

## **A Memorandum of Agreement (MoU) signed between Language University and Heartfulness Education Trust (2025)**

A **Memorandum of Understanding (MoU)** was signed between **Khwaja Moinuddin Chishti Language University**, Lucknow, and the **Heartfulness Education Trust** with the objective of strengthening the **mental, emotional, and moral development** of students, faculty members, and administrative staff of the university.

The agreement was formally signed on behalf of the **Heartfulness Education Trust** by **Shalini Mehrotra**, Zonal Coordinator. Under the provisions of this MoU, various programmes focusing on **Heartfulness Relaxation, meditation practices, life skills, leadership development, and value-based education** will be organized for members of the university community. In addition, **special training sessions** will be conducted for faculty members and administrative staff to enhance their well-being and professional effectiveness.

As part of this collaboration, a **Heartfulness Corner and a Meditation Practice Room** will be established on the university campus. These facilities will provide students with opportunities to practice relaxation and meditation techniques that can assist in **stress management, improved concentration, and the cultivation of positive thinking**, thereby contributing to a more balanced and disciplined academic environment.

On this occasion, the Hon'ble Vice Chancellor of **Khwaja Moinuddin Chishti Language University**, **Prof. Ajay Taneja**, emphasized that in the contemporary educational context, higher education institutions must focus not only on academic excellence but also on the **mental and moral empowerment of students**. He noted that collaboration with the **Heartfulness Education Trust** will encourage students to develop **self-discipline, confidence, and strong life values**, thereby motivating them to become responsible and conscientious citizens.

The MoU signing ceremony was also attended by **Dr. Neeraj Shukla**, MoU Nodal Officer; **Dr. Mahesh Kumar**, Registrar; and **Prof. Sauban Saeed**, Dean Academics of the university.

The agreement will remain effective for a period of **three years** and may be extended further with the **mutual consent of both institutions**, enabling continued collaboration in promoting holistic development within the academic community.





