



## **SBS GOVT.P.G. COLLEGE PIPARIYA DIST- NARMADAPURAM(M.P.)**

### **Activities done under MoUs Heartfulness Education Trust**

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OFFICE OF THE PRINCIPAL, SHAHEED BHAGAT SINGH GOVT. P.G.  
COLLEGE PIPARIYA, DIST-NARMADAPURAM(M.P.)

College Code :- 3203

AISHE Code :- C-35178

Accredited by NAAC with B+ Grade

E-mail : hegpgcpiphos@mp.gov.in, Website- www.sbsgovtpgcollegepipariya.in, Phone/Fax : 07576-220112



SHAHEED BHAGAT SINGH  
GOVT. P.G COLLEGE,  
PIPARIYA

DISCOVER YOURSELF WITH US  
START UP PROGRAM



Dr. Rajeev  
Maheshvari  
Principal  
Shaheed Bhagat  
Singh Govt PG  
College Pipariya



Dr. Anshu Bhardwaj  
Professor  
Govt Madhav College  
Ujjain  
Heartfulness Trainer

CHOICES

27 January



Mr. Vinay Paliwal  
Educator  
Heartfulness  
Practitioner

CAUSALITY

28 January



Mrs. Abha Wadhwa  
Asst Professor  
Govt HS College  
Hoshangabad  
Heartfulness Trainer

COMMUNITY

29 January

CONTACT US  
campus.madhyapradesh@  
heartfulness.org

10:00 A.M to 11:00 A.M

Pic-1 Start up Program

3\_HELM\_2019\_All\_Modules\_July\_2019-v3 (1) [Protected View] - PowerPoint

Heartfulness Enabled Leadership Mastery

## Offerings

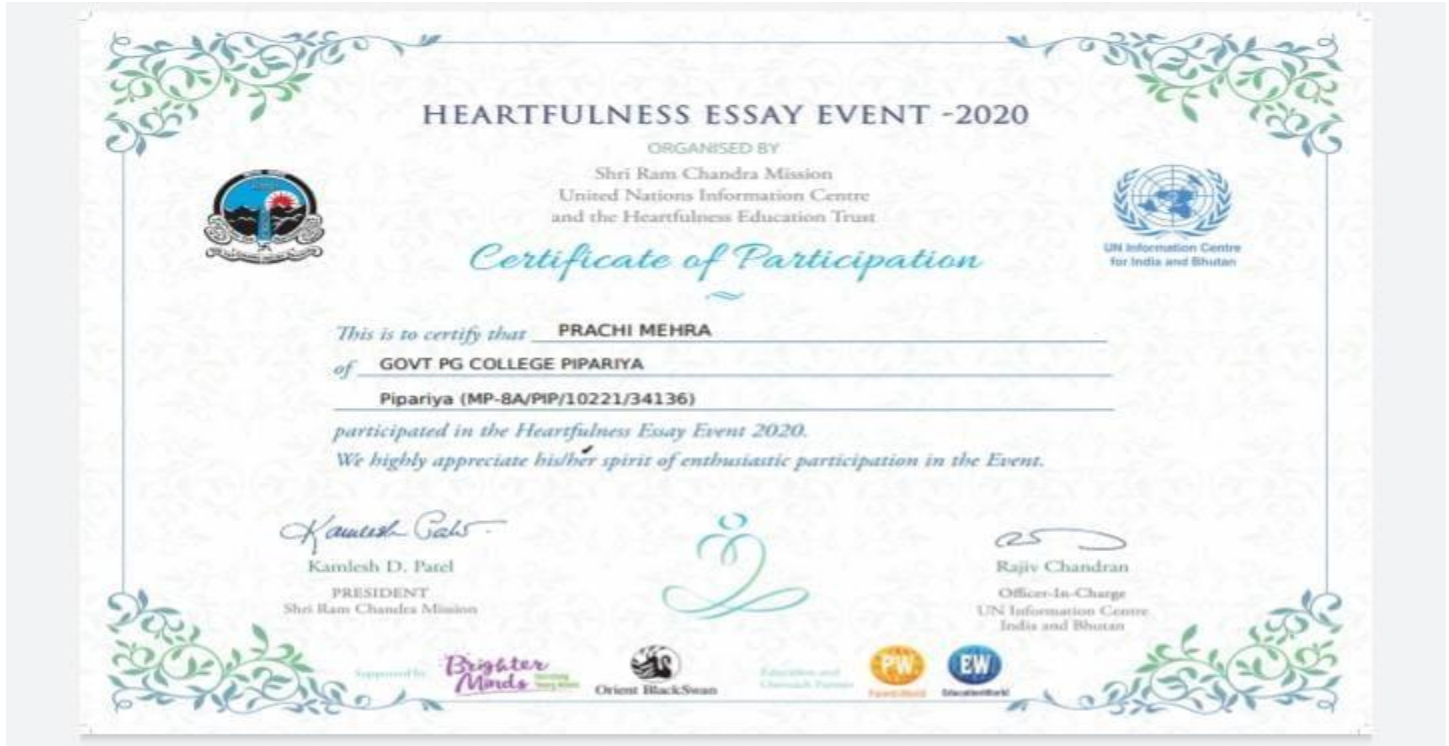
- Session 1 – Silence is the Language of the Heart
- Session 2 – The Science Behind Meditation: Habits and Change
- Session 3 – The Art Behind Meditation: Observation and Diary Writing
- Session 4 – The Heart Behind Meditation: Experience and Evolution
- Session 5 – Live Light
- Session 6 – Live Right
- Session 7 – The Power of Pause
- Session 8 – Designing your Destiny 1
- Session 9 – Designing your Destiny 2
- Session 10 – Practice! Experience!

www.heartfulness.org

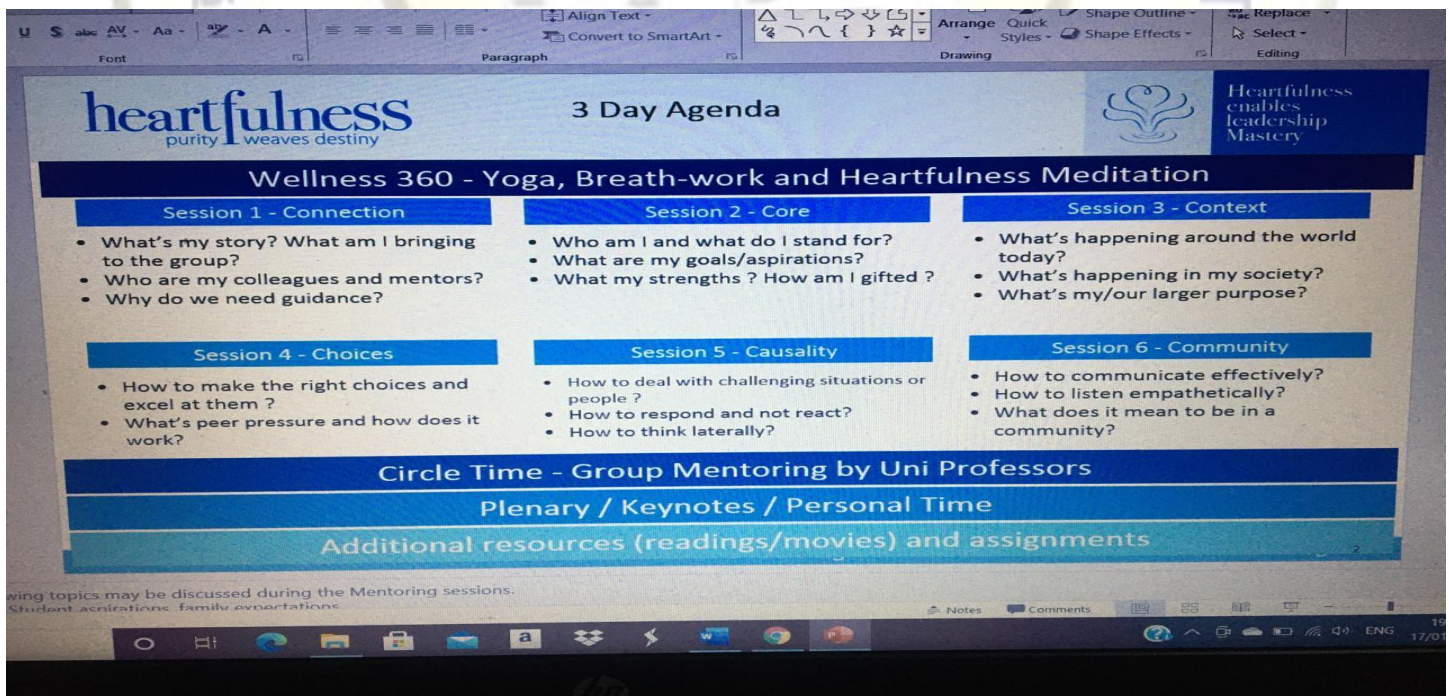
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Pic-2 Start up Program.





Pic-3 Essay Event Certificate.



Pic-4 Essay Event.








**SHAHEED BHAGAT SINGH  
GOVT. P.G COLLEGE  
PIPARIYA**



**Mr. Ramkishore Dubey**  
Heartfulness  
Meditation Trainer  
Teacher ( sanskrit,hindi)  
Govt. Excellence  
School,Sohagpur

**Heartfulness Enabled Leadership  
Mastery (HELM)**


## time management

**DISCOVER PROGRAM**


**19 & 20 FEBRUARY**  
**4:00 p.m to 5:00 pm**

**CONTACT US**  
[campus.madhyapradesh@heartfulness.org](mailto:campus.madhyapradesh@heartfulness.org)

Pic-5 Discover Program.



## Heartful Campus - Offerings



**Heartfulness  
Enabled  
Leadership  
Mastery**

### Heartful Campus

Senior Management	Faculty	Students	Admin Staff/Parents	Well Being Counselors														
<b>Leadership Conclave</b> <ul style="list-style-type: none"> <li><b>Target Audience:</b> Vice Chancellors, Registrars, etc.</li> <li><b>Duration:</b> 3 days</li> <li><b>Objectives:</b> <ul style="list-style-type: none"> <li>Understand the relationship between meditation &amp; education</li> <li>Create a Vision &amp; blueprint for institution</li> </ul> </li> </ul>	<b>HEART</b> <ul style="list-style-type: none"> <li><b>Duration:</b> 3 days</li> <li><b>Objective:</b> Inspire faculty to become reflective teachers</li> <li><b>Target Audience:</b> Select Faculty</li> <li><b>Duration:</b> 2 days</li> <li><b>Objective:</b> Assist faculty to integrate meditative aspects into course design</li> </ul>	<b>HELM</b> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>Offering</th> <th>Audience</th> </tr> </thead> <tbody> <tr> <td>Start 'U'p</td> <td>Freshers</td> </tr> <tr> <td>Discover</td> <td>1<sup>st</sup> year</td> </tr> <tr> <td>Develop</td> <td>2<sup>nd</sup> year</td> </tr> <tr> <td>Deepen</td> <td>3<sup>rd</sup> year</td> </tr> <tr> <td>Dedicate</td> <td>4<sup>th</sup> year</td> </tr> <tr> <td>Internships</td> <td>All years</td> </tr> </tbody> </table>	Offering	Audience	Start 'U'p	Freshers	Discover	1 <sup>st</sup> year	Develop	2 <sup>nd</sup> year	Deepen	3 <sup>rd</sup> year	Dedicate	4 <sup>th</sup> year	Internships	All years	<b>Heartfulness Meditation Workshop</b> <ul style="list-style-type: none"> <li><b>Duration:</b> 3 days</li> <li><b>Objectives:</b> <ul style="list-style-type: none"> <li>Introduce the experience of Heartfulness meditation</li> <li>Experience benefits to overall health, well being</li> </ul> </li> </ul>	<b>Inner Well Being Workshop</b> <ul style="list-style-type: none"> <li><b>Target Audience:</b> Counselors/Peer Counselors</li> <li><b>Duration:</b> 3 days</li> <li><b>Objectives:</b> <ul style="list-style-type: none"> <li>Introduce the experience of Heartfulness meditation</li> <li>Provide techniques to help students relax and deal with their situation in a calm manner</li> </ul> </li> </ul>
Offering	Audience																	
Start 'U'p	Freshers																	
Discover	1 <sup>st</sup> year																	
Develop	2 <sup>nd</sup> year																	
Deepen	3 <sup>rd</sup> year																	
Dedicate	4 <sup>th</sup> year																	
Internships	All years																	
Hosted By: Senior HFN Facilitators	Hosted By: Senior HFN Faculty	Jointly Hosted By: HFN Trainers & Uni Faculty	Hosted By: HFN Trainers	Hosted By: HFN Faculty														

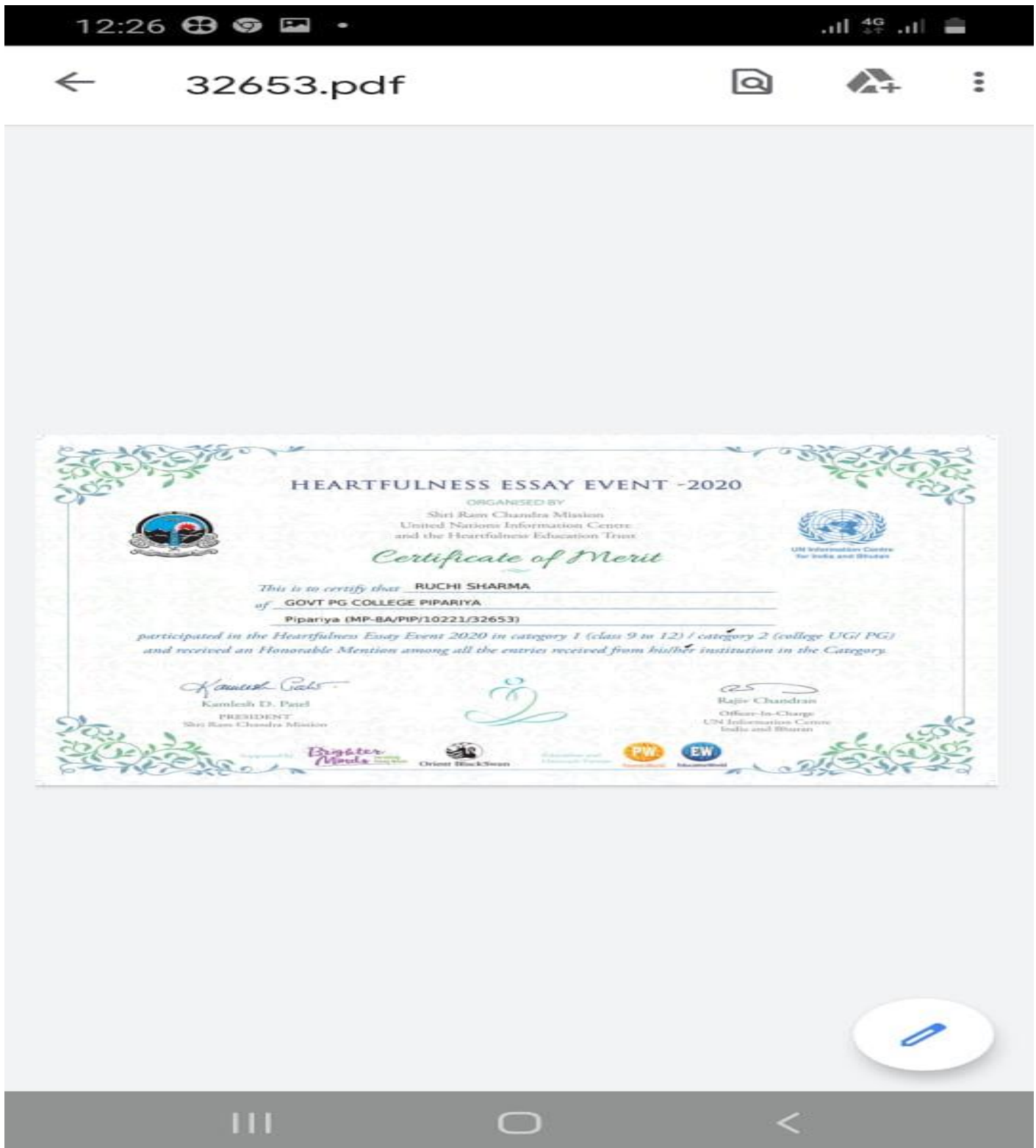
[www.heartfulness.org](http://www.heartfulness.org)

Pic-6 Heartful Campus.





Pic-7 Heartful Campus.



Pic-8 Essay Event Certificate.





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From Wonder, **Wisdom**  
Heartfulness Education Trust



UN Information Centre  
New Delhi



## HEARTFULNESS ESSAY EVENT 2020

# AWARDS CEREMONY

HOSHANGABAD

### CHIEF GUEST

**Shri. RAVI SINGH BAGHEL**  
DISTRICT EDUCATION OFFICER  
HOSHANGABAD

**7 FEBRUARY 2021**

11 AM-12 NOON



**ID:634 298 3107**  
**PASSCODE : 2020**



Orient BlackSwan EducationWorld



ParentsWorld



Pic-9 Essay Event Ceremony.