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MEMORANDUM OF UNDERSTANDING

This Memorandum of understanding is made on this day of November, 2020 between, University of Lucknow, Lucknow represented by Prof. Alok Kumar Rai, Vice Chancellor, University of Lucknow and Heartfulness Institute, represented by Ms. Shalini Mehrotra, Zonal coordinator, Sri Ram Chandra Mission, Heartfulness Institute, Lucknow.

Between

Heartfulness education trust, a registered trust having its registered office at no. 40-15-9/12, Nandamuri Road, Venkateswarapuram Post Office, Vijayawada - 520 010, Andhra Pradesh, India (hereinafter referred to as "HET", which expression shall unless repugnant to the context and meaning thereof mean and include its successors, administrators, authorized representatives and permitted assigns);

And

University of Lucknow. The University of Lucknow is a public state university based in Lucknow, Uttar Pradesh. Founded in 1867, the University of Lucknow (LU) is one of the oldest government owned institutions of higher education in India. Its main campus is located at University Road, Babujanj, Hasanganj, Lucknow, Uttar Pradesh 226007. Established in 1929, Department of Psychology was the first department in the universities of Uttar Pradesh and third in India to offer Under Graduate and Post Graduate courses in Psychology. Eminent psychologists and philosophers of national and international fame such as Prof N.N. Sengupta, Prof. E. Ahmed Shah, Prof. Kali Prasad and Prof. Raj Narain and Prof. H.S. Asthana have been associated with the department since 1929. Currently, the department is being headed by Prof. Madhurima Pradhan.

(HET and LU shall hereinafter be collectively referred to as the "Parties" and individually referred to as "Party" in this MOU)

WHEREAS:

1) HET is a public charitable trust registered under the Indian Trust Act, 1882 *inter alia* with an objective to impart Heartfulness approach to various wellness programmes including relaxation, meditation, values based educational programmes for schools, colleges, government organizations, corporates etc., made available to all who are willingly interested in individual development and wellbeing. HET is also engaged in conducting various Teachers' training programmes in collaboration with Certain State Governments/ Education Institutions.

2) LU is a State University by statutory enactment to cater to the growing requirements of Higher Education across the country and abroad. LU desires to provide and inculcate in its students' values and inner development in order for them to perform better as students and be leaders for growth in nation building. LU has several affiliated colleges and institutes under its umbrella.

3) HET through its Heartfulness initiatives offer a way for balanced living through various meditation techniques. These simple and effective techniques gradually imbibe feelings of discipline, empathy, brotherhood, leading to mental, spiritual, and psychological well-being, helping an individual to transform not only inwardly but also his/ her attitudes, and dealings with society at large.

4) LU intends to procure training and experiential learning services provided by HET on the terms agreed to herein, in order to stimulate and facilitate the development of programmes/courses which serve to enhance educational, social, spiritual & emotional development of students. Further, HET and LU in support of their interest in the field of education are desirous of promoting mutual cooperation by organizing and conducting educational workshops for mental, spiritual and psychological well-being of its students, and desire to extend the basis for friendly and cooperative collaboration by way of this MOU.



NOW THEREFORE, THE PARTIES HEREBY AGREE AS UNDER:

Preamble:

Sharing a common desire to empower the thoughts of youth to enable them to lead their lives with purpose and be of help to the society at large. Both the Parties, hereby express their commitment to collaborate with each other to conduct (i) educational, (ii) Heartfulness relaxation, meditation and (iii) other connected wellness workshops to help students and teachers to regulate their minds, moderate their tendencies, increase their concentration, sharpen the use of their will, introspect and self-analyse and accept people and situations in general. Through such workshops and Offerings of HET, they intend to help the students to improve their learning skills and behaviour, and inculcate humility, emotional maturity, confidence, stress management, self-awareness and most importantly, develop a sense of purpose towards life.

Infrastructure:

University of Lucknow will provide infrastructure for conducting trainings/workshops and meditation sessions. Department of Psychology, University of Lucknow will provide space for trainings/workshops/meditation/research work in The Happy Thinking Laboratory of the Department at ONGC building.

Curriculum:

The experiments / workshops/ trainings related with the topics from syllabus of Certificate course / Diploma courses / Value added courses/ Generic elective courses for skill enhancement will be conducted with mutual consent. All of these courses will be approved by Board of Studies, Department of Psychology and academic bodies of University of Lucknow. HET will provide study material to facilitate Department of Psychology in the development of curriculum and pedagogy development.



Resources:

- 1.1 LU shall make arrangements at its agreed venue(s) with required reference and reading material as specified by HET, (i) in their library, and (ii) meditation practice room, and by providing such audio-visual equipment and other facilities as shall be required for conduct of the workshops and/or programmes with respect to the Offerings.
- 1.2 HET shall nominate such teachers, trainers and support staff as it deems necessary for conducting and providing training to participants at these workshops and programs pursuant to this MOU.
- 1.3 HET shall provide support to orient LU's teachers to empower them to deal more efficiently not only their own stresses, concerns and anxieties of life but also of their students at university. Through these Offerings HET will help students at LU to understand values and their role in improving the quality of their life and enable them to impart spiritual training as an extended activity in its institutions as and when feasible.
- 1.4 The Parties agree to distribute reading materials/ literature to the participants, through any means including but not limited to audio and/or video recordings, books and magazines in mutually agreed terms. HET shall share the content of such reading materials, literature, video recordings and other such material with LU,

Pedagogy

- 1.1 HET will be pleased to provide training of trainers, orientation and meditation sessions, workshops offline/online for the benefit of students and teachers of university of Lucknow.
- 1.2 HET, along with Department of Psychology, University of Lucknow (DPUL) will work together on mutually agreed terms for carrying out any training programs, lectures, seminars, conferences, workshops, fairs, counseling, services, dissemination of any literature, awareness campaigns or any research activities.
- 1.3 Department of Psychology will prepare an annual schedule and time table of activities to be undertaken jointly with HET and provide adequate infrastructure and facilities necessary for such activities.



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Research

HET and Department of Psychology (DPU) will collaborate in Research work Dissertations Projects related with spread of human values, spiritual education and meditation trainings

Steering Committee

There will be a steering committee comprising of five members, two each from University of Lucknow and HET and Head Psychology Department. The committee will look after all proposals and other related issues

Intellectual property

- 1.1 Neither Party shall exercise any rights in the trademarks, copyright or other intellectual property of the other Party, except as expressly stipulated herein.
- 1.2 This MOU in no way creates or conveys any ownership interests in Heartfulness to LU. University of Lucknow shall only use such Heartfulness or any part thereof, in the manner and form previously approved in writing by HET and in coordination with and assistance of HET authorized representatives.
- 1.3 HET reserves the right to modify, change or improve such Heartfulness in the manner it deems fit and implement such changed versions of Heartfulness or wellness techniques at any time during the term of this MOU, with due consent of University of Lucknow.

1.4 Timeline of MOU

1. The above MOU will be effective for three years from the date of signing. The MOU will be periodically reviewed in a joint meeting to assess the progress and development of the present programs and also to identify new areas for collaboration.
2. The MOU reflects the commitments of respective organizations to the terms and conditions mentioned in the MOU. This MOU shall be amended or terminated at any other time by either party provided that notice of termination or amendment is provided by the notifying party to the other party within thirty (30) days of the date on which the termination or the amendment is intended to be effective. Any amendment or termination shall not have effect on any arrangement in place at the

time that the notice is provided, where the arrangement arises from any Supplementary Agreements resulting from this Memorandum of Understanding. Upon termination the provisions of this MOU and corresponding program, agreements shall continue to apply to ongoing activities until each is completed.

Terms

- 1.1 If any TA and DA of visiting faculty is required, it will be paid from the resources available in Psychology Department from Self Financing Programs and Departmental Grant with prior approval of Vice Chancellor, University of Lucknow.
- 1.2 All supporting staff will be provided by Department of Psychology. Both parties agree to the above in Principle subject to such other formalities required by the respective Governing bodies including the approval of competent authority. University of Lucknow will not pay any other charges to HET.

(Prof. Alok Kumar Rai)
Vice Chancellor
University of Lucknow
Lucknow

(Ms. Shalini Mehrotra)
Zonal Coordinator,
Sri Ram Chandra Mission
Heartfulness Institute, Lucknow

In the presence of

1. (Prof. Arvind Mohan)
Dean, Academics
University of Lucknow
Lucknow

2. (Prof. Madhurima Pradhan)
Head and Coordinator,
Happy Thinking Laboratory
Department of Psychology
University of Lucknow
Lucknow

In the presence of

1. (Mr. Rajesh Pratap Singh)
Professor and Soft Skills Trainer
Heartful Campus Coordinator
Lucknow

SHRI RAM CHANDRA MISSION

2. (Mr. Uma Shankar Bhattacharya) (Retd.)
I.P.S. (Retd.) Secretary
Secretary
Sri Ram Chandra Mission
Heartfulness Institute
Lucknow