

CAREER DEVELOPMENT CENTRE



Date :28th November 2020

NOTICE || Happiness Course: ART OF LIVING (VAT 63)

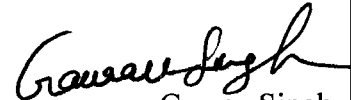
All the interested students across all the courses of DIT University are hereby informed that training on “Happiness Course by Art of Living” is being offered by career Development centre, DIT university. The course is scheduled from 19th December 2020 to 26th December 2020. The training program will **online on MS Team**.

The details are as follows

COURSE	Registered Students
KEY SPEAKER	Mr. Saral Agarwal & Mrs. Manmeet Kaur
TIMINGS	7:00 AM to 11:00 AM
COURSE DURATION	32 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 16th December 2020 by giving their names to their training coordinator or they can send their interest at cdc@dituniversity.edu.in through their university email ID.



Gaurav Singh
Head- CDC

Career Development Cell
DIT University, Dehradun

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

Report on Happiness Course by: ART OF LIVING (VAT-63)

Course: -For Registered Students

Platform: - Online on MS Team

Key Speaker: - Mr. Saral Agarawal

Date: - 19th December 2020 to 26th December 2020

Duration: -30 Hrs.

Timings: - 7:00 AM to 11:00 PM

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:

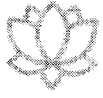


Quickly & Effectively Reduce Stress: with the Power of Your Own Breath, The Happiness Program gives you expert training in a series of yogic breathing techniques which can reduce your stress, relieve anxiety & depression, and bring you back to a clear and positive state of mind.



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.


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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.


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Annexure - II

Value added course Details (Academic Year: 2020-21)

VAT Course Name: Art of Living

VAT Code: VAT 63

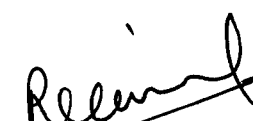
Duration in Hours: 32

Number of Students Enrolled: 21

Number of Students Completed: 21

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

Student ID	Student Name	Program/Course	Year	Passing Grade
170102061	SWARNIM KUKRETI	BTCSE	4th Year	S
180111016	SARTHAK BALUNI	BTCSE-CSF	3rd Year	G
180823036	SAURAV .	BARC	3rd Year	G
190921080	HARIOM PANDEY	BPHARM	2nd Year	S
170102314	HARSHIT AGRAWAL	BTCSE	4th Year	S
190102161	SHORYA GANDHI	BTCSE	2nd Year	G
190102266	ANJALI KUMARI	BTCSE	2nd Year	G
190101910	KANISHK PUNDIR	BTCE	3rd Year	S
170102067	HARDIK SINGHAL	BTCSE	4th Year	G
170112011	CHIRAG BHARDWAJ	BTCSE-IOT	4th Year	G
180102105	ADARSH GUPTA	BTCSE	3rd Year	S
170102013	ADITYA SINGH CHANDEL .	BTCSE	4th Year	G
180109019	DIVYANSH VERMA	BTCSE-BDA	3rd Year	G
170102326	KHUSHI PUNDIR	BTCSE	4th Year	G
180105035	PRANAV SIDDHANT	BTIT	3rd Year	S
170105031	VANSHIKA YADVANSI	BTIT	4th Year	G
170106047	AADITYA SINGH .	BTME	4th Year	G
180111019	ADARSH KUMAR	BTCSE-CSF	3rd Year	S
170102239	PRIYANSHI CHAMOLI	BTCSE	4th Year	S
190110008	SPARSH NANDRAJOG	BTCSE-CCV	2nd Year	G
196122009	RITIK GUPTA	MBA-TRI	2nd Year	G


Akshay
 Head - CDC
 Career Development Cell
 DIT University, Dehradun


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