

CAREER DEVELOPMENT CENTRE



Date :01/02/2023

ART OF LIVING

VAT: 63

All the interested students across all the courses of DIT University are hereby informed that training on Happiness Course of "Art of Living" is being offered by career Development centre, DIT university. The course is scheduled to start from 14th Feb 2023 to 18th Feb 2023. The venue of the training will be Vishveshwarya-101, Seminar Hall.

The details are as follows

COURSE	Registered Students
KEY SPEAKER	Mr. Saral Agarwal & Mrs. Manmeet Kaur
TIMINGS	6:00 am to 11 am
COURSE DURATION	30 Hours
ORGANISING DEPARTMENT	Career Development Centre

Objective The Happiness Program gives you expert training in a series of yogic breathing techniques which can reduce your stress, relieve anxiety & depression, and bring you back to a clear and positive state of mind.

Note: Interested student will have to register for the course on or before 12th February 2023 by giving their names to their training coordinator or they can send their interest at cdc@dituniversity.edu.in through their university email ID.

Career Services Cell
DIT University, Dehradun
Mr. Saurav Badoni

(In-charge-Career Development Centre)

To

All / Dean / Director / Head of Department

Chairman

Chancellor

Vice Chancellor

Pro Vice Chancellor

Manager Admin

HR Department

For information please

ART OF LIVING (VAT-63)

Course: -For Registered Students

Venue: - Vishveshwarya-101

Key Speaker: - Mr. Saral Agarawal

Date:-14th Feb 2023- 28th Feb 2023

Duration: -30 Hrs.

Timings: - 6:00 am to 11:00 am

Objective:

The Art of Living Happiness Program: a uniquely powerful combination. The Happiness Program takes place over three relaxing yet focused days. Here are some of the unique benefits you'll experience:

Quickly & Effectively Reduce Stress: with the Power of Your Own Breath, The Happiness Program gives you expert training in a series of yogic breathing techniques which can reduce your stress, relieve anxiety & depression, and bring you back to a clear and positive state of mind.

Build Resilience: with Mind Mastery, Understanding the nature of the mind gives you a greater perspective on life. This enables you to not get bothered by issues that used to create frustration, impatience, worry and more.

Make Meditation Easier: with Sudarshan Kriya, Tried meditation, but frustrated with your mind wandering? The central technique of The Happiness Program program, Sudarshan Kriya,

is a simple yet powerful breathing technique that effortlessly draws you into a deep state of meditation.

Relax Deeper: with Guided Yoga & Meditation, enjoy our effortless approach ... Learn easy yoga poses you can incorporate into your day for greater health, focus, and relaxation. Unique guided meditations that give you a glimpse of the beauty within.

Training Outcome:

The goal of Art of Happiness Program is to give you the skills, support and training to continue using these powerful breathing techniques once you get home. Research shows your cortisol levels can reduce by over 50% on the first day you practice, and will continue to improve if you keep practicing. A simple, effective home breathing practice one can do each day to release stress and start every day afresh: feeling clear, confident and happy.

Value added course Details (Academic Year: 2022-23)

VAT Course Name: Art of Living

VAT Code: VAT 63

Duration in Hours: 32

Number of Students Enrolled: 45

Number of Students Completed: 40

Grades:

G= GOOD ; S = Satisfactory ; P = Poor ; W = Withdraw

Student ID	Student Name	Program/Course	Passing Grade
200102200	ANANT SINGH	Bachelor of Technology in Computer Science and Engineering	S
200102273	AADITYA AYAN VARMA	Bachelor of Technology in Computer Science and Engineering	S
200102353	DIVYANSH DWIVEDI	Bachelor of Technology in Computer Science and Engineering	S
200102288	YUVRAJ BAJPAI	Bachelor of Technology in Computer Science and Engineering	G
201074014	RAHUL PANWAR	Bachelor of Science (Hons)in Physics	G
200103901	ISHITA GUSAIN	Bachelor of Technology in Electronics and Communication Engineering	P
200102183	NILAY SINGH	Bachelor of Technology in Computer Science and Engineering	S
201358047	RITIKA SHARMA	Bachelor of Design with specialization in User Experience (UX)	S
200102312	SHIVANK RAKHOLIYA	Bachelor of Technology in Computer Science and Engineering	S
201279025	UDIT RANA	Bachelor of Computer Applications	S
200921026	HIMANSHU PANDEY	Bachelor of Pharmacy	G
200102221	ANSHIKA DIXIT	Bachelor of Technology in Computer Science and Engineering	G
200102220	ARYAN GROVER	Bachelor of Technology in Computer Science and Engineering	S
200102251	SUSHANT RAI	Bachelor of Technology in Computer Science and Engineering	S
200102571	SAKSHAM KAUSHIK	Bachelor of Technology in Computer Science and Engineering	P
201358036	PRERNA KAKKAR	Bachelor of Design with specialization in User Experience (UX)	S
201148015	RAHUL PANDEY	Bachelor of Arts(Hons) in Psychology	S
200102250	VISHWAJEET DUBEY	Bachelor of Technology in Computer Science and Engineering	G
200102219	EKANSH GAUTAM	Bachelor of Technology in Computer Science and Engineering	G
201148011	MANSI	Bachelor of Arts(Hons) in Psychology	S
201279024	NIKSHIT SEHGAL	Bachelor of Computer Applications	S
200921039	ADARSH KUMAR	Bachelor of Pharmacy	S
200921038	ABHISHEK BHOURIYAL	Bachelor of Pharmacy	S
200102368	ABHINAV TOMAR	Bachelor of Technology in Computer Science and Engineering	P
200921029	YASHIKA TYAGI	Bachelor of Pharmacy	G
200921078	MANISH KUMAR YADAV	Bachelor of Pharmacy	G
200102253	AYUSH KUMAR TIWARI	Bachelor of Technology in Computer Science and Engineering	S
200102271	VANSHIKA DHYANI	Bachelor of Technology in Computer Science and Engineering	S
200102278	ARYAN SINGH	Bachelor of Technology in Computer Science and Engineering	P
200102218	DIVYANSHU ASWAL	Bachelor of Technology in Computer Science and Engineering	S
201376017	AARSH NEGI	Bachelor of Design (Interior Design)	S
200102252	SOUMYA NILAY	Bachelor of Technology in Computer Science and Engineering	G
200105013	ANMOL SAINI	Bachelor of Technology in Information Technology	G
201279019	NIKHIL BISHT	Bachelor of Computer Applications	S
201279020	SRIJAN SINGH BISHT	Bachelor of Computer Applications	S
200103006	ANKIT MISHRA	Bachelor of Technology in Electronics and Communication Engineering	S
200102588	SHIVANI CHANDRAWAL	Bachelor of Technology in Computer Science and Engineering	S
200101013	OM RAJ CHAUHAN	Bachelor of Technology in Civil Engineering	S
200101014	AMAN RAJ CHAUHAN	Bachelor of Technology in Civil Engineering	G
200823016	ANJALI LN	Bachelor of Architecture	G
200102238	SATWIK AGARWAL	Bachelor of Technology in Computer Science and Engineering	S
200102239	VANSH DHIMAN	Bachelor of Technology in Computer Science and Engineering	S

201259008	AVINASH DABRAL	Bachelor of Computer Applications	P
200823008	KARTIKAY PURI	Bachelor of Architecture	S
201074021	SHIVAM TIWARI	Bachelor of Science (Hons)in Physics	S


Career Services Cell
DIT University, Dehradun