



DESHBANDHU COLLEGE

NAAC A++ (Score: 3.65) | NIRF 2023 RANK: 17

Under the aegis of IQAC, ViksitBharat @ 2047, Har Ghar Dhyani Initiative and Teaching Learning Centre (Under PMMMNMTT Scheme of Ministry of Education),
Ramanujan College

In association with
The Art of Living Foundation



PRESENTS

ONE WEEK SHORT TERM COURSE (FDP)

ON THE TOPIC

"Understanding the Power of Breath"

February 12th - 17th, 2024 || 10:00 AM - 4:00 PM

Venue: Auditorium, DBC

Prof. Rajendra K. Pandey
PRINCIPAL
DESHBANDHU COLLEGE

Prof. S. P. Aggarwal
PRINCIPAL
RAMANUJAN COLLEGE

Dr. Nikhil Kumar Rajput
DEPUTY DIRECTOR
TLC, RAMANUJAN COLLEGE

Dr. Deepti Gupta
NODAL OFFICER,
HAR GHAR DHYAN- DBC

Dr. Vaishali Arora
COORDINATOR,
FDP@HGD_DBC

Dr. Aditya Saxena
COORDINATOR,
IQAC, DBC



DESHBANDHU COLLEGE



Guided by the mantra “कर्मण्येवाधिकारस्ते” the college has achieved NIRF rank 17 & has been accredited by NAAC with A++ grade. Established in 1952, it is one of the oldest and the largest institutions of University of Delhi. The college offers seven post graduate & eighteen undergraduate courses from Arts, Commerce and Sciences. It caters to more than 5000 students each year. The campus of Deshbandhu College, radiates with its lush green lawns and beautiful gardens extending a lot of positivity.

The college boasts of a huge library (the best in the University of Delhi), an auditorium, one big conference Hall, smart classrooms, well equipped laboratories, research laboratories, gymnasium, canteen, web access centre, I4 center, medical room, banking facility, a seminar hall etc.. The College also promotes numerous co-curricular activities like Arts and crafts, theatre, photography, dance, music, fashion, debate and many more to provide a platform for the advancement of all the young talent. Moreover, college also has outstanding achievements in Sports, the NCC (Army, Naval and Air Force) and NSS.

TEACHING LEARNING CENTRE RAMANUJAN COLLEGE

Teaching Learning Centre (TLC) is mandated by the Ministry of Education (MoE) to organise Faculty Development Programmes (FDPs), Faculty Orientation and Induction Programmes (FIPs), discipline specific and interdisciplinary Refresher Courses, conferences, workshops, through offline and online modes. These programmes are based on indepth subject knowledge, quantitative and qualitative research methodologies, and on an interdisciplinary approach as is envisaged in the National Education Policy (NEP), 2020.



The TLC, Ramanujan College has been set up with the aim of “Reaching the Unreached” teachers in terms of regional diversity and geographically remote areas of the country. It has successfully conducted more than hundred learner-centric programmes since October 2017 and trained over one lakh teachers across the country in various discipline specific and interdisciplinary programmes.

Ramanujan College is a pioneer in offering offline/online courses for faculty members of higher education institutions and research scholars through the customised Learning Management System (LMS), designed by the College's Research Development and Services Cell. It is predominantly participant-friendly and incorporates evaluation methods and comprehensive feedback systems to judge learning outcomes.



HAR GHAR DHYAN CAMPAIGN & THE ART OF LIVING (AOL) and MoA BETWEEN DU & TAOL



Har Ghar Dhyana is a collaborative initiative of The Art of Living and Ministry of Culture, Government Of India, under the aegis of "Azadi ka Amrit Mahotsav" (AKAM), as a special offering to benefit the citizens on the occasion of 75 years of independence for our Country.

The Art of Living (TOAL) is a charitable trust, transforming urban & rural India by conducting a broad range of service projects to uplift & empower Individuals, Families & Communities. The Har Ghar Dhyana initiative works through TAOL volunteers, who are aware of the benefits of Meditation, to reach out to the society and encourage people to experience Meditation. Their volunteers or Meditation Ambassadors organize sessions to educate about mental health and meditation. These sessions are being conducted by Trained Art of Living Teachers or Meditation Coaches.



Memorandum of Agreement (MoA) on Knowledge Partnership was signed between TAOL & University of Delhi on 3rd March, 2023 and Prof. Ajay Kumar Singh, Head, Department of Commerce, DU, has been appointed as Nodal Officer for imparting various programs with TOAL to develop skill and capacities of Students, Teaching and Non-Teaching staff towards health & well-being at the University of Delhi. He & his team have been instrumental in coordinating between TAOL & various colleges of DU, in appointing Nodal Officers of Har Ghar Dhyana Committee in these college & in facilitating the organization of Introductory Seminars & Sessions, Youth Empowerment Skill Programs (YES!+) & Faculty Development Programs in these colleges. This Short Term Course (Formerly known as FDP) is being organized as part of these programs that are to be covered in accordance to this MoA.

ABOUT THE PROGRAMME

The Programme comprises of:

- Methodology of group discussions and role-playing to inculcate life-skills.
- Talks and Presentations to bring out attitudinal and behavioral changes.
- Breathing techniques (like the world-renowned and well-researched Sudarshan Kriya) to flush out stresses and toxins.
- Aspects of Asanas and Pranayama to increase concentration and clarity of mind.



PROGRAMME MODULE



Themes to be covered

1	An Introduction to Human Values	<ul style="list-style-type: none">• Value based education• Key to happiness
2	Harmony in the Inner World	<ul style="list-style-type: none">• Knowing the nature of mind• Appreciating opposite values in life• Transcending the levels of existence to experience inner peace• Breathing Techniques and their benefits• Self Discipline – Breathing Practice
3	Harmony in the Outer World	<ul style="list-style-type: none">• Introduction to the outer world – People, object and situation• Establishing harmony with people [I] – Secret of Peace• Establishing harmony with people [II] – Secret of Compassion• Establishing harmony with people [III] – Secrets of Relationships• Establishing Harmony with objects• Reflections and Learning• Establishing Harmony with Situation – Secret of centeredness
4	Co-existence of Inner World and Outer World	<ul style="list-style-type: none">• Life, A combination of Pravritti and Nivritti• Reflections and Learning• Role of Enthusiasm in Pravritti
5	Integral Human Development and Professional Ethics	<ul style="list-style-type: none">• Ethics, Morality and Integrity• Reflections and Learning



REGISTRATION & PAYMENT PROCESS

ELIGIBILITY : This FDP is open to all the Permanent/ad-hoc/Guest Faculty working in UGC recognized Universities of India. The Registrations will be strictly through First Come First Basis & is limited to 100 participants only. Those who would not be accommodated this time will be given first preference in Next FDP to be held in June/July.

PAYMENT: Non-Refundable Fees of Rs 2500 (Refundable, ONLY if not accommodated)

ACCOUNT DETAILS: Name of Account Holder: Principal, Deshbandhu College



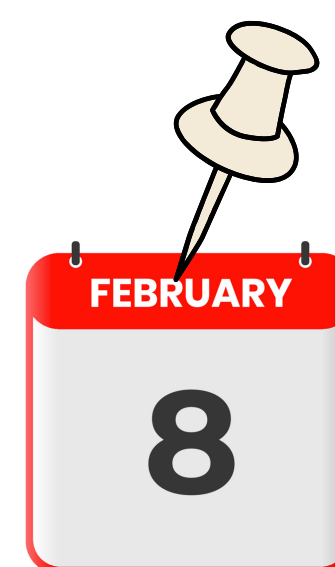
A/c No.: 09031000001043

IFSC Code: PSIB0000903

Name of the bank: Punjab & Sind Bank

REGISTRATION LINK: <https://forms.gle/5BSLEyAUrqUft11R8>

LAST DATE OF REGISTRATION: 8th February, 2024



After the successful registration, participants will be sent a confirmation mail & a whatsapp group will be made for further coordination.

IMPORTANT :



- Registration is mandatory for participation.
- Attempting and submitting all the quizzes and assignments (Based on Postures & Techniques taught) are mandatory, and each participant should score a minimum of 50% in total to avail of the programme completion certificate.
- Graded certificates on the basis of performance will be awarded to the participants.
- As part of the Ministry of Education's requirement under the PMMMNMTT scheme, all participants need to submit online feedback for each session.
- No Objection Certificate (NOC) is REQUIRED to participate in the Programme. However, participants are expected to inform their authorities about their participation.
- The college/organizers will not provide any Travel allowance or accommodation, in any circumstances.
- Failing to meet any of the above conditions will result in the denial of completion certificate.



ORGANISING COMMITTEE

Mentors

Prof. Sunil Kayesth
Professor
Deptt. of Zoology, DBC

Prof. Seema Gupta
Professor
Deptt of Commerce, DBC

Dr. Kumar Shantanu
Associate Professor
Deptt. of Botany, DBC

Dr. Deepti Gupta
Nodal officer
Har Ghar Dhyan, DBC

Dr. Vaishali Arora
Co-ordinator
FDP@ HGD_DBC

Ms. Revathy V. Menon
Co- Coordinator
Har Ghar Dhyan, DBC

Members

- **Dr. Anju Chhibbar**, Department of Botany, DBC
- **Dr. Manish Kumar**, Department of Political Science
- **Dr. Munish Kumar**, Department of MIL (Sindhi)
- **Dr. Astha Giri**, Department of Biochemistry
- **Dr. Rahul Shukla**, Department of Mathematics
- **Mr. Arun Chhokar**, Department of Zoology
- **Dr. Archana Tripathi**, Department of Physics
- **Ms. Ritika Garg**, Department of Economics

For further information, write to us at: hgd@db.du.ac.in

Contact Us (Whatsapp ONLY)

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