

STARTING UP -3 DAY FOUNDATIONAL LEADERSHIP PROGRAMME

NSS VKIDFT unit in join with Indian Council of Agricultural Research, Heartfulness Education Trust and Heartful campus conducted a three day foundational leadership program for the NSS volunteers of VKIDFT unit called 'Starting Up' on 4th, 5th, 6th of January 2023 from 5.00pm to 7.00 pm.

Day 1 (4/1/2023)

The welcome speech was delivered by NSS program officer Dr. Jose Mathew and Dean VKIDFT Dr S N Rajakumar gave message to the volunteers by emphasizing the role of such programs in youth. On the first day, Heartfulness team volunteers gave an introduction about Yoga, meditation etc. Presentations were taken on the topics related to finding the self , importance of communication, seeking a teacher for guidance in spiritual life etc.



There was an activity to highlight the importance of concentrating mind to achieve success. After that we have practised chair yoga, Bhramari yoga followed by heartfulness practices like relaxation, cleaning and meditation. Chair yoga helped to reduce tension in all parts of the body and to stay in a relaxed condition.

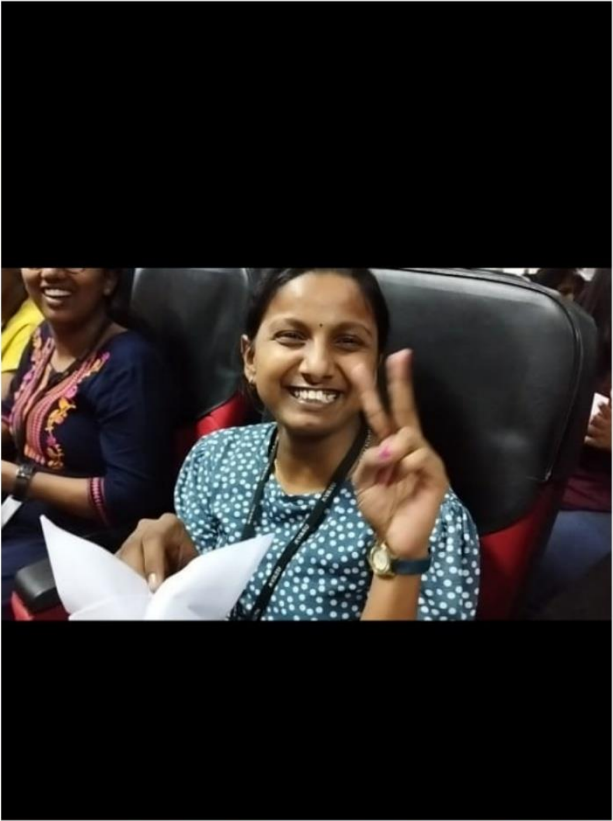
Day 2 (5/1/2023)

On the second day, Heartfulness volunteers talked about impressions. Impressions are the emotional residue of our experiences that lingers from our past, our memories. We have practiced cleaning



yoga to remove impressions from the mind. An activity with paper was done to show that impressions hinders from designing a new life and made us to realize that there is nothing called fixed destiny , we can design our own destiny.

We have practised chair yoga and following heartfulness practices .



Day 3 (6/1/2023)

On the last day we learned mainly about interdependence which is the process by which interacting people influence one another's



experiences. There was a demonstration to show the importance of interdependence in people.

Towards the end of the program there was a feedback session in which the NSS volunteers shared their experiences and

suggestions. Volunteers asked their doubts about heartfulness practices and related topics.

Tony k Goerge , NSS VKIDFT Unit Secretary thanked the gathering and



the program ended by 7.00 pm.