

Value Added Course “HELM – Heart fullness Enabled Leadership Mastery” on 8<sup>th</sup> March to 26<sup>th</sup> April 2024

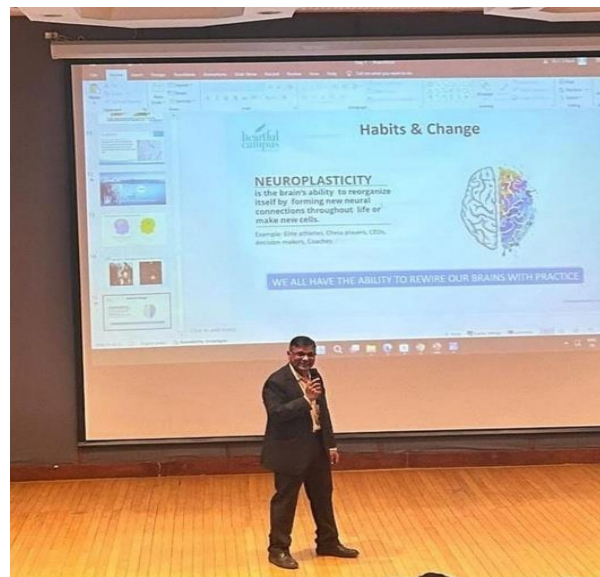
**Module 1**

**Date of the event** – 8<sup>th</sup> March 2024

**Location of event** – Auditorium, Banarsidas Chandiwala Institute of Physiotherapy, New Delhi.

**Content** - On 8<sup>th</sup> March 2024, Banarsidas Chandiwala Institute of Physiotherapy organized “ HELM – Heartfulness Enabled Leadership Mastery” for its students. This value-added course consists of 6 modules that focus on developing leadership capabilities.

The objective of this module was to focus on changing habits and consistently practicing new behaviors so we can develop and enhance our leadership capabilities over time. In this Module, the resource person discussed identifying desired leadership qualities and habits that we can adopt to enhance our leadership abilities. The session ended with 15 min of meditation to relax the body and mind. The Director, C S Ram sir felicitated the resource persons and delivered a vote of thanks.

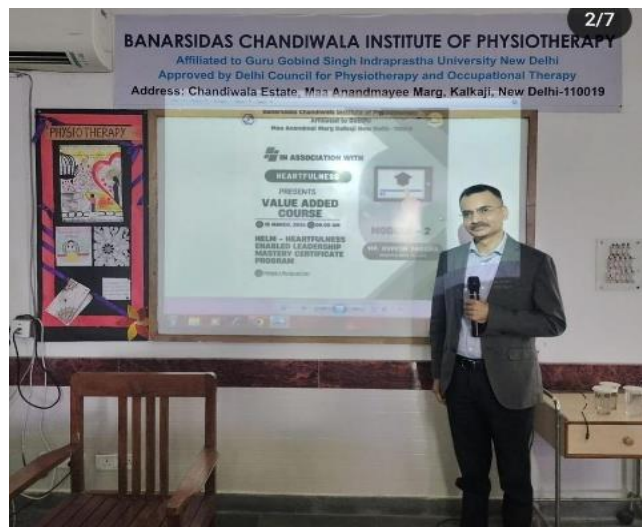


## Module 2

**Date of the event** – 15 march 2024

**Location of event** – Banarsidas Chandiwala Institute of physiotherapy

Content - On 15<sup>th</sup> March, BCIP organized Module 2 of HELM for its students. In this module resource person, Mr. Rupesh Kumar enlightened the participants about the importance and ways to make a good choice. Making good life choices is crucial because they shape our future, determine our happiness and success, and influence the lives of those around us. By making informed decisions, we can create fulfilling lives, achieve our goals, and contribute positively to society. Good choices lead to personal growth, fulfillment, and a sense of purpose. Sir ended the session with 15 min of meditation. Students found this module very enlightening and informative. Director C S Ram sir facilitated Mr Rupesh Kumar.



### Module 3

**Date of the event** – 22 march 2024

**Location of event** – Banarsidas Chandiwala Institute of Physiotherapy

**Content** - On 22<sup>nd</sup> March, we organized Module 3 of HELM for its students. In this module, resource person Mr. Rupesh Kumar discussed the causality and its importance. He mentioned that causality is crucial for understanding the world around us, making decisions, solving problems, and advancing knowledge across various domains. Its importance extends from the realm of theoretical inquiry to practical applications in everyday life. Sir ended the session with 15 min of meditation. Students found this module very informative and encouraging.



## Module 4

**Date of the event** – 27 march 2024

**Location of event** – Banarsidas Chandiwala Institute of Physiotherapy

**Content** - On 27<sup>th</sup> March, we organized Module 4 of HELM for its students. In this module resource person, Mr. Rupesh Kumar discussed time management and its importance. He discussed how effective time management helps individuals and teams accomplish tasks efficiently. By allocating time to each task based on its importance and urgency, people can make the most of their available time and resources. Prioritizing tasks ensures that important and high-impact activities are completed first, leading to increased productivity. By focusing on tasks that contribute the most to goals and objectives, individuals can make better use of their time. Further, **Sir discussed how time management and prioritizing strategies are essential skills for success in both personal and professional life. They enable individuals to make the most of their time, achieve their goals, and lead more fulfilling lives.**





## Module 5

**Date of the event** – 3 April 2024

**Location of event** – Banarsidas Chandiwala Institute of physiotherapy

**Content** - On 3<sup>rd</sup> April, we organized Module 5 of HELM for its students. In this module, the resource person discussed communication skills and tips to improve them. Students were informed that improving communication skills is valuable in both personal and professional contexts. The resource person talked about tips to enhance communication skills: focus on truly understanding what the other person is saying rather than just waiting for your turn to speak, and pay attention to body language facial expressions, and tone of voice.

The objective of this module was to make students incorporate these tips into their daily interactions so they can gradually enhance their communication skills. Students found this module very informative and enlightening.



## Module 6

**Date of the event** – 26 April 2024

**Location of event** – Banarsidas Chandiwala institute of physiotherapy

**Content** - On 26<sup>th</sup> April, we organized Module 6 of HELM for its students. In this module, resource persons Mr. Sunil and Mr Rupesh enlightened students about various ways of befriending stress and maintaining a healthy lifestyle. They talked about tips to manage stress and how we can reduce it with adequate sleep, healthy eating habits mindfulness, and meditation. By incorporating these strategies into your daily life, you can befriend stress and maintain a healthy lifestyle, fostering resilience and well-being even in the face of challenges.

Mr Rupesh Kumar ended the session with 15 minutes of meditation to relax the mind and body. Students found this module very enlightening and encouraging. Director C.S.Ram sir facilitated the resource persons.



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**Dr. C S Ram**  
Director

**Dr. Avi Choudhary**  
Event Coordinator