



தமிழ்நாடு தமில்நாடு TAMIL NADU

04 FEB 2022

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S. KUMARAVELU  
STAMP VENDOR  
L. No: 26/CH (S) 2010 dt 02-03-2011  
No: M-10/22, Aishwarya Colony,  
Indira Nagar, Adyar, Chennai - 600 0



### MEMORANDUM OF UNDERSTANDING

With

**SRI MUTHUKUMARAN INSTITUTE OF TECHNOLOGY**

And

**HEARTFULNESS EDUCATIONAL TRUST**

This Memorandum of Understanding (MOU) is entered into on 14<sup>th</sup> March 2022 between **Heartfulness Educational Trust** and the **Sri Muthukumaran Institute of Technology**, Chennai-600 069. 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 **Sri Muthukumaran Institute of Technology**, hereinafter referred to as **SMIT** is interested in availing these services for their students.



Principal  
**SRI MUTHUKUMARAN  
INSTITUTE OF TECHNOLOGY**  
Mikkarayapuram. (Near Mangalagiri)  
Chennai - 600069

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 centred, 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
    - vi. Students counselling
    - vii. Personality development
    - viii. Motivational speech
    - ix. Yoga day celebration
    - x. Inner healing

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



*[Signature]*  
Principal  
SRI MUTHUKUMARAN  
INSTITUTE OF TECHNOLOGY  
Bikkarayaapuram (Near Mangadu  
Chennai 600069

**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 March 2022** 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 authorised representative of the parties, on the date here under:**

**Authorised Signatories of,**


*L. Vignesh*  
**For Heartfulness Educational Trust**  
Heartfulness Institute, USA  
Regional Office:  
Babuji Memorial Ashram,  
Date: Manapakkam, Chennai-600125  
Tel: +91 (44) 22521099, 42171111  
Place: Chennai

*V. Anitha*  
**For Sri Muthukumar Institute of Technology**  
SRI MUTHUKUMARAN  
INSTITUTE OF TECHNOLOGY  
Chikkarayapuram, (Near Mangadu  
Chennai - 600059

Witnesses:

Witnesses:

1. *R. Meeralesh*  


1. *K. Madhupriya*  
  
Principal  
SRI MUTHUKUMARAN  
INSTITUTE OF TECHNOLOGY  
Chikkarayapuram, (Near Mangadu  
Chennai - 600059