



WELCOME-LETTER

HELP - Heartfulness – Experience Life’s Potential

Dear Students,
Department of Technical Education, Telangana,
Heartful Greetings!

We heartily welcome all of you to an Online Journey of Sharing Life Skills paired with Meditational Tools and Detox Techniques much needed in current times. This course will help us in a Holistic Development of Nation Building youth. This is a Certified Course comprising of 13 sessions backed up by research by an International Institute on domains related to impact on Stress, Happiness and Attention-span.

PROGRAM-SCHEDULE

Phase – IV

| HELP Program - Schedule for TS DTE Colleges | | | |
|--|-------------|--------------|-----------------------------|
| BATCH | Batch No. 9 | Batch No. 10 | Batch No. 11 |
| Timings | 4:00-5:00PM | 5:00-6:00PM | 6:00-7:00PM |
| WEEK | DATE | WEEK DAY | HELP-TOPIC-NAME |
| Week 1 | 27-Mar-2021 | Saturday | HELP - Orientation |
| Week 1 | 28-Mar-2021 | Sunday | Holiday |
| Week 1 | 29-Mar-2021 | Monday | HFN - Meditation |
| Week 1 | 30-Mar-2021 | Tuesday | HFN - Rejuvenation |
| Week 1 | 31-Mar-2021 | Wednesday | HFN - Connect Within |
| Week 1 | 1-Apr-2021 | Thursday | Goals and Aspirations |
| Week 1 | 2-Apr-2021 | Friday | Power of Thoughts |
| Week 1 | 3-Apr-2021 | Saturday | Balance & Heartfulness Yoga |
| Week 2 | 4-Apr-2021 | Sunday | Holiday |
| Week 2 | 5-Apr-2021 | Monday | Communication Skills |
| Week 2 | 6-Apr-2021 | Tuesday | Courage and Confidence |
| Week 2 | 7-Apr-2021 | Wednesday | Leadership Skills |
| Week 2 | 8-Apr-2021 | Thursday | Time Management |
| Week 2 | 9-Apr-2021 | Friday | Decision making skills |
| Week 2 | 10-Apr-2021 | Saturday | Designing Destiny |

NOTE:

- 90% Attendance is mandatory to receive the course completion Certificate.
- Request all DTE Co-Ordinators to followup with the students and make sure the proposed colleges students are attending the program.



Heartfulness Education Trust
From Wonder, Wisdom

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|------------------------|--------------|---|
| BAT-9 | 1-CLICK-LINK | http://bit.ly/ZOOM_BAT-9-11-4PM-HELP-4-DTE-TS |
| 04:00 TO 05:00 PM | MEETING-ID | 853 3086 5025 |
| 27-MAR TO 10-APR, 2021 | PASSWORD | HELP |
| TELEGRAM GROUP LINK | INVITE LINK | https://t.me/joinchat/Tar3wDKhWP5kNTNI |

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|------------------------|--------------|---|
| BAT-10 | 1-CLICK-LINK | http://bit.ly/ZOOM_BAT-9-11-5PM-HELP-4-DTE-TS |
| 05:00 TO 06:00 PM | MEETING-ID | 873 9970 1623 |
| 27-MAR TO 10-APR, 2021 | PASSWORD | HELP |
| TELEGRAM GROUP LINK | INVITE LINK | https://t.me/joinchat/Tar3wDKhWP5kNTNI |

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| BAT-11 | 1-CLICK-LINK | http://bit.ly/ZOOM_BAT-9-11-6PM-HELP-4-DTE-TS |
| 06:00 TO 07:00 PM | MEETING-ID | 853 3086 5025 |
| 27-MAR TO 10-APR, 2021 | PASSWORD | HELP |
| TELEGRAM GROUP LINK | INVITE LINK | https://t.me/joinchat/Tar3wDKhWP5kNTNI |

PHASE - V

| HELP Program - Schedule for TS DTE Colleges | | | |
|---|--------------|--------------|-----------------------------|
| BATCH | Batch No. 12 | Batch No. 13 | Batch No. 14 |
| Timings | 4:00-5:00PM | 5:00-6:00PM | 6:00-7:00PM |
| WEEK | DATE | WEEK DAY | HELP-TOPIC-NAME |
| Week 1 | 15-Apr-2021 | Thursday | HELP - Orientation |
| Week 1 | 16-Apr-2021 | Friday | HFN - Meditation |
| Week 1 | 17-Apr-2021 | Saturday | HFN - Rejuvenation |
| Week 1 | 18-Apr-2021 | Sunday | Holiday |
| Week 2 | 19-Apr-2021 | Monday | HFN - Connect Within |
| Week 2 | 20-Apr-2021 | Tuesday | Goals and Aspirations |
| Week 2 | 21-Apr-2021 | Wednesday | Power of Thoughts |
| Week 2 | 22-Apr-2021 | Thursday | Balance & Heartfulness Yoga |
| Week 2 | 23-Apr-2021 | Friday | Communication Skills |
| Week 2 | 24-Apr-2021 | Saturday | Courage and Confidence |
| Week 2 | 25-Apr-2021 | Sunday | Holiday |
| Week 3 | 26-Apr-2021 | Monday | Leadership Skills |
| Week 3 | 27-Apr-2021 | Tuesday | Time Management |
| Week 3 | 28-Apr-2021 | Wednesday | Decision making skills |
| Week 3 | 29-Apr-2021 | Thursday | Designing Destiny |

<https://heartfulness.org/education/help>

<https://www.youtube.com/channel/UCv6OYINZhJdYs2qS054eRbg>






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|------------------------|--------------|---|
| BAT-12 | 1-CLICK-LINK | http://bit.ly/ZOOM_BAT-12-14_4PM-HELP-4-DTE-TS |
| 04:00 TO 05:00 PM | MEETING-ID | 896 8572 2553 |
| 15-APR TO 29-APR, 2021 | PASSWORD | HELP |
| TELEGRAM GROUP LINK | INVITE LINK | https://t.me/joinchat/Tar3wDKhWP5kNTNI |

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|------------------------|--------------|---|
| BAT-13 | 1-CLICK-LINK | http://bit.ly/ZOOM_BAT-12-14_5PM-HELP-4-DTE-TS |
| 05:00 TO 06:00 PM | MEETING-ID | 884 2163 6121 |
| 15-APR TO 29-APR, 2021 | PASSWORD | HELP |
| TELEGRAM GROUP LINK | INVITE LINK | https://t.me/joinchat/Tar3wDKhWP5kNTNI |

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|------------------------|--------------|---|
| BAT-14 | 1-CLICK-LINK | http://bit.ly/ZOOM_BAT-12-14_6PM-HELP-4-DTE-TS |
| 06:00 TO 07:00 PM | MEETING-ID | 840 3265 0075 |
| 15-APR TO 29-APR, 2021 | PASSWORD | HELP |
| TELEGRAM GROUP LINK | INVITE LINK | https://t.me/joinchat/Tar3wDKhWP5kNTNI |

Delivery Platform and Tools of Interaction

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|--|---|
|  | <p>Online sessions will be hosted over ZOOM MEETINGS PLATFORM - Please check and install latest updates to avoid Technical Glitches.</p> <p>Web: https://zoom.us/download Android: https://play.google.com/store/apps/details?id=us.zoom.videomeetings Apple iPhone: https://apps.apple.com/us/app/id546505307</p> |
|  Telegram | <p>TELEGRAM (Alternate Messenger to WhatsApp for sharing Information) If you are not added to a Telegram group kindly consult your Lecturer assigned by DTE as SPOC for easy tracking of attendance.</p> <p>Weblink: https://telegram.org/blog/login Android: https://play.google.com/store/apps/details?id=org.telegram.messenger&hl=en_IN&gl=US iPhone: https://apps.apple.com/in/app/telegram-messenger/id686449807</p> |
|  Mentimeter | <p>MENTIMETER for In-Session Interaction, Real-time Polls & Assessments.</p> <p>Weblink: http://www.menti.com Android: https://play.google.com/store/apps/details?id=com.mentimeter.voting&hl=en_IN iPhone: https://apps.apple.com/us/app/mentimeter/id1064435577</p> |



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PADLET for cadets to share feedback, Opinions and Creative Posters in a TIMELINE / DASHBOARD mode

Weblink: <https://padlet.com/auth/login>

Android:

https://play.google.com/store/apps/details?id=com.wallwisher.Padlet&hl=en_IN&gl=US

iPhone: <https://apps.apple.com/us/app/padlet/id834618886>

Prerequisite apps mentioned above are to be installed / updated - which will help us to interact with one another rather than one-way communication. Kindly be prepared to join the session at least 10 minutes earlier than start-time mentioned to avoid delay due to technical glitches.

General Terms of participation and Issue of Certificate:

- 1) Participation for 1 hour during the Zoom session.
- 2) Renaming your Zoom Screen-Name with your College's ID NO. Is mandate
- 3) Marking of Attendance via Google-Form is mandate
- 4) 80% Attendance is required for Issue of Participation Certificate

Eagerly waiting to meet all Energetic Nation Builders in an Exciting journey of Sharing Life Skills and a lot more.

Thanks,
HELP Team | Heartfulness Education Trust

<https://heartfulness.org/education/help>

<https://www.youtube.com/channel/UCv6OYINZhJdYs2qS054eRbg>