

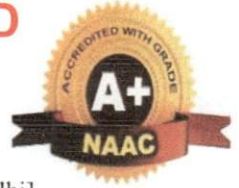


VIGNAN'S INSTITUTE OF MANAGEMENT AND TECHNOLOGY FOR WOMEN

(An Autonomous Institution)

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

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CIRCULAR

Ref. No.: VMTW/BSH/IND/2025-26/01

Date: 18-08-2025

Subject: Conduct of the Student Induction Programme for the First Year B.Tech. students (Batch 2025-26) in association with the Heartfulness Education Trust, from 21-08-2025 to 25-08-2025 at the Heartfulness Institute, Thumukunta — Instructions issued — Reg.

All First Year B.Tech. students admitted for the Academic Year 2025-26 and all concerned faculty members are hereby informed that the Institute is conducting the Student Induction Programme for the newly admitted batch, as 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 Education Trust. In view of the infrastructure and the faculty available there, the sessions will be held at the Heartfulness Institute, Thumukunta, where the ECIL and Thumukunta teams of the Heartfulness Institute will conduct relaxation, meditation, wellness and life-skills sessions for the students.

Programme Particulars

Programme	Student Induction Programme — First Year B.Tech. (A.Y. 2025-26)
Duration	21-08-2025 to 25-08-2025
Timings	10:00 A.M. to 3:00 P.M. daily
Venue	Heartfulness Institute, Thumukunta (Heartfulness Zonal Centre)
Organised by	Department of Basic Sciences and Humanities (BSH), VMTW
In Association with	Heartfulness Education Trust — Heartfulness Institute, ECIL and Thumukunta teams
Co-ordinators	Mr. Prabhakar (Heartfulness, ECIL Centre) and Mrs. V. Suzan Shalini (VMTW)
Expected Participation	Approximately 400 to 500 newly admitted First Year B.Tech. students

Instructions

- Attendance is **COMPULSORY** for all First Year B.Tech. students of the 2025-26 batch for every session of the Induction 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 relaxation, meditation and yoga sessions.
- Tea, 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.
- 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 each day by the faculty members deputed for the programme and submitted to the Programme Co-ordinator.
- Students selected for the skit and for the experience-sharing sessions shall report to the Programme Co-ordinator for rehearsal on the previous day.
- 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

Student Induction Programme — First Year B.Tech. Students (2025 Batch)

In association with the Heartfulness Education Trust | 21 August 2025 to 25 August 2025

A. Curriculum and Time Table

Date / Day	Time	Session
21-08-2025 (Thursday)	10:00 A.M. – 10:30 A.M.	Tea and snacks
	10:40 A.M. – 11:40 A.M.	Heartfulness Relaxation & Meditation — Mr. Goutham Sharma
	11:45 A.M. – 12:30 P.M.	Motivational talk — Mr. Prasanna Raghunathan
	12:45 P.M. – 1:35 P.M.	Health & Wellbeing for Women — Dr. (Mrs.) Sunita Sayamma
	1:45 P.M. – 2:30 P.M.	Lunch break
	2:30 P.M. – 3:00 P.M.	Sharing of experiences by the students
22-08-2025 (Friday)	10:00 A.M. – 10:30 A.M.	Tea and snacks
	10:40 A.M. – 11:40 A.M.	Brighter Minds — brain exercises and yoga — Mrs. Vijaya Durga and Mr. Prabhakar
	11:30 A.M. – 12:30 P.M.	Heartfulness Cleaning (Rejuvenation) — Mrs. Archana
	12:45 P.M. – 1:45 P.M.	Lunch break
	2:00 P.M. – 3:00 P.M.	Skit presented by the participating students
23-08-2025 (Saturday)	10:00 A.M. – 10:30 A.M.	Tea and snacks
	10:40 A.M. – 11:35 A.M.	"Awaken Your Inner Engineer" — Mr. Shajid Mohammed
	11:45 A.M. – 12:35 P.M.	Heartfulness Inner Connection — Mr. Shajid Mohammed
	12:45 P.M. – 1:45 P.M.	Lunch break
	2:00 P.M. – 3:00 P.M.	"Why spirituality is necessary at this young age" — Mr. Suresh Purini
25-08-2025 (Monday)	10:00 A.M. – 10:30 A.M.	Tea and snacks
	10:40 A.M. – 12:00 P.M.	Heartfulness practices recap and introduction to the HELM programme — Mr. Dhanumjaya
	12:00 P.M. – 1:00 P.M.	Health & Wellbeing for Women — Dr. (Mrs.) Sunita Sayamma
	1:15 P.M. – 2:15 P.M.	Lunch break
	2:25 P.M. – 3:00 P.M.	Felicitation of the VMTW staff and vote of thanks

Venue: Heartfulness Institute, Thumukunta. Tea, snacks and lunch were provided by the Heartfulness Institute to all students, faculty members and volunteers on each day of the programme.

B. Resource Persons

Resource Person	Designation / Affiliation	Session Handled
Mr. Goutham Sharma	Heartfulness Trainer	Heartfulness Relaxation and Meditation
Mr. Prasanna Raghunathan	Campus Manager, HIS School, Thumukunta	Motivational talk on life skills
Dr. (Mrs.) Sunita Sayamma	Diabetologist	Health and Wellbeing for Women
Mrs. Vijaya Durga & Mr. Prabhakhar	Brighter Minds Trainers, Heartfulness	Brighter Minds — brain exercises and yoga
Mrs. Archana	Heartfulness Trainer	Heartfulness Cleaning (Rejuvenation)
Mr. Shajid Mohammed	Centre Co-ordinator, Heartfulness, Domalguda	Awaken Your Inner Engineer; Heartfulness Inner Connection
Mr. Suresh Purini	Associate Professor, IIIT-Hyderabad; Heartfulness Meditation & Yoga Trainer	Spirituality at a young age
Mr. Dhanumjaya	Heartfulness Trainer	Recap of practices and introduction to the HELM programme

C. Organising Committee

Patron	The Principal, VMTW
Convener	Head, Department of Basic Sciences and Humanities
Programme Co-ordinators	Mr. Prabhakhar (Heartfulness, ECIL Centre) and Mrs. V. Suzan Shalini (VMTW)
Host Institution	Heartfulness Institute, Thumukunta — ECIL and Thumukunta teams
Support	Heartfulness abhyasi volunteers (list at Annexure-III) and the faculty of the Dept. of BSH

REPORT ON THE STUDENT INDUCTION PROGRAMME

First Year B.Tech. Students — Academic Year 2025-26

21 August 2025 to 25 August 2025 | In association with the Heartfulness Education Trust

1. Programme at a Glance

Title of the Programme	Student Induction Programme — First Year B.Tech. (2025 Batch)
Dates	21-08-2025 to 25-08-2025
Timings	10:00 A.M. to 3:00 P.M. daily
Venue	Heartfulness Institute, Thumukunta (Heartfulness Zonal Centre)
Organised by	Department of Basic Sciences and Humanities, VMTW
In Association with	Heartfulness Education Trust — Heartfulness Institute, ECIL and Thumukunta teams
Co-ordinators	Mr. Prabhakar (Heartfulness) and Mrs. V. Suzan Shalini (VMTW)
Participation	About 500 students on the first day and about 400 students on each of the subsequent days
Resource Persons	08 (Heartfulness trainers, a diabetologist and an academic from IIIT-Hyderabad)
Volunteers	Heartfulness abhyasi volunteers from the ECIL and Thumukunta centres
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 develop human values and to create a bond between the student, her peers, her teachers and her institution.

For the Academic Year 2025-26, the Department of Basic Sciences and Humanities of Vignan's Institute of Management and Technology for Women organised the Induction Programme in association with the Heartfulness Education Trust. The Heartfulness Institute teams of ECIL and Thumukunta came together to conduct the sessions for the newly admitted students of the Institute from 21 to 25 August 2025, from 10:00 A.M. to 3:00 P.M. on each day.

It was decided to hold the Heartfulness orientation programme for the First Year B.Tech. students at the Heartfulness Institute, Thumukunta, in view of the infrastructure and the faculty available at that centre, and the curriculum and time table set out in the accompanying schedule were

drawn up accordingly. Around 400 to 500 newly admitted students attended the Heartfulness sessions at the Thumukunta zonal centre.

3. 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 introduce the students to the practices of Heartfulness relaxation, meditation, cleaning and inner connection, and to equip them to practise these independently.
- To develop emotional balance, concentration, mental clarity and resilience at the very outset of the students' professional education.
- To build essential life skills — communication, adaptability, critical thinking, leadership, collaboration and teamwork — through motivational talks and participatory activity.
- To create awareness among the students, as young women, of health, nutrition, preventive care and general well-being.
- To awaken in the students a sense of purpose as future engineers, and an understanding that engineering is a means of building a better world.
- To introduce the students to the value of spirituality, self-awareness and ethical living at a young age.
- To foster bonding among the students of all branches and to inspire a habit of daily practice that will be sustained beyond the programme.

4. Execution of the Programme

The Heartfulness abhyasi brothers and sisters of the ECIL and Thumukunta centres volunteered for the conduct of the programme. The infrastructure arrangements were made by the Heartfulness ECIL and Thumukunta teams, and the programme was co-ordinated in all respects by Mr. Prabhakhar and Mrs. V. Suzan Shalini. Complimentary tea, snacks and lunch were provided by the Heartfulness Institute to all volunteers, students and faculty members on each day of the programme.

The programme began on 21 August 2025 at 10:00 A.M. with about 500 students; about 400 students attended on each of the following days, including the final day on 25 August 2025. The sessions were conducted interactively throughout, and the participation of the students during the sessions was praiseworthy.

Interactive sessions were delivered by Mr. Prasanna Raghunathan, Campus Manager of the HIS School, Thumukunta; Mr. Shajid Mohammed, Centre Co-ordinator of the Heartfulness Centre, Domalguda; and Mr. Suresh Purini, Associate Professor at IIIT-Hyderabad (Computer Architecture, Compilers and AI/ML Systems Research) and a Heartfulness meditation and yoga trainer. Dr. (Mrs.) Sunita Sayamma, a diabetologist, addressed the students on the health and

well-being of women. A skit was organised on the second day by Mr. Prabhakar, Centre Co-ordinator, ECIL; the HELM programme was introduced by Br. Dhanumjaya on the final day; and a special Brighter Minds programme was conducted by Mrs. Vijaya Durga.

5. Sessions Conducted — Day-wise Report

Day-1 : 21 August 2025 — Relaxation, Meditation, Life Skills and Women's Health

The programme opened with a session on Heartfulness relaxation and meditation conducted by Mr. Goutham Sharma, in which the students were taught a simple technique of progressive relaxation followed by meditation on the source of light within the heart.

Motivational Talk — Mr. Prasanna Raghunathan

The motivational talk on life skills urged the students to blend technical prowess with the essential soft skills of communication, adaptability, critical thinking and teamwork. Success, the speaker argued, does not consist in acing examinations, but in being resourceful, resilient and a problem-solver for society; it lies in using one's unique skills to build a better world and in finding personal fulfilment through continuous learning and a positive mindset.

The key themes of the talk were:

- The engineer's purpose — a student of engineering is not merely learning formulae, but learning to build the world; her innovation and grit are needed to solve real problems, from local challenges to global ones.
- Beyond the textbook — books provide the foundation, but the real world demands communication, leadership and collaboration; projects, teams and careers depend on these.
- The power of being resourceful — it is not about having enough resources but about being resourceful: finding solutions with what one has, and making the impossible possible.
- Embracing the struggle — engineering is hard, but challenges are opportunities rather than obstacles; setbacks are data, mistakes are lessons, and the student must keep moving forward.
- Time and self-awareness — college is finite; the student must use her time wisely and understand her strengths, weaknesses and emotions in order to navigate the journey.
- The 'attitude' engineer — a positive mindset, a never-give-up attitude and curiosity shape one's outcomes and one's relationships with teachers and peers.

Actionable takeaways offered to the students were: start now, because momentum builds; network and collaborate with professors, seniors and peers; pursue continuous learning through online courses and new tools; celebrate small wins in order to stay motivated; and remember the 'why' — the passion that brought them to engineering.

Health and Wellbeing for Women — Dr. (Mrs.) Sunita Sayamma

Dr. Sunita Sayamma, a diabetologist, spoke to the students on the health and well-being of women. She addressed balanced nutrition and physical health; mental and emotional well-being and the management of stress; the importance of preventive care and of regular screening; the health needs of women at different stages of life; and sleep hygiene as a foundation of physical and mental health. The day concluded with a session in which the students shared their experience of the first day's practice.

Day-2 : 22 August 2025 — Brighter Minds, Rejuvenation and Student Skit

The second day opened with the Brighter Minds programme of brain exercises and yoga, conducted by Mrs. Vijaya Durga and Mr. Prabhakar, which engaged the students in activities designed to sharpen sensory awareness, concentration and creativity.

Relaxation and Meditation — the Concept of Dhyan for Personality Development

Mrs. Archana conducted the session on Heartfulness cleaning (rejuvenation), and the practices of the programme were placed within the wider framework of dhyan (meditation) as an instrument of personality development. The core concepts and objectives explained to the students were:

- Stress reduction — providing tools and techniques, such as breath regulation and relaxation, by which tension is released.
- Enhanced self-awareness and introspection — guiding the participants to observe their own thoughts, motives and reactions.
- Emotional balance and resilience — developing the ability to observe emotion without being overwhelmed by it.
- Improved concentration and mental clarity — using focused attention to steady a restless mind.
- Cultivation of virtues — emphasising ethical principles such as humility, gratitude, compassion and truthfulness.
- Holistic well-being — promoting an integrated state of being in which body, mind and spirit act together.

The methodology followed in the sessions moved through four stages: preparation, in which the participant finds a quiet place and sits comfortably and still; breathwork (pranayama), in which the breath is regulated in order to settle the mind; concentration (dharana), in which attention is held upon a single point; and meditation (dhyan), in which concentration deepens into an absorbed and effortless state. The day closed with a skit presented by the participating students, organised by Mr. Prabhakar, Centre Co-ordinator, ECIL.

Day-3 : 23 August 2025 — "Awaken Your Inner Engineer" and Heartfulness Inner Connection

Mr. Shajid Mohammed, Centre Co-ordinator of the Heartfulness Centre at Domalguda, delivered the talk "Awaken Your Inner Engineer". The talk called upon the students to recognise the engineer within — the instinct to observe a problem, to question it, to design and to build — and to bring to their studies the curiosity, persistence and creative confidence that distinguish an engineer from a mere holder of a degree. He followed this with a session on the Heartfulness Inner Connection, a reflective practice by which the student learns to turn inward, to listen to the heart and to act from a settled centre rather than from impulse.

In the afternoon Mr. Suresh Purini, Associate Professor at IIIT-Hyderabad and a Heartfulness meditation and yoga trainer, spoke on why spirituality is necessary at a young age.

Day-4 : 24 August 2025 — "Spirituality at a Young Age: Why It Is Important"

The talk given by Mr. Suresh Purini set out the case for spirituality as a foundation of a well-lived life, and not as a preoccupation reserved for later years. The core concepts he developed were:

- Holistic growth — spirituality balances mind, body and spirit and supports overall development.
- Purpose and meaning — it helps the individual to find a deeper meaning and direction in life.
- Inner virtues — it cultivates compassion, kindness, humility and gratitude.
- Self-awareness — it encourages introspection, mindfulness and honest self-examination.

The common practices through which these ends are pursued — meditation, prayer, study and a disciplined way of living — were explained, and the speaker set out why they matter for a young student: they enhance focus, reduce stress and promote inner peace (well-being); they develop a strong moral compass and prosocial behaviour (character building); they foster a sense of belonging and interconnectedness with others (connection); and they furnish the tools with which the challenges and disappointments of life may be navigated (life skills).

Day-5 : 25 August 2025 — Recap of Practices, the HELM Programme, Women's Health and Valedictory

The final day opened with a recap of the core Heartfulness practices, conducted by Mr. Dhanumjaya:

- Relaxation — a simple technique by which tension is released and the body and mind are de-stressed.
- Meditation — meditation upon the source of the divine light within the heart.
- Cleaning — a process, ordinarily performed in the evening, by which the impressions and emotional burdens of the day are removed.
- Inner connect (prayer) — a heartfelt, reflective practice, usually observed at night, by which the practitioner connects with her own inner source.

Mr. Dhanumjaya then introduced the HELM programme, explaining its objectives and modules and the manner in which interested students may continue their practice within a structured framework after the induction. Dr. (Mrs.) Sunita Sayamma addressed the students once more on health and well-being for women, covering physical health and balanced nutrition, mental and emotional well-being, preventive care, the health needs of women at different life stages, and sleep hygiene.

Valedictory, Felicitation 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 and presented with Heartfulness literature, and the staff of VMTW were felicitated by the Heartfulness Institute. The vote of thanks was proposed by Mrs. V. Suzan Shalini, who conveyed the deep gratitude of the participants to the speakers, the distinguished guests and all those present; observed that the shared experience had been profoundly moving and that the wisdom and insight generously offered had fostered reflection and connection among the participants; thanked the speakers for taking time from their busy lives to join the students on a path of exploration and understanding; and recorded a special note of thanks to the organisers and volunteers whose tireless efforts had ensured the smooth running of the programme. She expressed the hope that the peace and understanding cultivated during the week would continue to guide the participants on their individual paths.

6. Programme Highlights

- A five-day induction programme conducted in association with the Heartfulness Education Trust at the Heartfulness Institute, Thumukunta.
- Participation of about 500 students on the first day and about 400 students on each of the subsequent days.
- Daily practice of Heartfulness relaxation, meditation, cleaning (rejuvenation) and inner connection under the guidance of certified trainers.
- Motivational talk on life skills for engineers by Mr. Prasanna Raghunathan.
- "Awaken Your Inner Engineer" and the Heartfulness Inner Connection session by Mr. Shajid Mohammed.
- Talk on spirituality at a young age by Mr. Suresh Purini, Associate Professor, IIIT-Hyderabad.
- Two sessions on the health and well-being of women by Dr. (Mrs.) Sunita Sayamma, Diabetologist.
- The Brighter Minds programme of brain exercises and yoga conducted by Mrs. Vijaya Durga.
- A skit presented by the participating students and daily experience-sharing sessions.

- Introduction to the HELM programme by Br. Dhanumjaya, enabling the students to continue their practice after the induction.
- Complimentary tea, snacks and lunch provided by the Heartfulness Institute to all students, faculty members and volunteers.

7. Student Participation

Day	Approximate Number of Students Present
Day-1 — 21-08-2025	About 500
Day-2 — 22-08-2025	About 400
Day-3 — 23-08-2025	About 400
Day-4 — 24-08-2025	About 400
Day-5 — 25-08-2025	About 400
Faculty members	Faculty of the Dept. of BSH and of all Departments
Volunteers	Heartfulness abhyasi volunteers of the ECIL and Thumukunta centres (Annexure-III)

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 was praiseworthy.

8. Outcomes of the Programme

- The students learned, and practised under guidance, the Heartfulness techniques of relaxation, meditation, cleaning and inner connection, and are able to perform them independently.
- The participants developed emotional balance, concentration, mental clarity and the ability to manage academic stress.
- The students understood the life skills expected of an engineer — communication, adaptability, critical thinking, leadership, collaboration and resourcefulness — and were given concrete steps by which to build them.
- The students, as young women, gained an understanding of nutrition, physical health, mental well-being, preventive care and sleep hygiene.
- The students were awakened to a sense of purpose as future engineers and to the idea that engineering is a means of building a better world.
- The participants appreciated the value of spirituality, self-awareness and ethical living at a young age.
- Through the skit, the experience-sharing sessions and the group activities, the students formed bonds across branches and gained confidence in speaking before an audience.

- The introduction to the HELM programme gave the students a structured pathway by which to continue their practice after the induction.

9. Conclusion

The Student Induction Programme of the Academic Year 2025-26, conducted from 21 to 25 August 2025 in association with the Heartfulness Education Trust at the Heartfulness Institute, Thumukunta, achieved its objectives in full measure. Over five days the newly admitted students were introduced to practices of relaxation and meditation that will serve them throughout their studies; were addressed by eminent speakers on life skills, on the purpose of the engineer, on spirituality and on the health and well-being of women; and were drawn into a week of interactive, participatory learning in which their involvement was, by the account of the organisers, praiseworthy throughout.

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

10. Photographs of the Programme

The photographs reproduced below record the conduct of the Induction Programme and form part of the documentary evidence for institutional records.



Motivational talk by Mr. Prasanna Raghunathan (21-08-2025)



Day-1 (21-08-2025): Session in progress — Figure 2