CAREER DEVELOPMENT CENTRE

DIT
UNIVERSITY
IMAGINE ASPIRE ACHIEVE

Date: 16ᵗʰ August 2022

NOTICE
VAT 92- Mindfulness & Meditation Course

Meditation Course helps in self-discipline and self-control, leading to immense amount of awareness, concentration, and higher level of consciousness. Therefore, all the interested students across all the courses of DIT University are hereby informed that training on "Mindfulness & Meditation" is being offered by career Development Centre, DIT university. The course is scheduled to start from 25ᵗʰ August 2022.

Branch/Year	All interested students of DIT university
Organizer Department	Career Development Centre
Date	25 August to 8th September 2022
Course Duration	30 Hours
Venue	Chanakya Lawn
Coordinator	Mr. Saurav Badoni
Coordinator contact Id	cdc@dituniversity.edu.in

Note: Interested student will have to register for the course on or before 20ᵗʰ August 2022 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
In charge- CDC

To:

- All Deans / Directors
- HoDs
- Head CDC

With the request to bring the above to the notice of the students

Copy to:

- Chairman
- Chancellor
- Vice Chancellor
- Pro Vice Chancellor

For information please

Mindfulness & Meditation Course (VAT- 92)

Name of the Course: - Mindfulness & Meditation Course   **Course Code –** VAT 92

Course Offered to – All Courses (All Branches)   **Course Duration –** 30 Hrs

Course Coordinator: -Mr. Saurav Badoni (In charge- Career Development Centre, DIT University)

OBJECTIVE:

Meditation can prepare the students physically and mentally for the integration of their physical, mental, and spiritual faculties so that the students can become healthier, saner and more integrated members of the society and of the nation. Meditation also helps in self discipline and self-control, leading to immense amount of awareness, concentration and higher level of consciousness.

The course also talks and propagates various other habits to improve the day to day health and maintain proper hygiene. It is also one of the experiential learning courses which provides the student an opportunity to develop and groom himself/ herself.

PRE-REQUISITE(s):

Basic knowledge of the various positions would be appreciated.

OVERVIEW:

Even though scrupulously observed, the mere care of the various organs as previously outlined, is not considered sufficiently effectual by the yogi's without a strict observance of certain general matters in hygiene as the air, food, and water, etc. These conditions exert with certainty such marked influence upon the health of an individual that even the slightest variations in respect of air, water, and food, etc., produce abnormal conditions amongst the normally healthy. The well being of an individual, therefore, is really the totality of the care of

all the different and vital organs individually and collectively, plus the necessary precautions in and observances of general hygiene.

Why take this course?

- To learn the different measures to improve one's health conditions

- For those who wish to increase their concentration power.

- Develop body awareness and learn the tips to improve body posture and stability.

What you will learn in this course?

- To understand the location and function of the key structures of the body and apply them to practice

- How to become proficient at understanding and identifying imbalances

- A functional, integrated approach to evaluation through looking at movement and asana as well as specific muscle testing techniques.

- How certain imbalances may lead to pain and dysfunction

- How do develop a personalized plan of care and personalized asana practice.

Who this course is for:

- Anyone and everyone who wishes to develop better health habits and propagate the same.

Course Outline:

Chapter	1	Overview and getting started	4 hours
Chapter	2	Gentle Y Basics	5 hours
Chapter	3	Anatomy: Head and Neck	6 hours
Chapter	4	Anatomy: Shoulders	6 hours
Chapter	5	Anatomy: Arms, Hands and Fingers	6 hours
Chapter	6	Pose Library	3 hours

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

VAT Course Name: Mindfulness and Meditation
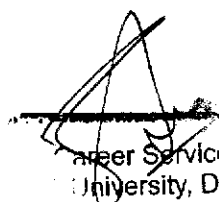
VAT Code: VAT 92

Duration in Hours: 30

Number of Students Enrolled:30

Number of Students Completed: 27

Grades:	G= GOOD ; S = Satifactory ; P = Poor ; W = Withdraw		
Student ID	Student Name	Program/Course	Passing Grade
210102442	VAIBHAV GIRI	Bachelor of Technology in Computer Science and Engineering	G
210102432	SWAPNIL SRIVASTAV	Bachelor of Technology in Computer Science and Engineering	S
210102409	MANAV	Bachelor of Technology in Computer Science and Engineering	S
210101911	SHAVLI PAL	Bachelor of Technology in Civil Engineering	S
210106905	PIYUSH SINGH	Bachelor of Technology in Mechanical Engineering	S
210102461	AMISHA TANDON	Bachelor of Technology in Computer Science and Engineering	S
211279056	SHUBHKARMAN KAUR	Bachelor of Computer Applications	G
215134005	RAJAT PUNDIR	Master of Technology in Structural Engineering	S
210102481	PRATIK SINGH	Bachelor of Technology in Computer Science and Engineering	S
211073022	HARMEET SINGH	Bachelor of Science (Hons)in Maths	S
211358045	MD AZIZ HOWLADAR	Bachelor of Design with specialization in User Experience (UX)	S
211279058	DHWANI GROVER	Bachelor of Computer Applications	P
211358029	EKTTA KHARKWAL	Bachelor of Design with specialization in User Experience (UX)	G
210102542	RISHABH BISHT	Bachelor of Technology in Computer Science and Engineering	S
210823016	ANSHUL BHATT	Bachelor of Architecture	S
216122034	SMITI GAMBHIR	Master of Business Administration	S
210102428	DIYA LOHANI	Bachelor of Technology in Computer Science and Engineering	S
210102491	HARSH CHAUHAN	Bachelor of Technology in Computer Science and Engineering	S
210102917	HAMDA NAVISH	Bachelor of Technology in Computer Science and Engineering	G
210105043	SHAIKH SAMIUDDIN QURAISHI	Bachelor of Technology in Information Technology	P
210105049	AYUSH KUMAR RAI	Bachelor of Technology in Information Technology	S
210102406	AAKANKSHA JOSHI	Bachelor of Technology in Computer Science and Engineering	S
210105040	KOPAL VERMA	Bachelor of Technology in Information Technology	S
210105046	UTKARSH SRIVASTAVA	Bachelor of Technology in Information Technology	S
210102413	YUGANT VASHISHTHA	Bachelor of Technology in Computer Science and Engineering	G
211073024	JAHNVI RASTOGI	Bachelor of Science (Hons)in Maths	S
210102915	ANAND SWARUP	Bachelor of Technology in Computer Science and Engineering	S
210105059	PRIYADARSHANI	Bachelor of Technology in Information Technology	S
210102916	RAMESH HANSDA	Bachelor of Technology in Computer Science and Engineering	S
210105038	VEDANT RASTOGI	Bachelor of Technology in Information Technology	P

Career Services Cell
University, Dehradun