



## HEART – Emotional Ecosystem Architecture

### A Global Framework for Holistic Emotional Awareness & Resilience

The Holistic Emotional Awareness & Resilience Training (HEART) is a globally adaptable initiative designed to build emotional mastery and resilience across individuals, families, institutions, and communities.

In a world experiencing escalating emotional stress and psychological strain, HEART moves beyond reactive mental health models toward a proactive, ecosystem-based approach. At its core is the **HEART Emotional Ecosystem Architecture** — a structured framework that integrates emotional typology mapping, functional assessment, regulation systems, relational restructuring, leadership development, and community engagement into one unified model.

Operating across individual, family, institutional, and corporate levels, the architecture embeds emotional intelligence as a sustainable cultural capacity — creating intergenerational resilience and emotionally intelligent societies.

HEART is not merely training.  
It is systemic emotional design.

### Vision & Objectives

#### Vision:

To spark a nationwide movement for emotional well-being and resilience, scalable to global partnerships.

HEART is not just a program — it is a mission to transform lives.

#### Core Objectives:

- Strengthen emotional resilience across age groups
- Foster emotionally healthy families and communities
- Develop certified emotional wellness mentors and trainers
- Enhance corporate well-being, productivity, and harmony

## Key Vertical Programs

### 1. HEART Emotional Resilience for Life

Target: School & college students

Focus: Emotional Resilience, coping skills, life readiness.

### 2. HEART Movement Fellowship

A leadership ecosystem with two wings:

- HEART Youth Circle (18–30 years): Identity, resilience, heart-centred leadership.
- HEART Women Circles (30–50 years): Emotional renewal, burnout recovery, reflective growth.

### 3. HEART Certified Emotional Wellness Ambassadors

Target: Homemakers & family members

Focus: Strengthening emotional harmony within families and communities.

### 4. HEART Certified Emotional Wellness Mentors

Target: Educators, counsellors, professionals & graduates

Focus: Training certified leaders in emotional wellness and ecosystem facilitation.

## Community Outreach Programs

- HEART Emotional Wellness Assessment [Online]
- HEART Slogan Competition
- HEART-Global Emotional Awareness Challenge
- HEART Podcast: HEART Matters
- HEART to HEART: Talks to inspire, educate, and empower for emotional resilience
- HEART Confluence: The Emotional Wellness Summit

## Collaboration & Growth Potential

HEART actively seeks international and national partnerships with educational institutions, NGOs, corporates, healthcare systems, and policy bodies.

The model is modular, scalable, and self-sustaining, offering structured recognition, leadership pathways, and long-term ecosystem impact for collaborators.

## HEART Team

A multidisciplinary collective of wellness experts, certified coaches, psychologists, counsellors, healers, educators, and medical professionals — united in advancing holistic emotional well-being.



Design the emotion.  
Strengthen the system.  
Transform the society.

**Dr.Surendra Dass**

**Founder**

Wardha-Maharashtra

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