

Executive Summary – on Meditation-Based Student Development Programs

THE NEED:

- Growing scientific interest in meditation and its proven benefits for holistic development
- Industry and society warming up to 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 also seeks value based education programs

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.

APPROACH:

To develop a practical and interactive curriculum spanning

- a) Meditation as an essential life-skill and as a means to a balanced-existence
- b) Yoga as a way of life, and the holistic development of mind, body and spirit
- c) Explore practical means that interface the ever-changing human situation with the unchanging absolute
- d) Personal transformation and "how to" sessions for self development and growth
- e) Ongoing campus support to continue practice after formal completion of course

DESIRED OUTCOME:

- a) Become adept in the art of meditation and the means to continue this exploration life-long
- b) Inspired and self motivated to pursue a balanced life
- c) Confidence and courage to face the demands of life and the ability to draw inspiration from within oneself
- d) Honest and capable students with hopes of a better India and humanity

DURATION AND FREQUENCY:

- a) 12 – 20 week programme
- b) Once a week
- c) 60 Minute in class sessions
- d) Out door projects as appropriate

CLASS FORMATS:

- a) Talks and Lectures from Scholars and Professionals, Videos – Podcasts, DVDs
- b) Group Discussions, Workshops, Practical Sessions
- c) Continuous assistance available from the faculty / assigned facilitators
- d) Additional material via Emails and Handouts
- e) Weekly group meditation sessions

www.heartfulness.org

(does not serve or represent any commercial purpose)

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Administered in India by Shri Ram Chandra Mission (a non-profit spiritual organisation founded in 1945)

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FACILITIES DESIRED:

- a) Large enough Classroom / auditorium with Multi media capability to conduct sessions
- b) Access to a special library or build one from contributions
- c) A small quiet Meditation Room in the campus where students can retreat when possible
- d) Garden space and quiet space if available

INDICATIVE LIST OF MODULES (This is an indicative list and not exhaustive):

1. Orientation – Introduction to Meditation and Understanding the Crux of Self Development
2. Discussion on Values
 - a. Understanding Aspiration, Ambition, Attitudes, Aptitudes
 - b. Personal and Universal Values and How to set and align values to goals
3. Yoga – Understanding the Relevance and Efficacy of Yoga as a way of life
4. Meditation – Learning and Deepening Skills
 - a. Being the Observer
 - b. 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. Cleaning Technique (Stress Management, Sleep Cycle Management etc)
 - iv. Prayer Technique (Goal-Setting, Humility etc)
 - v. Finer Aspects of Meditation
 - vi. Finer Aspects of Cleaning
5. Self Management **(Some examples listed)**
 - a. Goal Setting
 - b. Stress Management
 - c. Peer Pressure
 - d. Balanced Existence
 - e. Self-Esteem/Confidence
 - f. Success and Happiness
 - g. Relationships- Managing Self and Others
 - h. Choices
 - i. Excellence – Ambition and Aspiration
 - j. Communication – The Art of Listening
 - k. Time-Management and Prioritisation
 - l. Decision Making

Curriculum (Learn to Meditate – Inner Excellence)

- 3-Day Heartfulness Relaxation and Meditation Introductory Workshop
- Curriculum is tailored to focus on learning and gradually mastering the skill of heart-based meditation
- Learning to use various meditation techniques to address practical issues
- More emphasis on practical and experiential learning
- Some carefully picked modules on self-management based on the experience of U-Connect team and valuable inputs from management/students.
- Interactions with experienced meditators and role-models
- Participants are expected to come out having experienced the benefits of a systematic daily practice and equipped with skills and techniques to carry on the practice on their own.

A customized curriculum can be made to suit specific requirements and we welcome your suggestions

Thank You

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