



## INVITATION

*An Integrated Program to Create a Newer version of Yourself*

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The signature program GOAL (Go on And Lead), designed for college students to align their inner capacities and capabilities with the help of one's heart.

This is a three session programs on three consecutive days to learn Heartfulness Meditation tools and techniques along with powerful insights.

Three days will be aligned to three themes called 1. Beautiful Mind, 2. Designing Destiny and 3. Happy New You. Each session will be for 90 minutes modules with discussions, meditation experience and Q&A session.

Youth is a time of promise and effort. GOAL will help students to keep up that promise by designing their own destiny using the guidance from the heart. In these three days, students will learn to meditate using yogic transmission, remove unwanted thoughts / habits / emotional baggage using the special technique of Heartfulness Cleaning and to arrive at a process for continuous improvement. We invite you to take the first step towards personal change which will lead to a collective transformation towards a heart-centered society.

**About HET:** Heartfulness Education Trust (HET) was born from the vision that the most effective way to transform society in a generation is to re-imagine, re-think the purpose of education and the role of Heart in this noblest profession in creating compassionate and Joyful learning environment in class room culture with integrated values.

HET is a not-for-profit organization registered in India under sections 12A and 80G of the Income Tax Act.

The program is designed to help students during COVID times to sharpen their abilities and capacity, be inspired and to help them design their own destiny. The course will also help students to detox from stress and improve their mental health and inner well-being.

## **Infrastructure requirements to attend online**

- Participant should have a laptops/desktop / smart phone.
- **Valid and active personal email address to receive communication on daily basis.**
- Download Zoom app and Mentimeter app for online interaction
- Stable mobile network and participation from a silence zone.

**Below are the objectives of the program:**

Day	Session Name	Objective
Day 1	<b>Beautiful Mind</b>	Regulation of mind, learn the Science of Meditation
Day 2	<b>Designing Destiny</b>	Letting go of painful situations / emotional past, understanding the science of habit formation and creating new neural pathways for developing the desired atomic habits
Day 3	<b>Happy New You</b>	Taking the first step towards creating a new version of yourself using the Heartfulness Meditation Tools and Detox techniques

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**Heartfulness Education Trust**