

INSPIRE

Level	Host School	Day & Date	No. of Participants	Time Schedule
Primary, Middle Secondary & Sr. Secondary	Salwan Education Trust	Friday, 4 June 2021	199	03:30 pm - 6:00 pm

Resource Person : Ramakrishna Mallela

Topic : Parichay & Orientation

Introduction:

INSPIRE is 6-day experiential workshop sessions for teachers, which will enable teachers to create joyful activity-based learning in classrooms. The main objectives of the workshop are:

1. To learn the four basic Heartfulness practices of:
 - Relaxation
 - Meditation
 - Mental Cleaning and
 - Inner Connect
2. To become adept at conducting guided relaxation for all students, and be able to give them instructions for meditation.
3. To be introduced to heart-centred pedagogy, understand the various methodologies, and go through initial practical training to apply the same in their classroom.

A tribute was paid to Pt. Girdhari Lal Salwan by 199 Participants through a

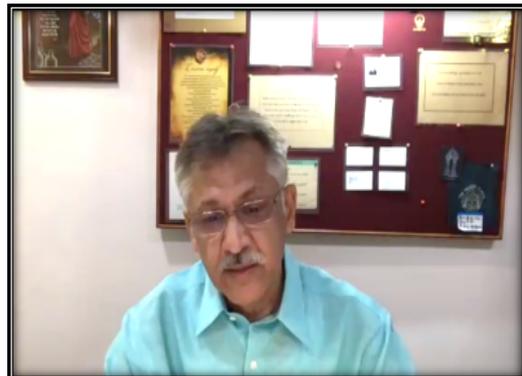


documentary. Pt. Girdhari Lal Salwan was a visionary, who vowed to impart free of cost education to all, irrespective of class, caste or religion. Salwan School, stands tall in Peshawar, till date, and is a living tribute to the dynamism of this philanthropic personality who had dared to

dream. Today, nine schools are running successfully under the aegis of the Salwan Education Trust.

Ms Seema Malik, Principal Salwan Public School, Mayur Vihar took all the participants to the 'Journey So Far' of Salwan Education Trust (SET), a name greatly revered in the field of Education. SET was established in the year 1941 at Peshawar by Late Pandit Girdhari Lal Salwan, a great patriot who dedicated his life to the service of the nation. A man of exceptional courage and dynamism, he became the Saviour and Messiah for thousands of refugees during the partition of India and Pakistan. Today, nine educational institutions under the aegis of the Salwan Education Trust are constantly striving for Nation Building with an unparalleled zeal. Upholding the vision and philosophy of its founder, Pt. Girdhari Lal Salwan, the Trust has established unprecedented landmarks in the field of Education over the last 80 years.

SET Chairman Shri Sushil Dutt Salwan addressed the gathering of educationists by discoursing the teachings of Bhagwad Gita laying emphasis on a disciplined life. He also said it is not important how many students we are teaching but most important is how many souls we touch throughout our life.



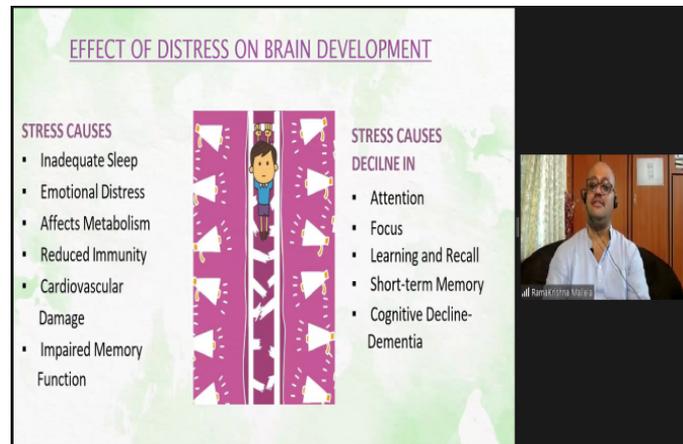
- A brief introduction of Heartfulness Education Trust was given by Ms Meenu Khurana.
- Course Objectives of Heartfulness Education Programs, Science of Meditation, Baseline assessment via Mentimeter were also discussed.
- Participants were introduced to various activities like-
 - ✓ Be Present, Have Fun,
 - ✓ One person speaks at a time,
 - ✓ There is a safe space,
 - ✓ We learn from each other and
 - ✓ Learn from yourself, introspect.

- All the renowned panelists and trainers were introduced to the participants-
 1. Mr. Vamsi Challagulla – Joint Secretary – Heartfulness Institute
 2. Gyaneshwar Dayal Sarin- Heartfulness Trainer

3. Bharath Madhavan: Heartfulness Meditation Practitioner and Trainer.
4. Ramakrishna Mallela Professional Faculty/Coach & Mentor/ Meditation Trainer

Key Points:

- Ramakrishna Mallela started the session with an ice breaking hand moving activity followed by questions on metimeter.
- He shared a Presentation titled – ‘Exploring Inner Potential’. It is all about simple and subtle practice of meditation that connects each of us with the light and love in our hearts.



- Various topics like: Heartfulness - An Integrated Program for Educators, Revised Bloom’s Taxonomy: 2001, The Learning Pyramid, Education, V.I.K.A.S- Holistic Approach, Epigenetics: Environment and Inner State, Benefits of Educator were discussed.
- Ramakrishna Mallela also talked about simple Heartfulness Practices that connect with Yogic Transmission.
- Kamlesh D. Patel (Daaji), Founder, Heartfulness Institute was the speaker about ‘The Silent Change Maker.’
- Dr. Rahul Mehrotra, Cardiologist, Director and Head of Non-Invasive Cardiology gave a presentation that guided all on Meditation and its Effect on Health.
- Dr. Arvind Pal Tomar- Medical Director, Anuj Setia, Director, PMO at Conduent, Nirmala Lakshmiathy- Central Team Member-Strategy and Training- Heartfulness Trainer were also introduced.
- Spiritual Education Program: The session concluded with a wonderful presentation of students’ artworks based on the teachings of Bhagvad Gita.

Level	Host School	Day & Date	No. of Participants	Time Schedule
Primary, Middle Secondary & Sr. Secondary	Salwan Education Trust	Saturday, 5 June 2021	199	03:30 pm - 6:00 pm

Resource Person : Mr. Ramakrishna Mallela

Learning Objectives

- Re-imagining Role of Heart in Education
- Creating a loving, compassionate learning environment through heart-based approach
- Heartfulness Education – Learning Framework

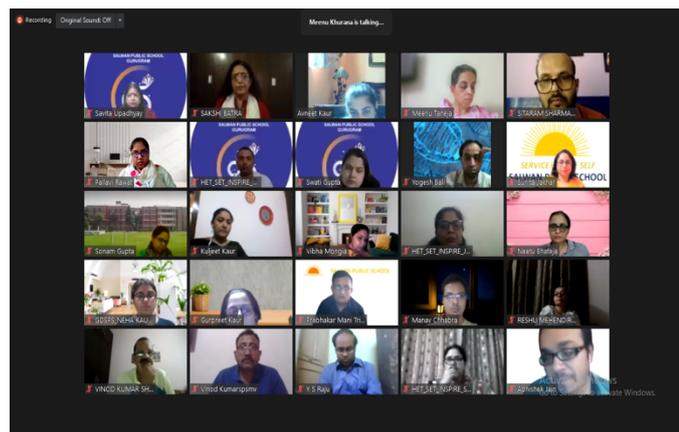
Original Inspiration - (PAUSE, LISTEN, UNLEARN, RELEARN, SHARE IDEATE)

Understanding Your Design- Appreciating the design of “BEING HUMAN”

- Physical System
- Subtle System
- Causal System

Self-Discovery Tools

- Physical: Sports / Games / Exercises/ Asanas
- Mental: Academic Knowledge / Competencies
- Spiritual: Introspection / Meditation / Yoga / Prayer
- Role of Heart- Observation, Consciousness, Inspiration, Actions, Purpose and Feelings



INSPIRE Themes - Wisdom from Intellect, Witness from Observation. Humility from Ego. Compassionate from Self-Reference

Heartfulness Experience – Tools & Techniques

- A – Acquire (Humility)
- E – Enliven (Giving Value)
- I – Imbibe (Make it your own)
- O – Oneness (Top to Toe)
- U – Union (Balance State)

Course Design Principles: RICHA

- Swa-Adhyaya + Saha-Adhyaya +Upa-Adhyaya
- Heart-Centred Education
- Heartfulness Lab (Facilitation Skills)
- Values Education
- Swasthya (Impact of Epigenetics)
- Brighter Minds
- Inspired Living
- Heartful Communication

Inspire- To make Salwanians

- Spiritually Elevated
- Emotionally Balanced
- Socially Responsible
- Mentally Strong
- Intellectually Wise
- Academically Bright
- Physically Fit

Mentimeter Self Discovery questions-

What is your mother's name?

What is your mother's education qualification?

What is one quality that your mother represents?

	Host School	Day & Date	No. of Participants	Time Schedule
Primary, Middle Secondary & Sr. Secondary	Salwan Education Trust	Monday, June 7, 2021	199	9 am – 10:20 am 10:35 am – 12:20 pm 3:30 pm – 6:00 pm

Resource Persons : Mr. Ramakrishna Mallela, Ms. Nirmala Sundaram

Topics : Regulation in Action, Heart-Centered Education, Heartfulness Lab

Introduction

The first day's session acquainted participants with meditation. Common misconceptions were cleared and a session of Heartfulness meditation was conducted.

In the second session, with the help of videos,



participants were helped to understand what is currently missing in our educational system and how heartfulness can reduce this gap. The importance of becoming a heartfelt teacher and the habits of such teachers were explained.

The third session focused on giving an overview of the individual differences that we hold and how every student is different from the other, with the help of the theory of Multiple Intelligences and the VAK/VIKAS model of Learning Styles.

Highlights

- Meditation can help individuals in the regulation of the mind. It provides nourishment for inner growth and leads towards a transformation to being a strengthened individual. A teacher with a regulated mind is clear, positive and creative in her approach towards all her responsibilities at school.

- For 21st century learners, the Affective domain of learning needs to be at the core, integrating cognitive and psychomotor domain. To bring this into practice, one needs to introspect and bring it into his/her living at the personal, classroom, communication and spiritual level.
- Understanding and building upon the multiple types of intelligence and learning styles in the classroom setting & lesson planning help children in prospering in their own unique way.
- To cater to the needs of Generation Z and Generation Alpha learners, an amalgamation of Learning skills, Life skills and Socio-emotional skills is very important in the curriculum.

Level	Host School	Day & Date	No. of Participants	Time Schedule
Primary, Middle Secondary & Sr. Secondary	Salwan Education Trust	Tuesday, 8 June, 2021	199	9:00 am – 10:00 am 10:30 am -12:00 noon 3:30 pm - 5:30 pm

Resource Persons : **Mr. Ramakrishna Mallela, Ms. Nirmala Sundaram,
Dr. Sairam Reddy**

Topics : **Heartfulness Lab, Value Education, Swasthya**

Introduction

Since the educators are immersed to make a positive change in student's lives, a heartfelt Teacher is considered to be a role model, one who is inspired and nurtures inspiration in students. Today's training programme focused on pedagogy and content, pivotal to inculcate leadership qualities in today's young generation.

Highlights

Ms. Mukul Jha, Principal GDSPS talked about meditation as cosmic energy bringing out positivity everywhere.

- Menti poll based on recap of learning and actionable Sankalp was taken.
- Meditation is one endeavor which helps to regulate the mind.
- Discussion was held, 'how we can develop the resilience'.
- Formation of impression can lead to stains. Question was asked, "What's your stain?"
- Being judgmental about people is also our stain.
- A short video message by Daaji was shown in which he beautifully conveyed how people live with different emotions.
- When anger level shoots up, when do the techniques such as Anulom-Vilom.
- It is necessary to remove the emotional baggage immediately so that everyone can bounce back.
- Through the cleaning technique, one can feel the purity and simplicity inside



and develop resilience and endurance. A short video was presented how the cleaning has to be done.

- Through a guided meditation of 30 minutes, all experienced

a journey full of wonder and expansion of knowledge. One could feel that all the complexities were oozing out of the body.

- Through a menti-poll, teachers were given to write about their experience of cleaning practice.
- Teachers were told to reflect upon the questions such as, 'What are your strongest likes and dislikes?', 'What is your strongest desire?' 'What more do I want from others?' and 'What is creating anger in me?'
- Uzma Amir asked how we can retain the things for more time in our memory. She was told that we retain the things which we like. She was asked to join a personal session if she is desirous wherein proper brain training will take place.
- Ms. Jyotsana Grover said that she was feeling healed with the session.
- Ms. Namita Sarbahi said that she faced that she had some heaviness in her head during meditation yesterday but now she is feeling light.
- Mr. Sanjay Mishra recited a poem depicting the role of meditation.
- An insightful video was shown wherein teachers were taught the lesson of resilience.

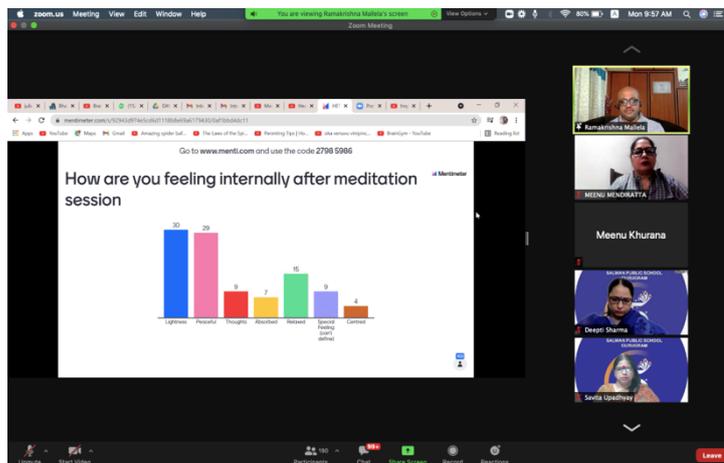
10:30 a.m. - 12:00 noon (Value Education) by Ms. Nirmala Sundaram

HIGHLIGHTS

- Education is not preparation of life; education is life itself.
- Life is a journey between life and death and you can have a series of experiences in between. The expressions of these experiences is our way of life.
- Among Minerals, plants, animals and humans, only humans have the highest level of consciousness.
- Hawkings' scale observes that the scale of consciousness is logarithmic, each

incremental point represents a giant leap in power.

- An image of a flourishing tree was shown and teachers were told to put in their perceptions in the chat box. Then discussion was held on roots how they shoot up and what triggers them.



- A video was shown depicting the cooperative activities among young children.
- A poll on mentimeter was held on the basis of the video which triggered a question, 'what qualities and behavior did the child display?'
- A visual experiment of two bowls was done wherein teachers were asked to choose any one randomly. The activity triggered a thoughtful idea that appearances are deceptive. But what is inside matters a lot.
- A menti poll was held wherein teachers were asked, 'Why do we say that values are deteriorating in young children?' Teachers reflected on this and gave diverse responses.
- Every time the child is learning some values by looking at teachers.
- Discussion was held how we can inculcate value education among young children wherein prayer, meditation, yogasanas, value-based classes and introspections sessions can be included.
- Core human values by UNESCO were discussed in detail through which lesson plans can be made for the classes I -9.
- Teachers gained insight into heartfulness enabled schools, the curriculum they follow and competitions they conduct for students.
- A video was shown showing how emotional intelligence helps to set goals with balanced mind. The video also talked about the heartfulness curriculum aiming at sustainable development.
- The heart-based qualities of love, courage, enthusiasm, compassion, empathy, generosity, benevolence and humility were discussed.
- Teachers were told to discuss and deliberate how they would take the thought process forward. Two questions were asked to brainstorm in breakout rooms, 'How

to strengthen values at SPS and What must be the academic plan'



• Teachers discussed that we must have a value education period, story-telling sessions, debates and deliberations, team building games, etc can be held on the issues of national importance,

visits to gurudwaras and charitable actions can be taken into consideration.

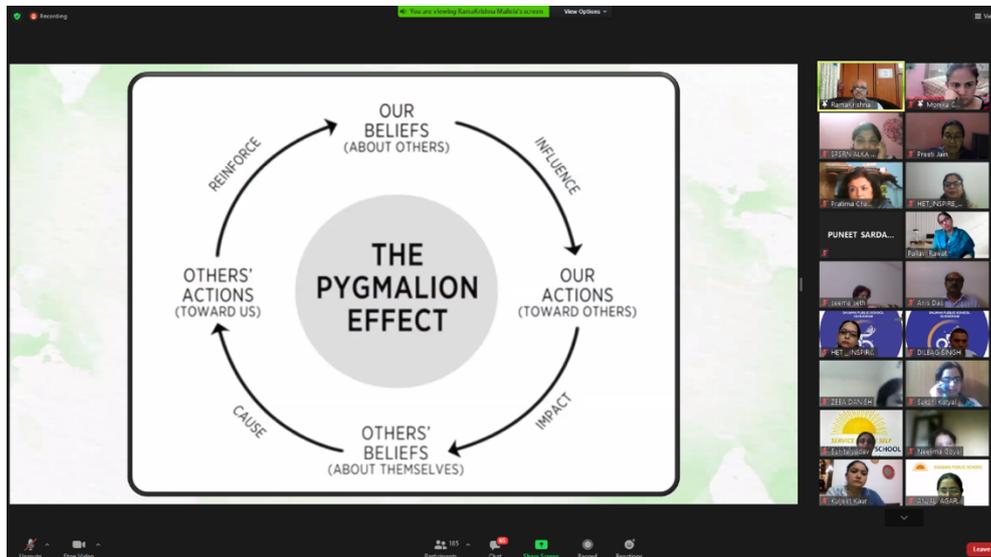
- Only one period per week must be allocated for such visits.
- The session concluded with a menti poll on one word action for strengthening value education at SPS. Other questions were also asked wherein teacher had to rate different parameters for harvesting value education culture in Salwan Schools.
- Teachers shared their learning from the session too. Some teachers were of the opinion that value education should be inculcated in each and every subject.
- Ms. Mukul Jha, Principal, GD Salwan Public School, shared that each one felt goodness in every word shared depicting the significance of value education in today's world.

3:30 p.m. -5:30 p.m. (Swasthya) by Dr. Sairam Reddy

Highlights

- If we eat well, do exercise daily and meditate, we remain hale and hearty.
- Wellness is the perfect combination of mind, body and spirit.
- Spiritual wellness is also one of the most important factors to heal.
- The concept of epigenetics was discussed with all wherein the body functionality depends upon genes.
- The goal of meditation isn't to control your thoughts, it's to stop letting them control you.
- When one is doing relaxation, alpha waves are produced whereas if one is busy in conversation, beta waves are produced.

- Continuous practice of meditation takes one into delta waves and a person goes to deep sleep.
- When you enter into gamma waves, your brain starts working more actively.
- Our realities are built out of our experiences. When we try to accept our reality, conflict will not arise. So, there must be openness to listen.



- When one learns to ride a bicycle, he/she tries to maintain balance. It is the work of conscious mind but when one learns it, it goes to subconscious mind. That's how we train ourselves.
- When a young teenager learns bike riding, it gives him a thrill of speed. After he grows up, he loves to drive carefully because he has trained his brain consciously.
- The functions of prefrontal cortex and limbic brain were discussed in detail.
- Any religion in the world talks about love and compassion.
- The beautiful chart depicting Yama-Niyama which completely depends upon Dhyana. Once we are out of stress, we are at the highest efficiency.
- Each thought is generating electro-magnetic waves. Irrespective of the waves, it is our thought process that triggers. It directly gets translated to our body.
- A question was asked about the book, 'In conversation with God.' Doctor replied that it talks about not what one sees but what one perceives.
- Ramakrishna asked, "If a person tries to derail me, what is to be done." Doctor responded by saying that a rolling ball will stop somewhere. That's how human brain works.
- Two questions were asked to teachers to discuss in breakout rooms, what is to be done to achieve at contentment and

- How would you like to prioritize your personal health? Teachers brainstormed their ideas working in a group.
- A menti poll was taken wherein teachers had to write about new Epigeneome for designing your destiny. Another poll was held wherein teachers had to write about one-word Sankalp for being healthy from inside.

Ms. Mukul Jha, Principal GD Salwan Public School gave a vote of thanks to the heartfulness team for triggering this pivotal topic, 'Swasthya'.

Learning/Take Away

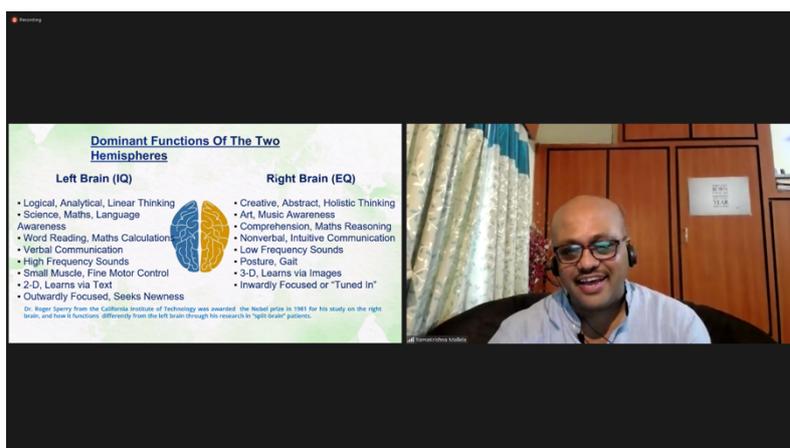
- Through our regular meditation practices, our consciousness expands and awakens into realms that were previously unavailable to us.
- Teachers learnt to create a Loving, Compassionate Learning Environment through heart-based approach
- The sessions equipped teachers with Heartfulness practices, life skills and knowledge for quality educational outcomes.
- Educators were given a platform to develop valuable skills while acquiring new competencies that will benefit not only the students but also the society at large.

Level	Host School	Day & Date	No. of Participants	Time Schedule
Primary, Middle Secondary & Sr. Secondary	Salwan Education Trust	Wednesday, June 9, 2021	193	7 am to 5:30 pm

Resource Persons : Ms. Soumya Shri and Mr. Ramakrishna Mallela

Introduction

The session was introduced by Mr. Ramakrishna Mallela with a recapitulation of the previous sessions and the activities performed by the participants. In her welcome address, Ms Sunita Madan, Principal, Tronica City, reiterated that the sessions held in the past few days were a learning experience for the entire Salwan fraternity. She further elaborated the sessions of Heartfulness have been found in accordance to the New Education Policy, wherein, each and every child is special. She further guided the audience on the importance of making their own neural connection, be exploratory and guide children accordingly. She also exerted on the need to build resilience, accept shortcomings as they will enable to build the strength and make students heartfelt and strong.



Highlights

Session 1 – Yoga session

The yoga session commenced at 7:00 am with the facilitator, Ms Soumya guiding the attendees with various Yoga Asanas.

Session 2 – Guru Chetana

Mr. Ramakrishna Mallela, the resource person for the day, laid emphasis on the importance of Guru and explained the benefits of 'Guru Chetna' as to know about Consciousness Spectrum, Consciousness as a guiding faculty, Understanding Sub-Consciousness & Super Conscious, transcending A Teacher to Guru.

The evolution of Consciousness was highlighted through the following categories

Consciousness Spectrum:

- ✓ Metals/Stones
- ✓ Plant Kingdom
- ✓ Animal Kingdom
- ✓ Human Being
- ✓ Divine



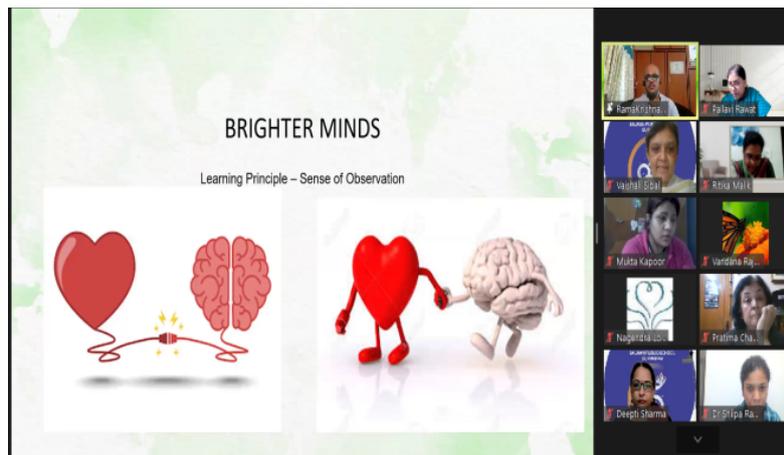
Consciousness as a faculty:

- ✓ To feel everything around and inside us
 - ✓ To take intuitive decision
 - Guru Chetna depends on three factors ie, Sympathy, Empathy and Compassion
 - Mr. Mallela explained four simple Heartfulness Practices:
 - ✓ Meditation – Cleaning- Connect with Inner Self-Relaxation
 - ✓ Prayer is not an activity; it is an attitude!
 - Heartfulness Experience Framework –AEIOU was discussed extensively.
 - A –acquire interest and humility
 - E-Enliven Gratitude
 - I-Imbibe Assimilate
 - O-Oneness Expand toe to top
 - Union-Balanced State
- The session ended with a prayer.

O MASTER!
THOU ART THE REAL GOAL OF HUMAN LIFE.
WE ARE YET BUT SLAVES OF WISHES
PUTTING BAR TO OUR ADVANCEMENT
THOU ART THE ONLY GOD AND POWER
TO BRING US UP TO THAT STAGE.

Session 3 – Brighter Minds

The session began with a video introduction to the brighter minds which talked about how the child quickly assesses his environment and process the information thereby making him adapt easily to different scenarios.

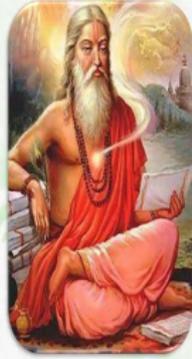


- To enhance the sensory perceptions and cognitive functions of the brain, Brighter Minds enables the child to tap his true potential.
- Enhancements can be made in the cognitive functions of the brain and

with the neuroplasticity. The model integrates various techniques through research which bring changes to the cognitive abilities of the child. The child will be able to develop – enhanced observational skills, thinking out of the box, improved time spans, solving problem creatively, improved perceptivity and intuition, a habit of excellence enabling the child to live to his full potential.

- The session moved forward with some interesting physical activities like laughter exercise, aerobics and dance activity which refreshed, rejuvenated and energized the audience.
- Mr. Ramakrishna discussed various ways and means to overcome various issues like distraction, lack of confidence, learning disability, lack of interest, stress, pressure etc. in a child. He emphasized upon Brighter Minds' Feeling Based Learning.

- He reiterated the importance of Observing Power of intuition – Feeling Based Learning. He emphasized that feelings can travel.
- This was demonstrated by practical / hands-on-learning session for the attendees. Students who had undertaken the course of Brighter Minds were invited to demonstrate their enhanced and developed cognitive abilities.
- The students shared their experiences on how they had benefitted from the course. They shared that they were able to concentrate more, understand what the teacher was teaching better, more confident, felt strong, courageous and were able to accept challenges easily. They also shared that they felt better, experienced improved cognitive and intuitive ability and had become more compassionate.
- The session came to an end with Ms. Sunita Madan sharing her valedictory note. In her address she said the session taught about relaxation, meditation and how to contemplate. She reiterated the power of prayers.



The Real Ornament - Speech

Bhartruhari (5th century CE)
A Sanskrit writer.
A King who became a Yogi.
Books - Niti-Shataka & Vairagya Shataka

केयूराः न विभूषयन्ति पुरुषं हारा न चन्द्रोज्ज्वलाः।
न स्नानं न विलेपनं न कुसुमं नालङ्कृता मूर्धजाः।
वाण्येका समलङ्करोति पुरुषं या संस्कृता धार्यते।
क्षीयन्ते खलु भूषणानि सततं वाग्भूषणं भूषणम्॥



Session 4 Inspired Living

- The session commenced with the meditation practice. The Resource Person, Mr Rama Krishna informed the audience to recognize their inner connection and to anchor themselves to their heart.
- He reiterated that Inspired Living is a profound topic and one needs to understand that motivation can work from outside to one extent but one has to look within for What, how and when of the things.

- Mr. Ramakrishna elaborated that Inspired Living is based heartfelt communication which is based on four principles – connect, values, listen and output.
- Sir expounded the Art of Listening. He said listening is a valuable tool for Self-Development, we need to listen from the heart and listen genuinely and patiently. He quoted-“When I listen, I get a better understanding” -“When I listen, I learn to observe the nonverbal feelings and expressions”.
- Ms Sunita Madan, Principal, Tronica City, proposed the vote of thanks. In her address, she appreciated the efforts of the HET Team in making the program a successful and fruitful one. She also hoped there would be more interaction and communication in the classroom as a two -way process. She concluded her note with a hope that the teachers will look after their own well-being and nourish their souls through healing sessions and meditation.

Level	Host School	Day & Date	No. of Participants	Time Schedule
Primary, Middle Secondary & Sr. Secondary	Salwan Education Trust	Saturday, 12 June 2021	199	9:00 am - 6:00 pm

Resource Person : HET

Topic : Wisdom Bridge Conversation

Introduction

The Final Day: INSPIRE was a 6-day Experiential workshop session for teachers where in the participants learnt that they should mainly focus NOT on knowledge but also through the practice where there are no exercises except closing our eyes and relaxing.

- The session opened with a tribute given to all the teachers by showing a video on Dear Favourite Teacher and Vande Guru Paramparaam.
- Ms.Meenu Khurana welcomed all the participants and started the session by introducing the agenda of the final day workshop, followed by Heartfulness Relaxation and Meditation. The participants were given gentle instructions on how to relax the body and calm the mind. The participants were then guided into meditation. They all experienced meditation with 'Transmission', a unique feature of Heartfulness Meditation.
- Ms. Saroj Achra, Principal Salwan Boys Sr. Sec. School, Rajendra Nagar, paid her gratitude to all the team members/ trainers of Heartfulness and spoke about the importance of Prayer, meditation, relaxation, cleaning and inner connection.
- Nirmala Sundaram invited the teachers representing each school participants of Salwan School branches for their Wisdom Bridge Presentations according to their allotted scheduled timings given to them.

Key Points

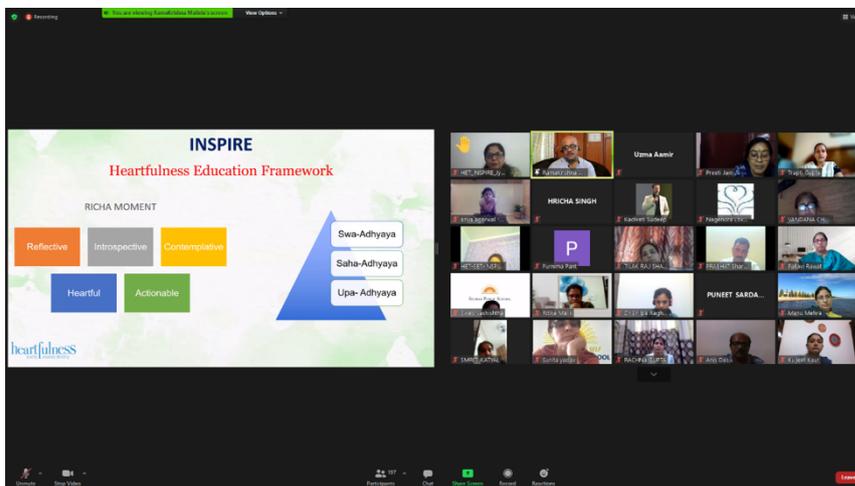
- Opening was done by SPS, Gurugram. One of the presenters started their presentation with the quote “Meditation will not carry you to another world, but it will reveal the most profound and awesome dimensions of the world in which you already live. Calmly contemplating these dimensions and bringing them into the service of compassion and kindness is the right way to make rapid gains in meditation as well as in life.” – Zen Master Hsing Yun.

The four nominated teachers spoke on topics: Science of Meditation / Swasthya, Heartfulness Meditation Process, Brighter Minds and Heartful Education Activities in Classes.

- Second in turn was SPS, Mayur Vihar. The presenters gave their presentation on the topics Educator as a Meditator, Heartfulness Cleaning Process, AEIOU- How to practice and Heartful Education Activities in Classes. Nirmala Sundaram commented as a Powerful, High Voltage pack presentation.
- Heartfulness Lab, Value Education, Brighter Minds and Heartfulness Education Activities in Classes topics were shared by G.D.SPS presenters.
- A video on Hon'ble Prime Minister, Narendra Modi speaking on Yoga and Meditation for a Healthier World was shown before session 2.
- Post lunch Participants and Presenters of Salwan Boys and Salwan Girls were welcomed by Ms. Puneet Sardana, Principal Salwan Girls Sr. Sec School. She also praised SPS Mayur Vihar Video depicting 'Light a Candle'. She also congratulated GDSPS and SPS Gurugram for their well-executed presentations.

The presenters of Salwan Boys and Girls School were excited to share their insights and knowledge. They spoke on Guru Chetna, Role of Transmission, Value Education, Heartfulness Activities in Class were shown by them in their presentation.

- The fifth speakers were the presenters of Salwan Public School, Trans Delhi Signature City. The presenter enabled the participants to understand the concepts of the evolution of consciousness, Regulation in Action: Relaxation & Meditation, Brighter Minds and Heartful Education Activities in Classes.
- Post Lunch, Dr. Preeti Jain, CPD in charge, welcomed all the Trainers of HET, participants and presenters of all the Salwan Schools. She shared her experience on the planning of the 149 sessions. She expressed her gratitude to all the Principals and Heads of Salwan Education Trust that despite their busy schedules they all supported and guided in making the Heartfulness journey a great success.



She also rendered her heartfelt thanks to Mr. Nagendra and to all the Heartful Educators from Heartful Education Trust who helped the participants to explore and introspect our inner

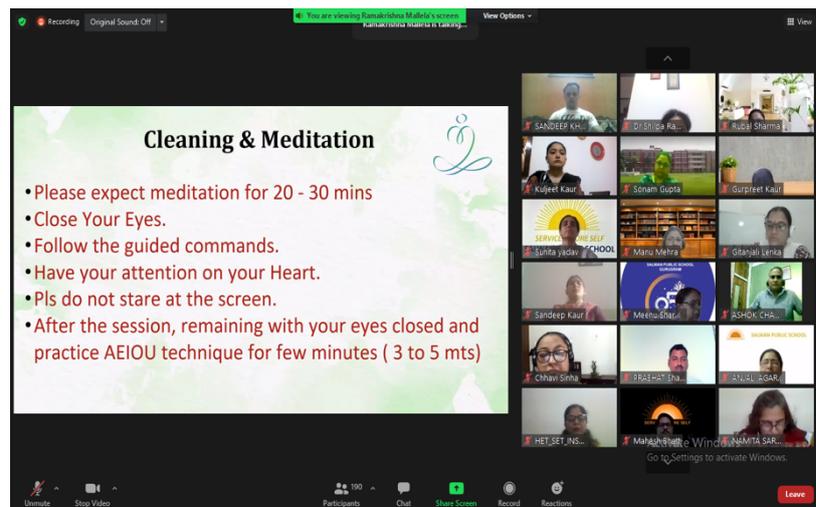
self and the child within us.

Dr. Preeti Jain expressed her sincere gratitude to Ms. Bhawna Puri, Vice Principal, SPS, Mayur Vihar from where she learnt that how the art of learning from the minute pays.

Last but not the least, she said that her heart goes out into expressing her gratitude for Dr. Seema Malik, Principal, Director Training, SET. It was because of Ma'am's sheer faith, presence, support and guidance that gave everyone the strength in making the Heartfulness program a success.

- The last presenters of the day were from Salwan Public School, Rajendra Nagar. Heartfulness practices at SPS, Qualities of a Heartful teacher and Heart-centered education were the topics of this team. The impact of the topics on the classroom environment were discussed through examples. The presenters also explained the extent to which students possess different kinds of minds and therefore learn, remember, perform and understand in different ways.

- All the participants understood that the broad spectrum of students is better served if topics are presented in several ways and learning is assessed through a variety of means. Sunita Madan, Principal, Salwan Public



School, Trans Delhi Signature City assured us that we all have be truthful and powerful. She assured that the teachers will be able to convince the students about the importance of meditation.

- Nimish Mehrotra, a student of SPS Gurugram recited **Bhagwad Gita Shloka of Explanation on Incarnation of GOD** when one represents *himself* as an *incarnation of God*.
- A recap of all the topics covered from 4th-12th June was presented by Ramkrishna Mallela.
- All the renowned panelists and trainers were once again invited to share their experiences of the Heartfulness journey.
- Mr. Vamsi Challagulla – Joint Secretary – Heartfulness Institute, commented that Dhyana/ meditation is in our culture and if we bring it into practice regularly, we will be able to do our work very efficiently. Dr. Rahul Mehrotra, Cardiologist, Director

and Head of Non-Invasive Cardiology said that 'I am a bystander, whatever good things I learn, I like to share with others. He also requested everyone to do the same practice. Gyaneshwar Dayal Sarin- Heartfulness Trainer and Bharath Madhavan: Heartfulness Meditation Practitioner and Trainer also shared the experiences of their Heartfulness journey.

- Teachers said that they want to become like Molly Abraham and create an impact on students heart.
- End line assessment by *Ramakrishna Mallela* through *Mentimeter* questions.
- The valedictory address was given by Dr. Seema Malik, Principal, Director Training, S.E.T. She shared her views that at the end of the day one has to be in harmony with whatever we have and be serene about the situations amongst us. That should be the ultimate goal of everyone. Dr. Seema Malik also said that the Pygmalion concept is the most beautiful concept of all the teaching-learning processes. She also said that it is good to be inspired but is not good to inspire others?
- SET Chairman Shri Sushil Dutt Salwan addressed the gathering that in today's life hand holding is most important in humanity. He talked about relation which is to give something without hesitation, without limitation, communication and abundance. Life is our journey and we have to travel it on our own and face our challenges. Sir also assured that Salwan Education Trust is there to ensure that all the teachers are mentally and physically sound, happy so that teachers can execute their duties in the same manner as a healthy mind is in a Healthy Body.
- Ramakrishna Mallela concluded the session by saying thank you to all the participants for their participation and the certificate releasing ceremony.