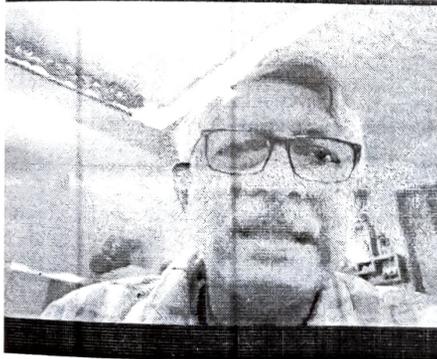
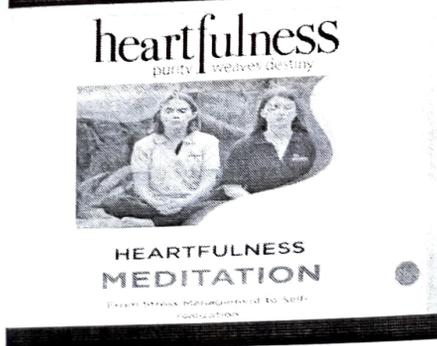
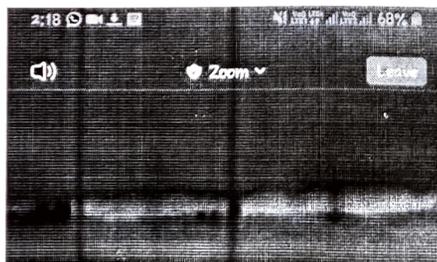
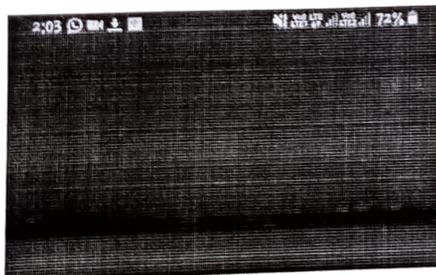


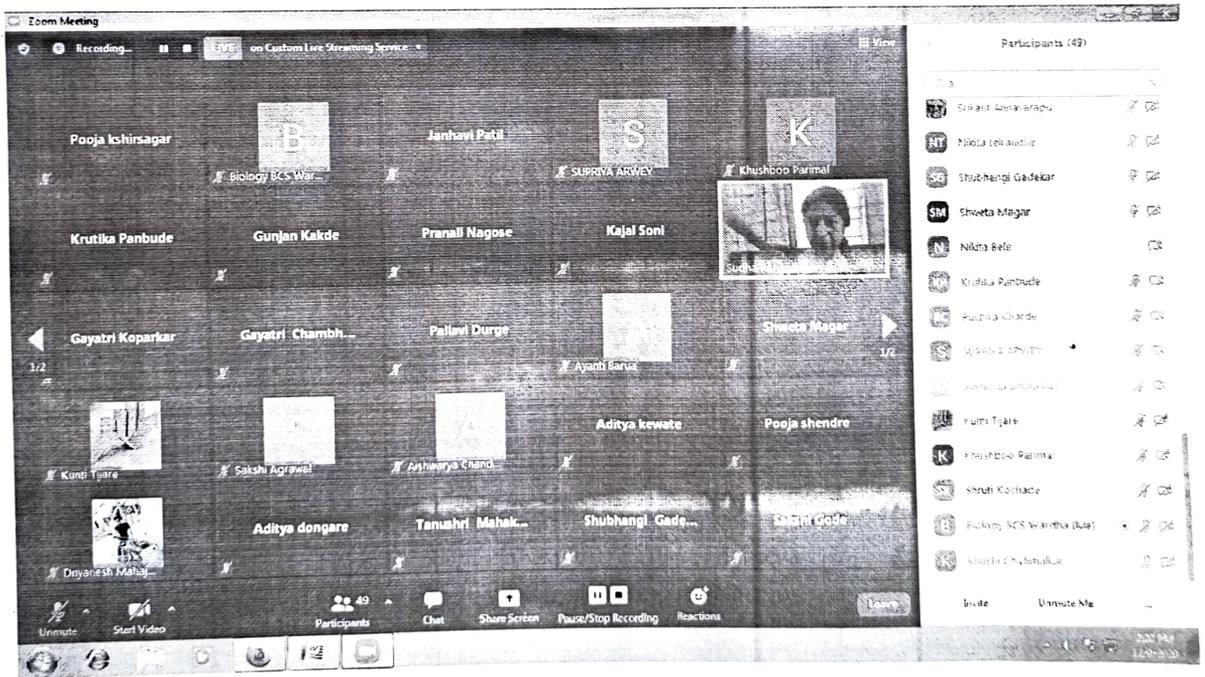
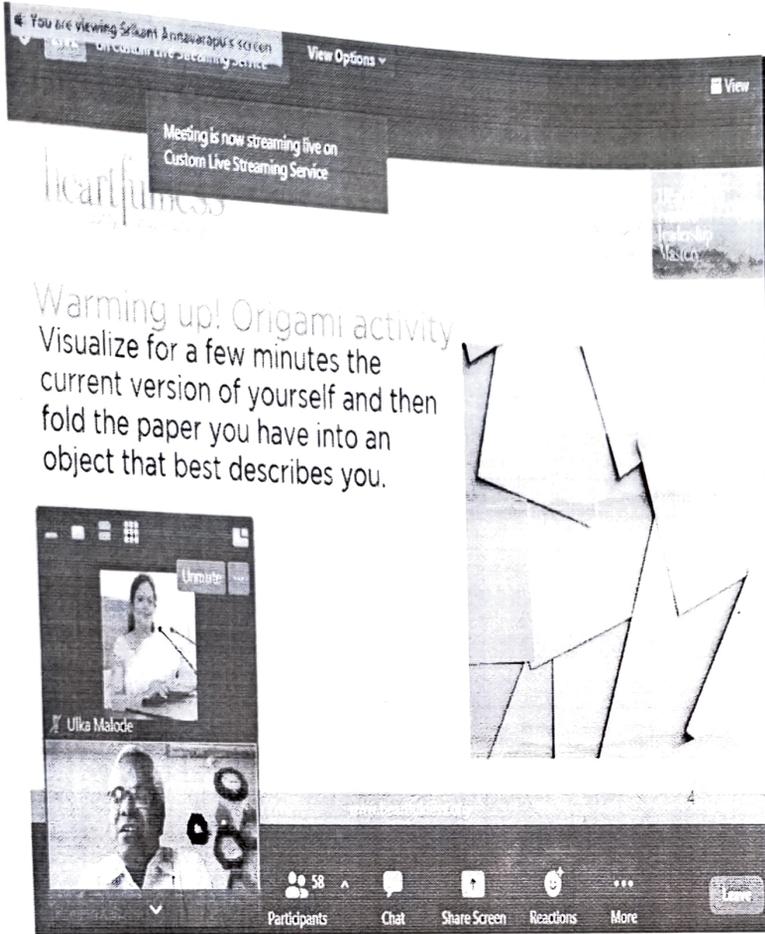
Shiksha Mandal's
Bajaj College of Science (Autonomous), Wardha

**Heartfulness Experience Life's Potential (HFR) now referred as
Heartfulness Enable Leadership Mastery (HELM)
2020-21 Report**

Heartfulness Enable Leadership Mastery (HELM) programme was designed to familiarize students with meditation assuming that such a practice will enthruse them to lead meaningful and contemplative lives. Bajaj College of Science (Autonomous), Wardha in association with Heartfulness Institution, Hyderabad Branch, Nagpur conducted online Heartfulness Enable Leadership Mastery (HELM) programme for all undergraduate and postgraduate students during odd semester of the session 2020-21. Every Wednesday online classes were conducted via Zoom platform and You Tube live Link by the expert from Heartfulness Institute, Nagpur branch. Total six modules were completed followed by assignment based on each module. *Introductory Session* was conducted by Sudha Peri and Srikant Annavarapu on 28-10-2020. *Module 1- Connection* was delivered by Ritu Agarwal and Sister Vaishali on 04-11-2020. Srikant Annavarapu, Ramesh Kulkarni and Nivedita Tiwari focussed on *Module 2- Core* dated 25-11-2020. Sudha Peri, Supriya Arve, Savithri Ananth and Srikant Annavarapu conducted a session on *Module 3- Context* dated 09-12-2020. *Module 4- Choices* was delivered by Nikhil Wankhede, Savithri Ananth and Mala Mathur on 16-12-2020. On 30-12-2020 *Module 5- Causality* was conducted by Nikhil Wankhede, Ritu Agarwal and Supriya Arve. Sudha Peri concluded the programme and threw a light on *Module 6 – Community* dated 06-01-2021. At the end of every module, 10 minutes meditation training was given by the trainer from the Heartfulness Institution. Thus, under the able guidance of Principal, Dr. Om Mahodaya, the programme was successfully co-ordinated by Dr. U. Malode (Bidwai) and organised by Miss. Komal Dhumane, faculty of Department of Biotechnology.

**Heartfulness Enable Leadership Mastery (HELM)
Screenshots**





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Dr. U.A. Bidwai-Malode
Coordinator
HELM

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Dr. O.P. Mahodaya
Principal
Bajaj College of Science, Wardha
Principal
Bajaj College Of Science,
Wardha.