



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

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

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

BAT-11	1-CLICK-LINK	http://bit.ly/ZOOOM_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>






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

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

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

	<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>



Heartfulness Education Trust
From Wonder, Wisdom



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>