CAREER DEVELOPMENT CENTRE

DIT UNIVERSITY
IMAGINE ASPIRE ACHIEVE

Date :01/02/2022

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 2022 to 18th Feb 2022. 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 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.

Coordinator : Dr. Sonia Munjal
(Prof-In-charge-Career Development Centre)
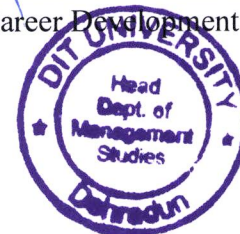
To

 All / Dean / Director / Head of Department

Chairman

Chancellor

Vice Chancellor

Pro Vice Chancellor

 Manager Admin

 HR Department

For information please

Registrar
DIT University, Dehradun

ART OF LIVING (VAT-63)

Course: -For Registered Students

Venue: - Vishveshwarya-101

Key Speaker: - Mr. Saral Agarawal

Date:-14th Feb 2022- 28th Feb 2022

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,

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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.

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Annexure - II

Value added course Details (Academic Year: 2021-22)

VAT Course Name: Art of Living

VAT Code: VAT 63

Duration in Hours: 32

Number of Students Enrolled: 19

Number of Students Completed: 19

Grades:	G= GOOD ; S = Satifactory ; P = Poor ; W = Withdraw			
Student ID	Student Name	Program/Course	Year	Passing Grade
210102107	NIKHIL CHHETRI	Bachelor of Technology in Computer Science and Engineering	1st Year	S
210921012	HARDIK PUROHIT	Bachelor of Pharmacy	1st Year	S
211073012	SNEHA MADAN	Bachelor of Science (Hons)in Maths	1st Year	S
218160007	MANIK CHANDRA PANDEY	Doctor of Philosophy in Computer Science and Engineering	1st Year	G
180921054	MUNAL KUMAR	Bachelor of Pharmacy	4th Year	G
180102041	SHRADHA PANJIAR	Bachelor of Technology in Computer Science and Engineering	4th Year	S
180102095	SAMRIDDHI RASTOGI	Bachelor of Technology in Computer Science and Engineering	4th Year	S
180112002	AKSHAY RAJ	Bachelor of Technology in CSE with Spl. in IOT -IBM	4th Year	G
201358022	ADITYA SINGH SHEORAN	Bachelor of Design with specialization in User Experience (UX)	2nd Year	S
201376023	PRABLEEN SINGH	Bachelor of Design (Interior Design)	2nd Year	S
210102509	ARYAN RASTOGI	Bachelor of Technology in Computer Science and Engineering	1st Year	S
210105047	SHIWAM RAI	Bachelor of Technology in Information Technology	1st Year	G
210921054	TUSHAR SHARMA	Bachelor of Pharmacy	1st Year	S
210102171	VIDHI AGARWAL	Bachelor of Technology in Computer Science and Engineering	1st Year	S
170823035	PRACHEE BATRA	Bachelor of Architecture	5th Year	S
180109033	TANISHQ KAUSHIK	Bachelor of Technology in CSE with Spl. in BDA - IBM	4th Year	S
181279047	DIVYANSHU SINGH	Bachelor of Computer Applications	4th Year	S
180109045	KARTIKEY GARG	Bachelor of Technology in CSE with Spl. in BDA - IBM	4th Year	S
190111013	TANUJA BISHT	Bachelor of Technology in CSE with Spl. in CSF - IBM	3rd Year	S

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