

CAREER DEVELOPMENT CENTRE



Date :25/03/2020

ART OF LIVING

VAT: 63

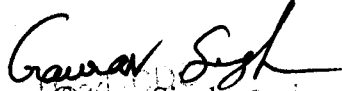
All the interested students across all the courses of DIT University are hereby informed that training on Happiness Course of "Art of Living" is being offered by career Development centre, DIT university. The course is scheduled to start from 1st April to 30th April 2020. The venue of the training will be held online on MS Teams.

The details are as follows

COURSE	Registered Students
KEY SPEAKER	Mr. Saral Agarwal & Mrs. Manmeet Kaur
TIMINGS	5:00 pm to 06 pm
COURSE DURATION	30 Hours
ORGANISING DEPARTMENT	Career Development Centre

Objective: Life skills are abilities for adaptive and positive behavior that enable humans to deal effectively with the demands and challenges of life. This concept is also termed as psychosocial competency.

Note: Interested student will have to register for the course on or before 29th March 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
Career (Head-CDC)
DIT University

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

(ONLINE) ART OF LIVING (VAT-63)

Course: -For Registered Students

Platform:- MS Teams

Key Speaker: - Mr. Saral Agarawal

Date:-1st April 2020 – 30th April 2020

Duration: -30 Hrs.

Timings: - 5 pm to 6 pm

Objective:

PERSONAL SKILLS: To build high energy in students to become physically fit, mentally positive and emotionally enthusiastic. It also enhances the effectiveness and efficiency in the students which helps in ensuring optimum utilization of resources for executing an assigned task at workplace.

PEOPLE SKILLS: Contributes towards enhancing relationship the both personal and professional life by focussing on team work skills, relationship management and interpersonal skills.

Life skills training help to draw out the best in employees. It helps people learn the practical aspects to lead a productive life, which can support to create a sense of consistency and equilibrium.

Course Outline:-

Module 1: Communication, Verbal & Nonverbal, Time management skills

Module 2: Presentation skills, Interview, Group Discussion

Module 3: Introduction –skills for listening and understanding, skills for choosing and start relationship, skills for anger management coping with emotions and stress, leadership skills.

Training Outcome: -

- Physical Wellness
- Positive Attitude
- Emotional Enthusiasm
- Self Confidence
- Time Management
- Team Management
- Networking


Registrar
DIT University, Dehradun

Annexure - II

Value added course Details (Academic Year: 2019-20)

VAT Course Name: Art of Living

VAT Code: VAT 63

Duration in Hours: 32


Number of Students Enrolled: 36

Number of Students Completed: 36

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

Student ID	Student Name	Program/Course	Year	Passing Grade
195339931	SURYA CHAUDHARY VERMA	MCALE	2nd Year	G
160102125	NAMIT PUNDIR	BTCSE	4th Year	S
160102055	VIKAS SINGH	BTCSE	4th Year	G
160103050	PANKUSH BHATIA	BTCSE	4th Year	S
170178002	ASHWINI MISHRA	BTCSE-ML	3rd Year	S
170104026	AKLESH MISHRA	BTEE	3rd Year	G
160101023	SAIYAM UPADHYAY	BTCSE	4th Year	S
160110077	ANUSHKA MALIK .	BTCSE-CCV	4th Year	S
160105083	ABHINAV SHARMA	BTIT	4th Year	S
160109017	MAYANK BIRKHANI	BTCSE-BDA	4th Year	G
170109063	AKASH PANDEY	BTCSE-BDA	3rd Year	S
160102069	PURUSHAM GURUNG	BTCSE	4th Year	G
160102090	ANKIT CHOUDHARY	BTCSE	4th Year	G
170102191	JAGRATI .	BTCSE	3rd Year	S
170102265	JAYESH RANA	BTCSE	3rd Year	G
181149017	UTTAM KUMAR	BA-ENG	2nd Year	S
196122013	SHUBHAM SINGHAI	MBA-TRI	1st Year	S
160110006	ANMOL YADAV	BTCSE-CCV	4th Year	S
160103031	SAKSHI DUKLAN	BTECE	4th Year	S
160107015	VIPIN SINGH	BTPE	4th Year	S
170109013	VASU WADHAWAN	BTCSE-BDA	3rd Year	G
180106913	VIPUL KULASARI	BTME	3rd Year	S
170102252	YASHIKA MITTAL	BTCSE	3rd Year	G
171279071	PRAVEER PRANZAL	BCA	3rd Year	G
196122017	AVNEET KAUR	MBA-TRI	1st Year	S
160102033	ARHAN KHAN	BTCSE	4th Year	G
170103036	TANAY PANDA	BTECE	3rd Year	S
190103901	SAKSHAM PANDEY	BTECE	2nd Year	S
160106110	ABHISHEK RAJPUT	BTME	4th Year	G
160110038	DEEPAK BISHT	BTCSE-CCV	4th Year	S
170110017	DEEPAK .	BTCSE-CCV	3rd Year	S
170102330	SUYASH KARN	BTCSE	3rd Year	S
185740001	RISHABH SHARMA	MPHARM	2nd Year	G
160102242	ADITYA THAKUR	BTCSE	4th Year	S
190104910	PRABHAT SAGAR	BTEE	2nd Year	G
160103039	NAMRATA RATURI	BTECE	4th Year	G

Submitted
Akshay
10000
 Head, CCG
 Career Development Cell
 DIT University, Dehradun


 Registrar
 DIT University, Dehradun