

CAREER DEVELOPMENT CENTRE



Date: 15th November 2020

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 details as follows:

Branch/Year	All interested students of DIT university
Organizer Department	Career Development Centre
Date	3 rd December to 12 th December 2020
Course Duration	30 Hours
Venue	Online on MS Team*
Coordinator	Ms. Meghna Gupta
Coordinator contact Id	cdc@dituniversity.edu.in

Note:

- Interested student will have to register for the course on or before 25th November 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.

*Some session may be conducted in offline mode (keeping social distancing guidelines in view)

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 Cell
DIT University, Dehradun

[Signature]
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: -Ms. Meghna Gupta (Trainer- Career Development Centre, DIT University)

Date: From 3rd December 2020 to 12th December 2020

Platform: Online on MS Team

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.

Prof. Arun
BIF University, Dehradun

Annexure - II

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

VAT Course Name: Mindfulness and Meditation

VAT Code: VAT 92

Duration in Hours: 30

Number of Students Enrolled: 30

Number of Students Completed: 30

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

Student ID	Student Name	Program/Course	Year	Passing Grade
190102284	SEJAL SINGHAL	BTCSE	2nd Year	G
170102132	SAKSHI NEGI	BTCSE	4th Year	S
180102268	ABHISHEK CHAUHAN	BTCSE	3rd Year	G
190178032	UGERSAIN .	BTCSE-ML	2nd Year	S
190109900	AYAN BHATNAGAR	BTCSE-BDA	2nd Year	G
170101042	VAIBHAV SINGH	BTCE	4th Year	G
170102007	BHASKAR CHANDRA JOSHI	BTCSE	4th Year	S
180106038	ANSHUL JOSHI	BTME	3rd Year	G
170105020	VAIBHAV KUMAR	BTIT	4th Year	G
180112012	APALA SINGH	BTCSE-IOT	3rd Year	S
170109048	ABHISHEK NAWANI	BTCSE-BDA	4th Year	G
180102193	RAUNAK CHHABRA	BTCSE	3rd Year	S
180107018	HARSH WARDHAN PARIJAT	BTPE	3rd Year	G
190184089	VIVEK KUMAR HELI WAL	BTCSE-AI&DS	2nd Year	G
170109012	VIDUSHI SHARMA	BTCSE-BDA	4th Year	S
180113026	BHAWESH KHATRI	BTME-AE	3rd Year	G
180113002	MILJOT SINGH GAMBHIR	BTME-AE	3rd Year	S
180107027	RITIK NARAYAN	BTPE	3rd Year	G
190184101	SAMAKSH AGGARWAL	BTCSE-AI&DS	2nd Year	G
170105037	LAWANYA PRIYA	BTIT	4th Year	S
170178008	PARAS BHATT	BTCSE-ML	4th Year	G
170105017	GAURAV JOSHI	BTIT	4th Year	G
180102204	MANGESH GIRISH SINGH	BTCSE	3rd Year	S
190104900	PRATIK KUMAR	BTEE	3rd Year	G
170921045	SAURABH KUMAR	BPHARM	4th Year	G
180109036	GURVEEN KAUR PRUTHI	BTCSE-BDA	3rd Year	G
180102221	RAHUL KUMAR SINGH	BTCSE	3rd Year	S
180107023	SHIVANSH DIXHIT	BTPE	3rd Year	G
190921063	TANZILA ASLAM SIDDIQUI	BPHARM	2nd Year	S
190102922	ROSHAN SAH	BTCSE	2nd Year	G

Received

Fazal chaturvedi
Head
Career (CPOC)
DIT

[Signature]
Registrar
DIT University, Dehradun