

CAREER DEVELOPMENT CENTRE



Date: 16th August 2021

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 2021.

Branch/Year	All interested students of DIT university
Organizer Department	Career Development Centre
Date	25 August to 8th September 2021
Course Duration	30 Hours
Venue	Chanakya Lawn
Coordinator	Mr. Gaurav Singh
Coordinator contact Id	cdc@dituniversity.edu.in

Note: Interested student will have to register for the course on or before 20th August 2021 by giving their names to their training coordinator or they can send their interest at cdc@dituniversity.edu.in through their university email ID.

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

Gaurav Singh
Head - CDC
Career Development Centre
DIT University, Dehradun
Head- CDC

RS
Registrar
DIT University, Dehradun

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. Gaurav Singh (Head- 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



Registrar
DIT University, Dehradun

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



Annexure - II

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

VAT Course Name: Mindfulness and Meditation

VAT Code: VAT 92

Duration in Hours: 30

Number of Students Enrolled:20

Number of Students Completed: 20

Grades:

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

Student ID	Student Name	Program/Course	Year	Passing Grade
190102164	SHUBH RASTOGI	Bachelor of Technology in Computer Science and Engineering	3rd Year	G
190184074	ADITYA MISHRA	Bachelor of Technology in CSE with Specialization in Artificial Intelligence & Data Science in Association with IBM	3rd Year	S
180105016	PARNEET RAWAT	Bachelor of Technology in Information Technology	4th Year	S
200103901	ISHITA GUSAIN	Bachelor of Technology in Electronics and Communication Engineering	2nd Year	S
201172003	YOGRAJ SINGH PARMAR	Bachelor of Arts(Hons) in Economics	2nd Year	S
200102559	ABHAY ARYA	Bachelor of Technology in Computer Science and Engineering	2nd Year	S
210102146	APOORV JASWAL	Bachelor of Technology in Computer Science and Engineering	1st Year	S
210102214	RISHIKA JAISWAL	Bachelor of Technology in Computer Science and Engineering	1st Year	S
210102386	SURUCHI KHANTWAL	Bachelor of Technology in Computer Science and Engineering	1st Year	S
210102543	ANVI GARG	Bachelor of Technology in Computer Science and Engineering	1st Year	S
218161001	P.S SHARMA	Ph.D. in Electronics and Communication Engineering	1st Year	S
206122016	AKSHAY RAWAT	Master of Business Administration	2nd Year	S
180102190	SATYAM SHREE	Bachelor of Technology in Computer Science and Engineering	4th Year	G
180102218	NILESH KUMAR	Bachelor of Technology in Computer Science and Engineering	4th Year	G
180109023	ALABHYA SINGH	Bachelor of Technology in CSE with Spl. in BDA - IBM	4th Year	S
191279024	NIKHIL KUMAR	Bachelor of Computer Applications	3rd Year	S
200102292	ANCHAL MANTWAL	Bachelor of Technology in Computer Science and Engineering	2nd Year	S
200102311	KARAN SINGH BISHT	Bachelor of Technology in Computer Science and Engineering	2nd Year	S
210105029	BIKKY RAY	Bachelor of Technology in Information Technology	1st Year	G
190101020	AMEESHA UPADHYAY	Bachelor of Technology in Civil Engineering	3rd Year	G

Passing
Head CDE
Career Development Cell
DIT University, Dehradun

VR

Registrar
DIT University, Dehradun