



கலிங்கா 6 தமிழ்நாடு TAMIL NADU

TAGORE COLLEGE OF ARTS AND SCIENCE

07 MAR 2022

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G. ELUMALAI  
STAMP VENDOR  
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30, Kalainger Street, Pammal,  
Chennai - 75, Cell: 9444429318.

### MEMORANDUM OF UNDERSTANDING

03<sup>rd</sup> October 2021

This Memorandum of Understanding (MOU) is entered into on 03<sup>rd</sup> October 2021 between **Heartfulness Educational Trust** and the **Tagore College Arts of Science**, Chennai-600044. WHERE, **Heartfulness Educational Trust**, hereinafter referred as **HET**, a non-profit NGO, is interested in providing meditation and self-development services to our students through practical training by a team of trainers appointed by the institute.

WHERE The **Tagore College Arts of Science**, hereinafter referred to as **TCAS**, **Tagore College Arts of Science** is interested in availing these services for their students.

NOW, THEREFORE, in consideration of the interest described above, the parties agree to work together in the following manner:

**The parties of this Memorandum have the following Common Objectives:**

- To inculcate interest in meditation and its proven benefits for holistic development.
- To shift from IQ towards EQ (Emotional Quotient) and SQ (Spiritual Quotient) leading to demand for workforce comprised of individuals who are balanced and centered, as opposed to merely intelligent or qualified.
- To enable the students to be inspired and self-motivated to pursue a balanced life.
- To equip the students to gain confidence and develop courage.

**Heartfulness agrees to provide the following modules:**

- Orientation – Introduction to Meditation and Understanding the Crux of Self Development
- Discussion on Values
  - Understanding Aspiration, Ambition, Attitudes & Aptitudes
  - Personal and Universal Values and How to set & align values to goals
- Meditation – Learning and Deepening Skills
  - Being the Observer
  - Additional Meditation Techniques(Gradual and Systematic deepening of Meditation Skills)
    - i. Relaxation Technique (Learn to relax body and mind)
    - ii. Meditation Basics (Role of the Heart in Transformation, Discipline etc)
    - iii. Rejuvenation / Cleaning Technique (Stress Management, Sleep Cycle Management etc.)
    - iv. Finer Aspects of Meditation
    - v. Finer Aspects of Cleaning

**Both Parties agree for not to have any financial commitments between them with regard to the above mentioned activities.**

**Confidentiality:**

Both the parties acknowledge the confidentiality of the information, which may be transferred between the parties from time to time as being essential to this MOU and agree not to disclose the same to any other party. However each party shall be free to disclose such information if required by the official authorities in accordance with the applicable law.

### Duration and Termination

This MOU will begin **from October 2021** and will remain in effect for **5 years** and may be renewed upon written agreement of both the parties.

Should either party choose not to renew this MOU, it will give the other party not less than two months' prior notice in writing of its intent not to renew. The either party may terminate this MOU hereto by giving written notice to the other party 3 months in advance of a specified date of termination.

As witnessed by duly authorized representative of the parties, on the date here under:

Authorized Signatories of,

*Hemalatha Murali*  
For Heartfulness Institute  
Hydrabad

*R. Saikhi*  
For Tagore College Arts of Science  
Affiliated to University of Madras  
C.L.C. Works Road, New Colony  
Chrompet, Chennai - 600044

Date: 03.10.2021

Place: Chrompet

Witnesses:

1.

*[Signature]*

2.

*[Signature]*

Witnesses:

1.

*[Signature]*

2.

*[Signature]*