students on Day-2; 296 students on Day-3
Group Structure	12 groups of about 25 students each for the group-discussion activity
Volunteers	14 Heartfulness abhyasi brothers and sisters (Annexure-III)
Feedback	Highly positive — the participation of the students during the sessions was praiseworthy

2. Introduction

The Student Induction Programme is the first formal engagement between an institution and its newly admitted students. Mandated by the All India Council for Technical Education, it is intended to help the student settle into the ways of thinking and working of professional education, to build physical and mental well-being, to cultivate human values and to create a bond between the student, her peers, her teachers and her institution.

For the Academic Year 2024-25 the Department of Basic Sciences and Humanities of Vignan's Institute of Management and Technology for Women organised the induction of the First Year B.Tech. students as a three-day Heartfulness Orientation Programme, conducted in association with the Heartfulness Institute, ECIL, Hyderabad, and held at the Heartfulness Institute, Thumukunta, from 4 to 6 September 2024.

The programme combined daily practice of yoga, relaxation and meditation with structured sessions on creative thinking, goal setting, balanced existence, values and attitudes, and the making of resolutions that endure. It closed with a group-discussion and presentation exercise before a jury, so that every group of students was required not merely to receive instruction but to reflect, to organise its thoughts and to present them in public.

3. Concept and Planning

The Heartfulness Orientation Programme was seeded at Vignan's Institute of Management and Technology for Women on 31 August 2024, when Mr. Goutham Sharma, Mrs. Vijaya Sharma, Mr. M. Narsimha Chari and Mr. Durga Kumar of the Heartfulness Institute, ECIL, Hyderabad, visited the Institution and interacted with the Management Team on the conduct of Heartfulness programmes for the personality development and leadership skills of the students.

It was decided to conduct the Heartfulness Orientation Programme for the students of the First Year B.Tech. at the Heartfulness Institute, Thumukunta, in the light of the infrastructure facility and the faculty available there, from 4 September 2024 to 6 September 2024, and the curriculum and time table reproduced in the accompanying Programme Schedule were drawn up accordingly.

4. Objectives of the Programme

- To help the newly admitted First Year B.Tech. students make a smooth transition from school to professional college life.
- To develop the personality and the leadership skills of the students through the Heartfulness practices of relaxation, meditation and rejuvenation.
- To introduce the students to the concept of dhyan (meditation) as an instrument of personality development, and to equip them to practise it independently.
- To develop creative thinking through structured thought experiments.
- To teach the students to set goals and to prioritise, and to make their resolutions work in practice.
- To cultivate a balanced existence and to build sound values and attitudes.
- To develop communication, team-work, clarity of thought, body language and time management through group discussion and public presentation before a jury.
- To build physical and mental well-being through a daily yoga session and guided meditation.
- To create a bond among the students of all branches and to inspire a habit of daily practice that will be sustained beyond the programme.

5. Execution of the Programme

Fourteen Heartfulness abhyasi brothers and sisters volunteered for participation in the programme; their names are listed at Annexure-III. The students were divided into twelve groups of about twenty-five students each for the purpose of the group discussion. The infrastructure arrangements were made by Br. Goutham Sharma, Br. Narsimha Chari and Br. Durga Kumar, and the photography and videography during the programme were carried out by Mr. Prabhu and the College authorities. The programme was co-ordinated in all respects by Br. Goutham Sharma and Mrs. V. Suzan Shalini. Complimentary breakfast, snacks and lunch were provided by the Heartfulness Institute to all volunteers, students and faculty members on each day of the programme.

The programme commenced on 4 September 2024 at 10:00 A.M. with about 426 students; 307 students attended on the second day (5 September) and 296 students on the final day (6 September). The sessions were conducted interactively throughout, and the participation of the students during the sessions was praiseworthy. As part of the work on the communication process, a live game of dumb charades was conducted, in which the students expressed ideas through body-language signs alone.

Interactive sessions were also held by Mr. Ramana, District Co-ordinator, Medchal-Malkajgiri, of Heartfulness, and by Mrs. Archana, Centre Co-ordinator, Thumukunta, who spoke to the students on personality development and career progression.

6. Activities Conducted — Day-wise Report

Day-1 : 4 September 2024 — Dhyān, Creative Thinking and Goal Setting

The day opened, as did each day of the programme, with a fifteen-minute yoga session conducted by Ms. Mahita, Yoga Trainer.

Mr. Goutham Sharma then conducted the first session on relaxation and meditation, in which the concept of dhyān was presented as an instrument of personality development. The students were led through a guided relaxation followed by meditation on the source of light within the heart, and were shown how a settled mind is the precondition of clear thinking and steady effort.

The second session of the day was devoted to a thought experiment and to creative thinking, in which the students were invited to examine a problem from unfamiliar angles and to observe how habitual assumptions restrict the range of solutions considered. The afternoon session dealt with goal setting and prioritisation: the students were taken through the difference between an intention and a goal, the discipline of writing goals down, and the ordering of tasks by importance rather than by urgency alone.

Day-2 : 5 September 2024 — Rejuvenation, Balanced Existence, Values and Attitudes

The second day began with a session on relaxation and meditation conducted by Mrs. Padmavathi, in which rejuvenation was presented as a part of yogic practice — a cleaning of the accumulated impressions of the day by which the mind is restored to lightness and clarity.

Mr. Goutham Sharma then conducted the session on balanced existence, dealing with the balance between study and rest, between ambition and contentment, and between the demands of the outer world and the needs of the inner one. In the afternoon he addressed the students on values and attitudes, showing how attitude, rather than circumstance, determines the quality of a student's response to the challenges of professional education.

As part of the work on the communication process, a live game of dumb charades with body-language signs was conducted, in which the students conveyed ideas to their groups without speech. The interactive sessions on personality development and career progression by Mr. Ramana and Mrs. Archana were also held, and were received with great interest.

Day-3 : 6 September 2024 — Connect with the Inner Self, Making Resolutions Work, Presentations and Valedictory

The final day opened with the session on relaxation and meditation entitled "Connect with the Inner Self", conducted by Mr. Goutham Sharma, in which the students were shown that the guidance they seek outside is very often already available within, and that the practice consists in learning to listen. The best practices of a sustained Heartfulness practice were set out: like any other skill it requires discipline; a regular time and a regular place should be fixed; and meditation is to be approached as a joyous exercise rather than as a duty.

This was followed by the session on making resolutions work, in which the students examined why resolutions ordinarily fail and what must be added to intention — a definite time, a definite place, a small and repeatable action, and an honest daily review — if a resolution is to become a habit.

Quiz, Group Presentations and the Brighter Minds Programme

After the sessions a quiz programme was conducted on the Heartfulness concepts and practices covered during the three days. This was followed by the presentation of the group-discussion topics by the respective group leaders before a jury consisting of Mr. Prabhakar, Mrs. Sujatha, Mrs. Archana and Mrs. V. Suzan Shalini. The four topics allotted were "Ambitions vs Aspirations", "Education for Balanced Existence", "Knowledge vs Wisdom" and "Youth — A Time of Promise and Achievement". All the groups presented their topics well, with clarity of thought, good body language, sound content and effective management of time. A special programme of Brighter Minds was also performed by Ms. Pooja.

Valedictory and Vote of Thanks

The programme concluded with the valedictory session, in which Mrs. V. Suzan Shalini and the leaders of the groups were felicitated with the literature of Heartfulness, and the programme ended with the vote of thanks.

7. Programme Highlights

- A three-day Heartfulness Orientation Programme conducted in association with the Heartfulness Institute, ECIL, at the Heartfulness Institute, Thumukunta.
- A daily yoga session conducted by Ms. Mahita, Yoga Trainer, followed by relaxation and meditation.
- Sessions on the concept of dhyana for personality development, thought experiments and creative thinking, goal setting and prioritisation, rejuvenation, balanced existence, values and attitudes, connecting with the inner self, and making resolutions work.
- A live game of dumb charades with body-language signs, conducted as part of the work on the communication process.
- Interactive sessions on personality development and career progression by Mr. Ramana, District Co-ordinator, Medchal-Malkajigiri, and Mrs. Archana, Centre Co-ordinator, Thumukunta.
- A quiz programme on the Heartfulness concepts and practices on the final day.
- Group discussion on four set topics, followed by presentations by the group leaders before a jury of four.
- A special Brighter Minds programme performed by Ms. Pooja.

- A valedictory session with the felicitation of the Programme Co-ordinator and the group leaders with Heartfulness literature.
- Complimentary breakfast, snacks and lunch provided by the Heartfulness Institute to all students, faculty members and volunteers.

8. Student Participation

Day	Date	Number of Students Present
Day-1	04-09-2024	426
Day-2	05-09-2024	307
Day-3	06-09-2024	296

Category	Details
Group structure	12 groups of about 25 students each
Resource persons	Mr. Goutham Sharma; Mrs. Padmavathi; Ms. Mahita; Mr. Ramana; Mrs. Archana; Ms. Pooja
Jury for the presentations	Mr. Prabhakar, Mrs. Sujatha, Mrs. Archana and Mrs. V. Suzan Shalini
Volunteers	14 Heartfulness abhyasi brothers and sisters (Annexure-III)
Faculty members	Faculty of the Dept. of BSH and of all Departments

Attendance was recorded on each day by the faculty members deputed for the programme. The sessions were conducted interactively and the participation of the students throughout was praiseworthy.

9. Outcomes of the Programme

- The students learned, and practised under guidance, the Heartfulness techniques of relaxation, meditation and rejuvenation, and are able to perform them independently.
- The participants gained an understanding of dhyana as an instrument of personality development, and of the connection between a settled mind and clear thinking.
- The students acquired practical methods of goal setting, prioritisation and the conversion of resolutions into sustained habits.
- Creative thinking was developed through structured thought experiments that exposed the limits of habitual assumptions.
- The students reflected on values, attitudes and the meaning of a balanced existence, and on the difference between ambition and aspiration, and between knowledge and wisdom.

- Communication skills, body language, clarity of thought and time management were developed through the dumb-charades activity and the group presentations before the jury.
- Team-work and leadership were strengthened by the group structure, in which each group prepared and presented a topic under a leader of its own.
- The students gained an understanding of career progression and of the personal qualities that industry expects, from the interactive sessions of the visiting Heartfulness co-ordinators.
- Bonds of friendship were formed across branches, and the students were motivated to continue the practice of meditation in their daily routine.

10. Conclusion

The Heartfulness Orientation Programme of the Academic Year 2024-25, conducted from 4 to 6 September 2024 at the Heartfulness Institute, Thumukunta, achieved its objectives in full measure. Over three days the newly admitted students were introduced to practices of yoga, relaxation and meditation that will serve them throughout their studies; were taught to think creatively, to set goals, to prioritise and to make their resolutions work; and were required, through the group-discussion and presentation exercise, to organise their thoughts and to present them in public before a jury — an exercise which all the groups completed with clarity of thought, sound content, good body language and effective management of time.

The Department of Basic Sciences and Humanities gratefully acknowledges the support of the Management, the Principal and the Heads of all Departments; the hospitality, the infrastructure and the complimentary meals provided by the Heartfulness Institute, Thumukunta; the guidance of Mr. Goutham Sharma and the other resource persons; and the tireless service of the Heartfulness abhyasi volunteers, without whose contribution the successful conduct of the programme would not have been possible.

11. Photographs of the Programme

The photographs reproduced below record the conduct of the Heartfulness Orientation Programme on each of the three days and form part of the documentary evidence for institutional records.



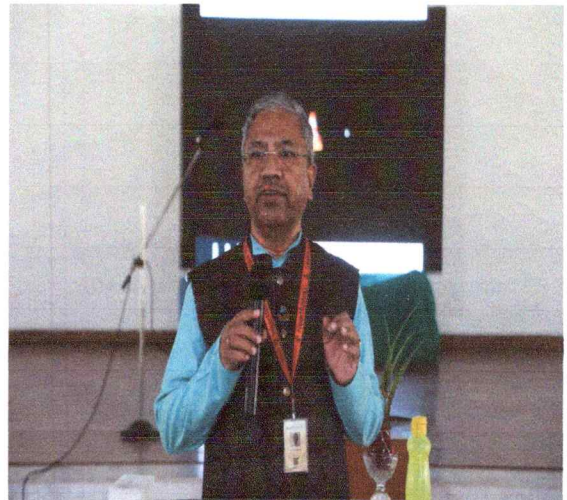
Day-1 (04-09-2024): Inaugural session in progress at the Heartfulness Institute, Thumukunta



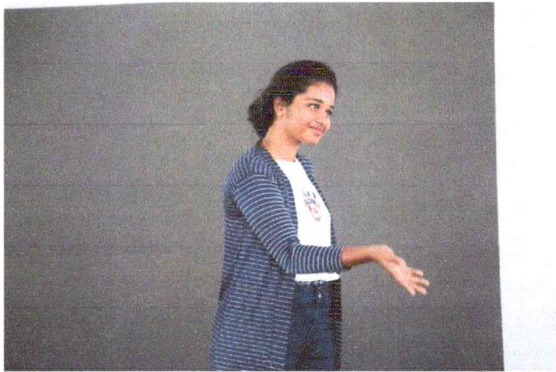
Day-1: Students participating in the interactive body-language activity



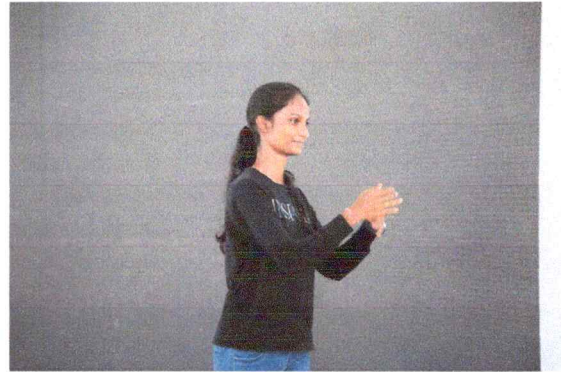
Day-1: Students assembled for the relaxation and meditation session



Day-1: Resource person addressing the students



Day-2 (05-09-2024): Student demonstrating body-language signs during the dumb-charades activity



Day-2: Communication activity — expressing a concept through gestures alone



Day-2: Students at the interactive session



Day-2: Resource person addressing the gathering



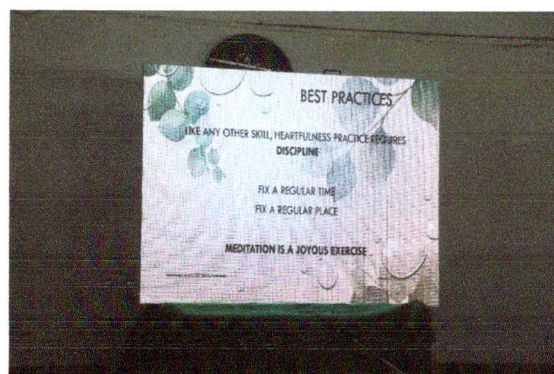
Day-2: Complimentary breakfast and snacks provided by the Heartfulness Institute



Day-2: Refreshments being served to the students and volunteers



Day-3 (06-09-2024): Session slide — "Connect with Inner Self"



Day-3: Session slide — best practices of a regular Heartfulness practice



Day-3: Faculty member during the guided meditation session



Day-3: Meditation session in progress



Day-3: Group leaders at the presentation session



Day-3: The jury for the group presentations



Day-3: Group leader presenting before the jury



Day-3: Student presenting her group's topic



Day-3: Group presentation before the gathering



Day-3: Student addressing the gathering during the presentation session



Day-3: Group photograph after the presentation



Day-3: Group presenting the topic "Knowledge vs Wisdom"



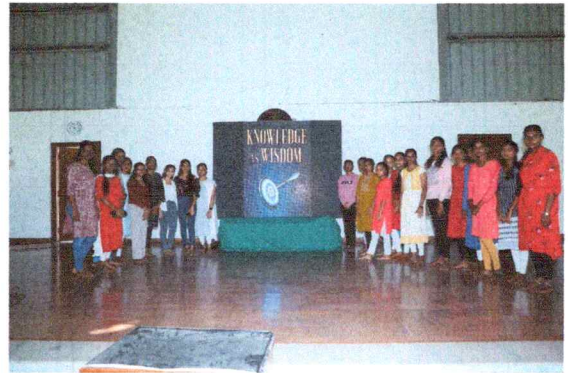
Day-3: Student presenting "Youth — A Time of Promise and Achievement"



Day-3: Student presenting her group's topic before the jury



Day-3: Group presenting the topic "Knowledge vs Wisdom"



Day-3: Group presenting the topic "Knowledge vs Wisdom"



Day-3: Student presenting "Education for a Balanced Existence"



Day-3: Group presenting "Education for a Balanced Existence"



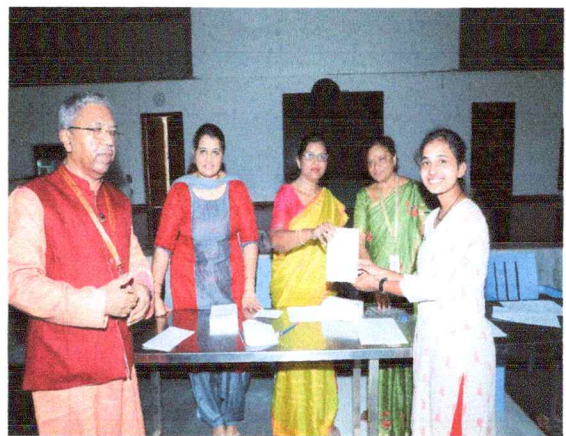
Day-3: The Brighter Minds programme conducted by Ms. Pooja



Day-3: Felicitation of a group leader with Heartfulness literature



Day-3: Presentation of Heartfulness literature to a group leader



Day-3: Felicitation at the valedictory session



Day-3: Group leaders felicitated before the jury at the valedictory session



Day-3: Group photograph of the organisers, volunteers and faculty members

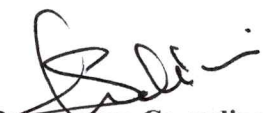
12. Annexure-III : Heartfulness Volunteers

The following Heartfulness abhyasi brothers and sisters volunteered for participation in the programme.

Volunteer	Volunteer
Br. Goutham Sharma	Sr. Vijaya Sharma
Br. Prabhakar	Br. Prabhu
Br. Prasad	Br. Narsimha Chari
Br. Durga Kumar	Sr. Vasavi
Br. Dhananjay	Sr. Pradeepa
Br. Raghurama Reddy	Sr. Geetha Reddy
Sr. Geetha Sampath	Sr. Sujatha

13. Annexures

Annexure	Description
Annexure-I	Official Circular and Programme Schedule / Time Table
Annexure-II	Day-wise attendance registers of the participating students
Annexure-III	List of Heartfulness volunteers (reproduced in Section 12)
Annexure-IV	Group allotment and the topics for group discussion
Annexure-V	Photographs of the programme (reproduced in Section 11)
Annexure-VI	Jury evaluation sheets and the feedback forms of the participants


Programme Co-ordinator
 Mrs. V. Suzan Shalini


Head of the Department
 Dept. of BSH


PRINCIPAL
 VMTW