



Report on Value Added Course 'Heart Program'

Dates: 23rd, 24th, 25th January 2025 (Inspire Program Phase I) & once a week 1hr.15 mints.
(Phase II Integrate Program)

Duration: 15 hours (5 hours per day)

Phase: First Phase

Facilitated by: Rakhee Arora and her team (Heartfulness Trust)

The Heart Program, organized by the Heartfulness Trust, aimed to provide a comprehensive approach to holistic development through meditation, relaxation, and structured learning methodologies. The program spanned three days, each covering essential aspects of personal and professional growth.

PHASE I

Day 1 - 23rd January 2025

The first day focused on self-awareness and transformation, emphasizing mindfulness and effective teaching strategies. The sessions included:

- **Meditation and Relaxation** – Introduction to heart-centered meditation techniques for inner peace and mental clarity.
- **Who is a Teacher?** – Exploring the roles and responsibilities of educators in shaping learners' lives.
- **How to Become a Heartful Trainer?** – Guidance on becoming a compassionate and effective trainer.
- **From a Teacher to Facilitator** – Transitioning from traditional teaching methods to facilitation for an engaging learning experience.

Day 2 - 24th January 2025

The second day centered around understanding diverse learners and effective communication strategies. The key topics included:

- **Heterogeneous Learners** – Understanding varied learning needs and adapting teaching methods accordingly.
- **Positive Approach** – Cultivating a constructive mindset to enhance learning experiences.
- **Visual, Auditory, Kinesthetic (VAK) Theory** – Exploring different learning styles and their impact on knowledge retention.
- **Learning Styles** – Recognizing and catering to various learning preferences.
- **Communication Skills** – Developing effective communication techniques for better interaction and engagement.

Day 3 - 25th January 2025

The final day delved into personal growth, motivation, and holistic development. Sessions included:

- **Inspired Living** – Encouraging a purposeful and fulfilling life.
- **The Pygmalion Effect** – Understanding how expectations influence outcomes.
- **Holistic Development** – Emphasizing balanced growth in mental, emotional, and spiritual aspects.
- **The Potential Lies in Manifestation** – Recognizing and harnessing one's inner potential.
- **The Pendulum of Life** – Understanding life's ups and downs and achieving equilibrium.

PHASE II

The Integrate Program was designed as a follow-up to the Inspire Program, providing participants with an opportunity to delve deeper into key aspects of self-development and emotional intelligence. Conducted once a week, the program spanned a total of **15 hours**, ensuring continuity and reinforcement of concepts introduced in the previous phase. Each session focused on a specific topic, offering a structured approach to personal growth and well-being. The topics covered included Resilience in Crisis, Self-Leadership, Gratitude, Compassion, Heartful Relationships, Stress Detox, Anger Detox, Power of Thoughts, Aspirations, Heartfulness Yoga, and Teacher as Catalyst—each session lasting 1 hour and 15 minutes. Through these sessions, participants explored strategies for managing emotions, fostering positive relationships, and cultivating a balanced mindset. By integrating these essential skills, the program aimed to empower individuals with practical tools for personal and professional growth.



Prepared by: Dr. Vinayak Shinde
Asst. Prof. OCER

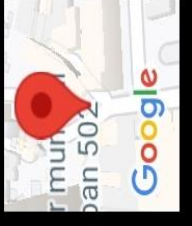


Approved by: Dr. Priyanka Pandey
I/C Principal OCER





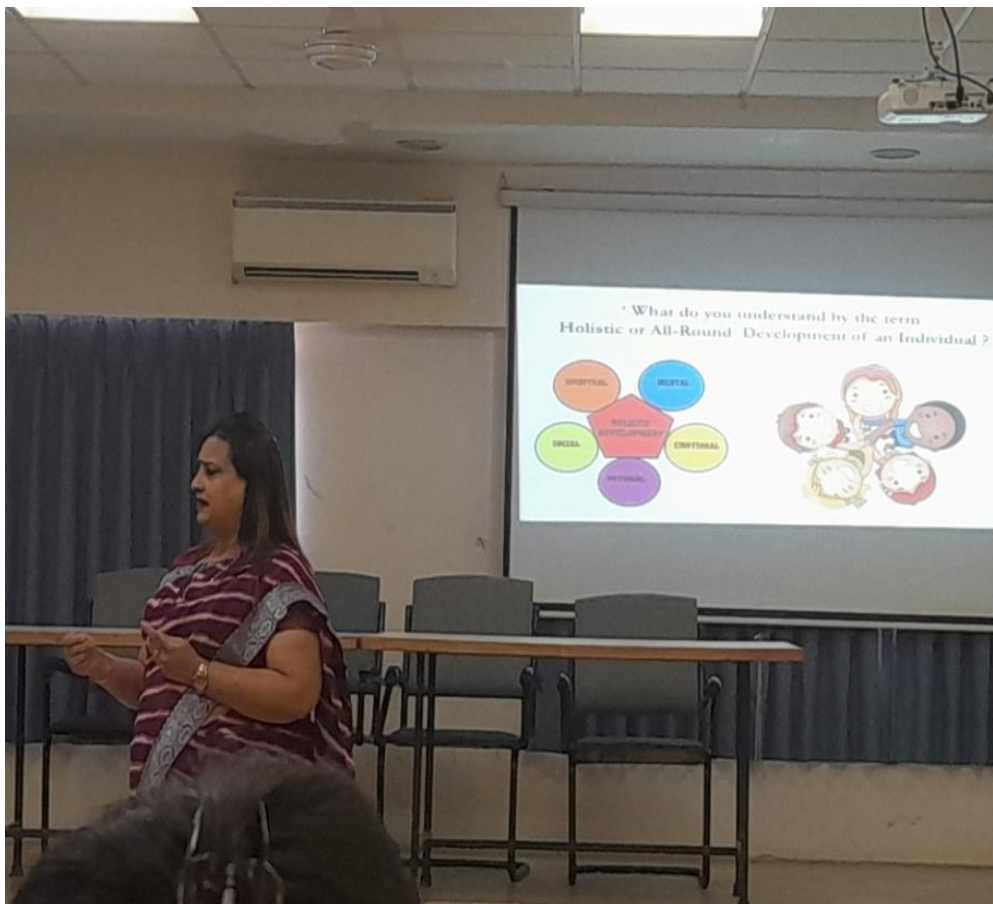
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