



MEMORANDUM OF UNDERSTANDING

This memorandum of understanding (hereinafter called "**MOU**") having its Head office at:
Chinthareddypalem- 524003
Nellore,
Andhrapradesh, INDIA.

Here in represented by **Dr.G.Subrahmanyam.,D.M** in his capacity as **Director of Narayana Medical Institutions** duly authorizes hereto.

And

The **Maharishi Vedic University** (hereinafter referred as "**MVU**") having its office at:

Address:

Maharishi Vedic University. Netherlands.
Maharishi University of Management IA, USA.
Brain Research University, Iowa, USA.

Here in represented by **Alaric Arenander, .PhD** in his capacity as **Professor & MCBVE project Coordinator of Maharishi Vedic University. Netherlands, Adjunct Professor Maharishi University of Management IA, USA. Director Brain Research University, Iowa, USA. And Matcha Bhaskar PhD,. Professor RFBCA (USA), CWF(UK), FZSI,FAPAS, Rector , Sri Venkateswara University UGC-SAP & UGC – Innovative Programme.**

The International faculty from Maharishi Vedic University with certified local teacher of Maharishi's Consciousness-Based Vedic education request approval to implement the research based Transcendental Meditation programme for the administration , Faculty, Students and staff of Narayana Group of Educational Institutions. This program can be carried out with the kind cooperation and collaboration of the relevant faculty and administration of the selected institution. We accept the request to start with a

program containing research at the High School in Tirupathi, A.P. We can begin a program of training at the new school year in July 2018 with the administration faculty, followed in time by students and staff.

The 4 – 6 months implementing in sequence the Transcendental Medical Program followed by the advanced program of the TM-Sidhis will become the foundation for the creation and continuation of a Coherence-Creating Group of students, faculty and administration. These collective technologies of Maharishi's Consciousness –Based Vedic Education have been shown over a half century of world-wide research to significantly enliven orderliness of brain dynamics to reduce stress and support greater cognitive ability and professional success, while creating an influence of harmony on campus and the community at large. Research will provide the ability to document the reduction in stress and the improvement in cognitive and emotional process as well as test scores. The following is a proposed proposal for the high school.

Basic and Advance Course Programme

We are offering the Transcendental Meditation programme followed by the advanced programme of the TM-Sidhis. We propose a standard 4-6 months institutional programme implementation based on the convenient scheduling of the high school. The program is offered in sequence to senior administration and faculty followed by the student body.

Time and space requirements are listed below. Space requirements depend upon the number of individuals in each programme to be accommodated in necessary classroom/lecture halls for presentations, personal instruction, and follow-up meetings.

Overview of Implementation for Faculty and then Students

The Basic Programme of TM instruction is 5 sessions of about 60 – minute duration in group setting/hall to accommodate numbers with exception of Session 2 which requires a number of rooms for personal instruction based on numbers. Daily practice of transcending is also in group setting during a 30-minute session twice daily. At the beginning and ending of the school day. We expect the students to attend AM and PM programs for group practice and strongly encourage as many as possible faculty to join their own group program when possible.

The Advanced Programme of TM-Sidhis instruction requires additional training sessions in group setting and then continued, combined TM + TM-Sidhis daily practice of approximately 40-60 minutes twice daily

for students. Again, faculties are strongly encouraged to participate in group program. Times can be adjusted based on institutional constraints

The Basic Programme of TM

The instruction in the practice of the TM technique. Takes 5 sessions of 60-90 minutes during a 1 week period. Ninety minutes is best. But times can adjust to as necessary.

Session One: This is a one hour introductory and preparatory lecture. Group Session in one hall. Since the introductory lecture is required, a 60-minute session is required before personal instruction can begin. All participants can assemble in a suitable lecture hall. This first step can be on a separate day or, far more convenient, on the morning before the personal instruction.

Session Two: This is the day of personal instruction in which learning of the meditation is scheduled throughout the day in *small batches* of faculty or students. Various rooms are required for the necessary numbers of TM teachers to instruct a given number of faculty or students.

As an example, for introduction, if 50 **faculty** are instructed in small groups of 5 individuals. There would be 10 teaching sessions or groups of 60-90-minute duration distributed during the day on Monday or Tuesday requiring 5 individual rooms. Each room for each TM teacher requires one desk and chairs for 5 or more individuals. Students total about 1000 and can be instructed in sessions with larger numbers of individuals (10-50 or so) per teaching session allowing more teaching per day for the school. These larger sessions require larger rooms- Depending upon availability of students and TM teachers, we can instruct over one or two days (for example, Monday and Tuesday). Once we know this information, concrete time and space plans can be finalized.

Session Three to Five: These are three consecutive meetings to verify correct practice and provide additional points of instruction. Group session takes place in one hall.

For 3 days of checking a single hall is designated to accommodate all the faculty and/or students meeting as a group for verification of experience and additional instruction. These sessions are 60 minutes, assuming prompt attendance (90 minutes is preferable).

Continuing Daily Group Practice: Group Practice twice a day 30-45 minutes

There is a daily commitment of the students to participate in group practice of mediation. Daily group practice requires a single hall to accommodate the number of mediators sitting comfortably in chairs. Alternatively, group practice can take place in various classrooms. Twice daily group practice should be scheduled early am and late afternoon once each school day. Sundays (Saturday?) students of faculty meditate on their own usually at home Faculty are encouraged to practice in groups.

The Advanced Programme of the TM-Sidhis

After about two month of regular group practice, the faculty and students are trained over the next 2-4 weeks period in the Maharishi TM-Sidhis programme including Yogic Flying Maharishi Patanjali Yoga Sutras.

TM- Sidhis Programme contains 7teaching "blocks" A block is composed of one day of instruction followed by one day of checking. Each session is 1 hour. Blocks can be arranged up to two days or more apart. Depending upon personal experience, the First 6 blocks can be distributed over a period of two to three weeks. Than a break, if possible, for 1 of more weeks. Final block 7 is the Yogic Flying component. This generally requires either 7 full days or 14 half days. Again, the scheduling can have some flexibility. At the end of all basic and advance instruction, proper twice – daily, final combined practice of Tm-plus the TM-Sidhis and Yogic Flying requires slightly more time (40-60 minutes). If this is not possible, the time could be reduced. The necessary facilities can be determined for the school based on group size.

Building Institutional Self-Sufficiency: Training of faculty to be 'Monitors' and ultimately teachers of the TM Programme.

In order to cultivate institutional Self-sufficiency and to aid in programme execution, throughout the various stages of instruction and practice, an opportunity is offered for selected faculty to train to facilitate group practice of both the basic and Advanced programme segments as 'Monitors' Training occurs at convenient time of 15 – 30 minutes period distributed over the entire period for a total time commitment of about 3 hrs. At the completion of the 4 – 6 months programme, a special Tm Teacher Training Course will be offered to a select set of Monitors to become trained and certified as teacher of the Transcendental Meditation Programme . This training is free of charge and offers the institute a Self-Sufficient system for the continuous programme training and group practice over the years.

Institutional Coordinators and Team

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To properly implement the programme over 4 – 6 months, we require a senior administrator from school to help coordinate logistics. experience indicates that the coordinator work closely with the MVU Project Director and have at his/her disposal a small team of assistants to help provide the necessary help with assignments, contacts ect. The specifics can be worked out with the institutes' help. All institutional and service free are waived for the Basic and Advance Technologies 4 – 6 months programme of Maharishi's Consciousness-Based Vedic Education, as well as the Transcendental Meditation Teacher Training Course, Based on the required participation of students in the full programme *establishing groups* practicing these technologies daily morning and evening.



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