



सहसंचालक तंत्र शिक्षण, विभागीय कार्यालय,

शासकीय तंत्र निकेतन परिसर, गाडगे नगर, अमरावती ४४४ ६०३

E-mail:-roamravati@dtmaharashtra.gov.in

Website: www.jdroamt.org

Ph.No. :(०७२१) २५७३०२७, २५७२५७७

Fax No. : (०७२१) २५७ ७९१३

क्रमांक :- विकाअ/शिक्षण/२०१९/५१७

दिनांक :- 20 FEB 2019

प्रति,

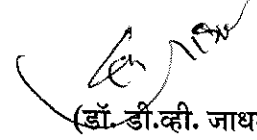
प्राचार्य,

सर्व पदवीका/पदवी व पदव्युत्तर पदवी संस्था,
अमरावती विभाग, अमरावती.

विषय :- Proposal for conducting The Art of Living Youth-Induction for AICTE program as a part of Induction program for the students in institutes concerned.

संदर्भ :- Shri. Rajesh Jagasia, National Director, Art of living programs यांचे दि. निरंक रोजीचे पत्र.

उपरोक्त विषयाबाबत आपणास कळविण्यात येते की, सोबत Shri. Rajesh Jagasia, National Director, Art of living programs, यांनी या कार्यालयास सादर केलेले Art of living induction Program for AICTE Institute Proposal जोडलेले असून कृपया त्याचे अवलोकन करावे. व त्याप्रमाणे आपल्या स्तरावर कार्यवाही करण्याबाबत आवाहन करण्यात येत आहे.



(डॉ. डी.की. जाधव)
सहसंचालक तंत्रशिक्षण,
अमरावती.

प्रत :- प्रोग्रामर, तंत्रशिक्षण विभागीय कार्यालय, अमरावती यांना संकेतस्थळावर टाकण्यासाठी.



ART OF LIVING
INDUCTION FOR AICTE
PROPOSAL

VYAKTI VIKAS KENDRA INDIA



To,
The Joint Director of Technical Education
JDO office,
Amravati,
Maharashtra

Subject: Proposal for conducting The Art of Living Youth - Induction for AICTE program as a part of Induction program for the students in institutes concerned to you.

Respected Sir/Madam,

Art of Living takes this opportunity to introduce our "Art of Living - Induction for AICTE Program", specially designed to be a part of Induction Program recommended by AICTE. We are very excited to present you this 9 hour workshop, curated by our panel of experts with decades of experience.

The modules in the program are proven to improve the overall performance of the youth by boosting confidence, enhancing creativity and developing their leadership skills. It also empowers the educational institutions to lay the foundation for future professional success of their students and to create leaders of tomorrow.

We understand the vision of AICTE's vision of imparting the best academic and technical knowledge with ethics, morals & integrity. This program accurately equips students to excel both academically and professionally and ignites the passion for excellence.

Also the All India Council for Technical Education (AICTE) has recommended our workshop to be a part of the induction program. Please find the link here- <https://www.aicte-india.org/education/model-syllabus> (with section 4.4 and 6.3.4 having reference to Art of Living Programs)

Request you to guide us further for scheduling this program as a part of Induction Program in your campus.

Please feel free to contact Mr. Vaibhav P Sawant with any queries you may have. He can be reached at Mobile: 9004651933 and Email- vaibhavatttc@gmail.com

Looking forward to an enduring partnership,

With warm regards,

Yours Sincerely,
Rajesh Jagasia
National Director
Art of Living Programs

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Art of Living International Center,

21st km, Kanakapura Road, Udayapura, Bengaluru, Karnataka, India

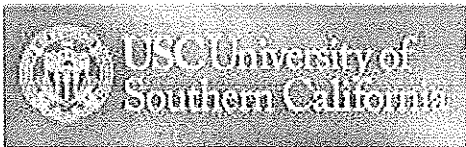
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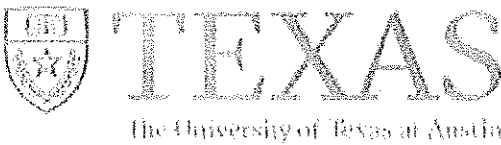
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University Affiliations



Massachusetts
Institute of
Technology



HARVARD
UNIVERSITY



Cornell University

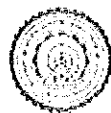
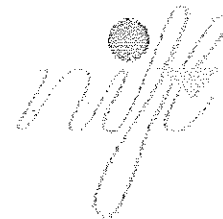


Stanford
University



XLRI Jamshedpur

School of Business & Human Resources



iit delhi



iit kharagpur



VYAKT VIKAS KENDRA INDIA

Art of Living International Center,

21st km, Kanakapura Road, Udayapura, Bengaluru, Karnataka, India



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About Art of Living

Founded in 1981 by Gurudev Sri Sri Ravi Shankar, The Art of Living is an educational and humanitarian movement engaged in stress-management and service initiatives. The organization operates globally in 155 countries and has touched the lives of over 370 million people.

The programs are guided by Gurudev's philosophy of peace: "Unless we have a stress-free mind and a violence-free society, we cannot achieve world peace." To help individuals get rid of stress and experience inner peace, The Art of Living offers stress-elimination programs which include breathing techniques, meditation and yoga. These programs have helped millions around the world to overcome stress, depression and violent tendencies.

Art of Living strongly believes that Educational institutions have the primary responsibility to inspire students towards a high vision and create a strong sense of bonding between the institution and the students to nurture a stress free holistic environment. We have organized various workshops for students as well as faculties in institutions across the globe and helped them achieve their goals. Many prestigious institutes across the globe like Harvard, Stanford, Cornell, Berkeley, Purdue, MIT, USC, Indian Institute of Technology, Indian Institute of Management, National Institute of Fashion Technology, XLRI have included youth programs of Art of Living in their curriculum and are being immensely benefited by the same.



About the Program

I. Program Format

Art of Living - Induction for AICTE is a 9 hours program spread over 3 consecutive days, 3 hours each day.

II. Program Module

Art of Living - Induction for AICTE program is challenging, yet entertaining. It is a brilliant blend of interactive intense group processes, talks, presentations and fun based learning methodology, that helps students to enhance their lives.

The basic program content includes:

- Breathing techniques (like the world-renowned & well-researched Sudarshan Kriya*)
- Group discussions and role-plays to inculcate life-skills.
- Talks and Presentations to bring out attitudinal and behavioral changes.
- Group activities & games to develop public speaking and interpersonal communication skills.
- Responsibility, Initiative & Leadership with time management & teamwork.
- Yoga asanas and Pranayama to increase concentration & building confidence.

III. Program Schedule

DAY	CONTENT	DURATION
1	Sudarshan Kriya : Deep Breathing & Relaxation	3 Hours
2	Mind & Energy: Secrets of Brain Science to Excel	3 Hours
3	Ethics, Morality and Integrity: Social Responsibility & Nationalism	3 Hours

*Research statistics presented in page no. 9



IV. Program Content

1. Sudarshan Kriya: Deep breathing and Relaxation

Learning Goals and Objectives:

Discussion of the relationship between the rhythms of our breath and our emotional state, the relationship between our emotions and our Sympathetic and Parasympathetic Nervous System. Instruction and practice of the Healing Breath technique (Sudarshan Kriya).

Expected Student Outcomes:

Students will understand how their own emotions are tied to the breath and nervous system. They will experience how the Sudarshan Kriya affects emotions, memory and overall well-being.

Discussion & Practices:

- Introduction to the Sudarshan Kriya
- Emotions and the Breath
- Rhythms of the Breath and their Relation to Emotions
- Emotions
- Sympathetic and Parasympathetic Nervous System
- Breath -- Mind -- Body Connections
- Sudarshan Kriya

2. Mind & Energy: Secrets of Brain Science to Excel

Learning Goals and Objectives:

Discussion of the fundamentals of how the mind works, the tendencies and habits of the mind, the relationship between our state of mind and happiness and mind. Discussion and practice of how to quiet the mind to increase focus and mental clarity. The practice of light yoga, Power Breathing, Three Stage Breathing, and Sudarshan Kriya.



Expected Student Outcomes:

Students will understand their own mental tendencies and habits and how to change them. They will experience how the Sudarshan Kriya can increase energy and break negative thought patterns, freeing up the mind and bringing greater clarity and focus. Students will understand how their own bodies, minds, intellect and emotions interrelate. They will also understand sources of energy, and how to increase energy in their own lives by attending to levels of existence. They will experience how breathing techniques can increase energy.

Discussion & Practices:

- Happiness and the Mind
 - The Inevitability of the Present Moment
 - Judgment and Acceptance
 - Tendencies of the human mind.
 - What you resist shall persist
-

3. Ethics, Morality and Integrity: Social Responsibility & Nationalism

Learning Goals and Objectives:

Discussion on ethics, morals and integrity. To make them realize their role in building a strong nation as future leaders.

Discussion & Practices:

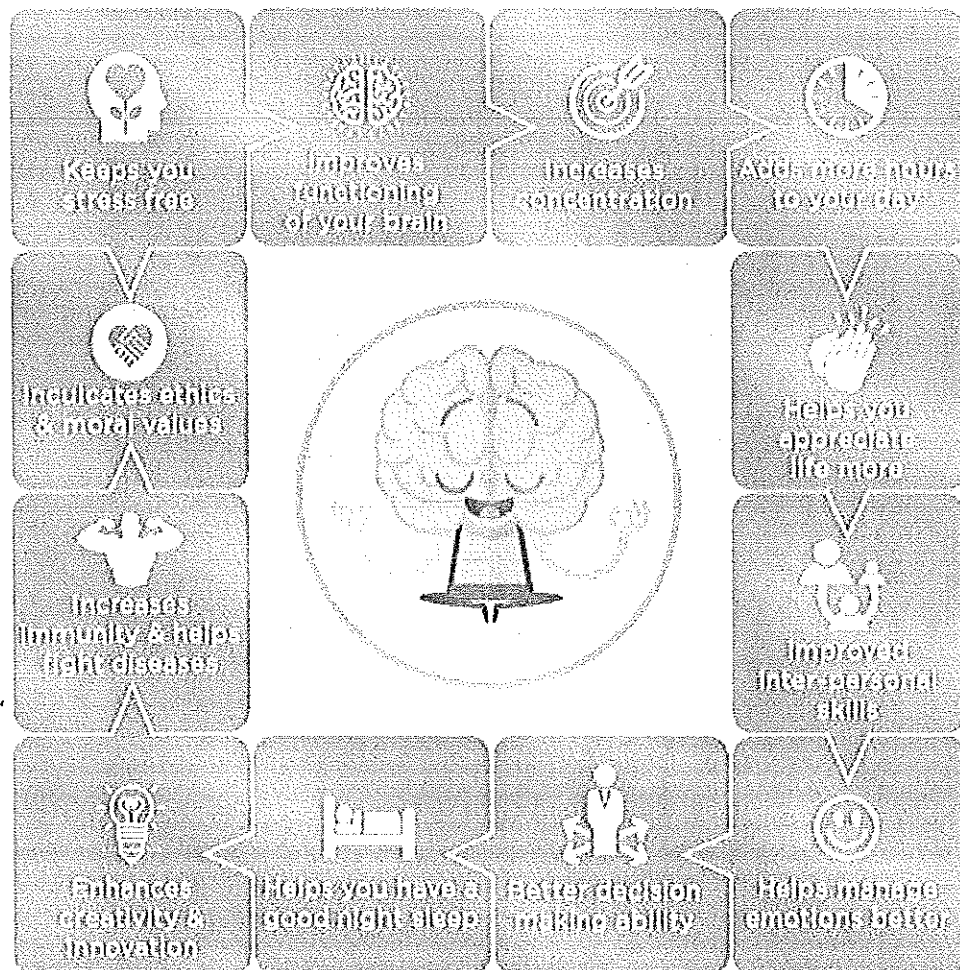
- Why Ethics are a fundamental necessity in society
 - Examples of how non adherence led to major economic crises worldwide
 - Role Models and how integrated their lives are
 - Role of youth in being future leaders of the nation
-



Logistics Requirements¹

1. Clean, ventilated hall with enough space to accommodate all participants for lying down.
2. Good Sound System and a Projector.
3. Clean Mats / Durries for the hall, covered with clean sheets.
4. White board or Flipcharts.
5. Drinking water and washroom facility.

Program Benefits



¹To be provided by the Institute.

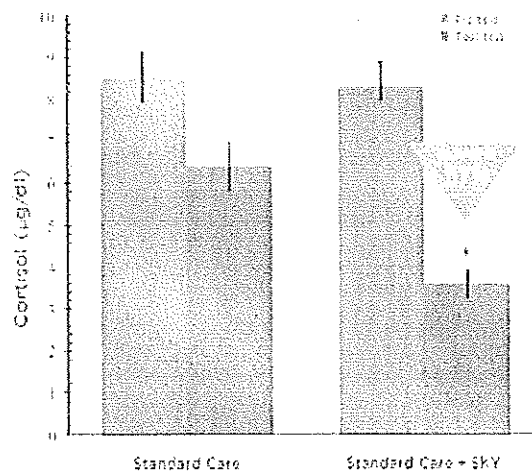


Research Statistics

Sudarshan Kriya is a powerful breathing technique which helped millions of people globally in ways unimaginable. This technique is an integral part of the induction program we are offering. So far, more than 65 independent studies were conducted on four continents and published in peer-reviewed journals have demonstrated a comprehensive range of benefits from practicing Sudarshan Kriya, and related breathing exercises. Here is a glimpse of it:

1: SKY significantly decreases the level of Cortisol, the stress-causing hormone in youth

SKY Significantly Decreases Cortisol Levels (a Stress Hormone)



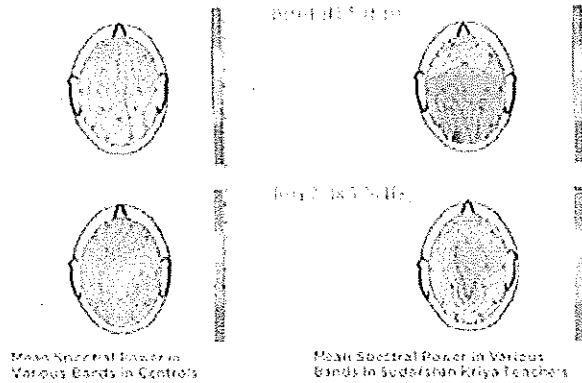
Adding SKY to conventional treatment for individuals in recovery for substance use was twice as effective in reducing Cortisol levels than conventional treatment alone.

Reference-A. Vedamurthachari et al (2006)

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2. Improved mental focus among the youth with regular practice of SKY

Significantly Greater Mental Focus in Sky Practitioners

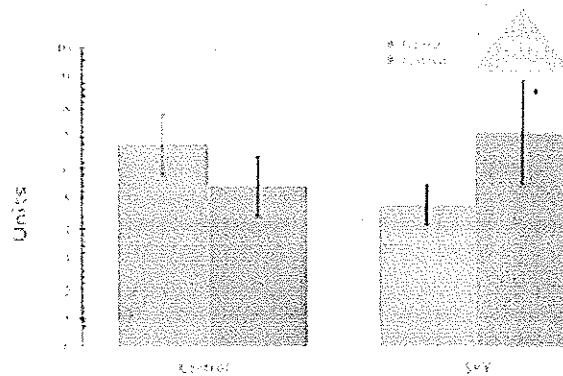


EEG measures electrical brain activity. In this study, SKY practitioners demonstrated significantly greater ($P < 0.05$) EEG Beta wave activity than controls, which is indicative of heightened alertness/mental focus.

Reference -Bhatia et al (2003)

3. Better well being due to significant increase in well-being hormone Prolactin.

SKY Significantly Increases the well-being hormone Prolactin

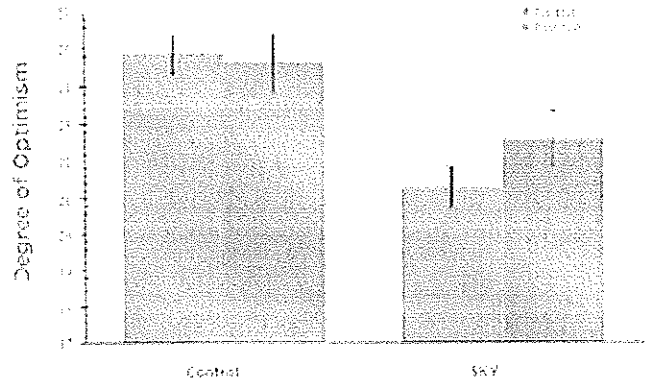


Reference: Janakiramaiah et al. (1998)



4. Increased optimism has found to be a game changer in the lives of youth

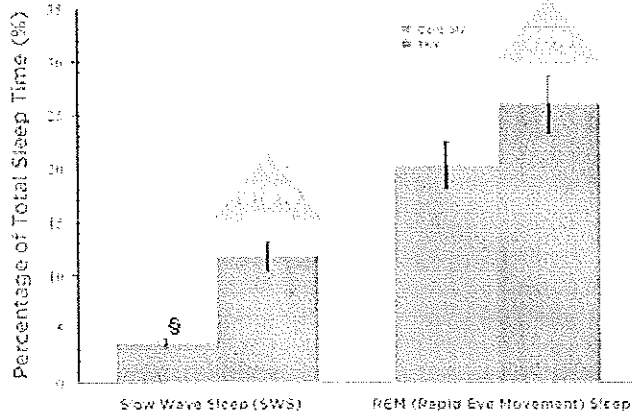
SKY Significantly Enhances Optimism



Reference: Kjellgren et al. (2007)

5. Sudarshan Kriya enhances sleep, one of the main sources of Energy.

SKY Significantly Enhances Restful Sleep



SKY practitioners spend 13 percentage of their total sleep in SWS form while controls spend only 4 percent.

Reference- Sulekha et al. (2006)



6. Survey results collected from 25000 youth after doing Sudarshan Kriya.



96%
Keeps you
stress free



75%
Increases
immunity



87%
Increases
concentration



95%
Adds
more hours
to your day



82%
Helps you
appreciate
life more



85%
Improved
communication
skills



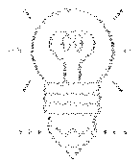
93%
Helps manage
emotions better



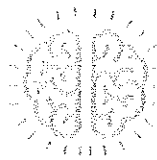
84%
Better decision
making ability



94%
Helps you have a good
night sleep



90%
Enhances
creativity &
innovation



83%
Improves
functioning
of your brain



97%
Inculcates
ethics & moral
values

**Statistics taken from feedback survey of YES!+ participants*



Disclaime

r

A backdrop of Art of Living will be put up during the program. The Art of Living reserves the right to ask a participant to leave if she/he is found not following the rules or disrupts the decorum of the program. Attendance will be taken on a daily basis. Those who miss a session will not be allowed to continue the program. This program does not impose any ideology (dogmas) or change of lifestyle but presents facts for the youth so that they are empowered to make informed choices. It does not conflict with any faith/ religious beliefs/culture/spiritual practices/masters, but can actually compliment it.