

Program Methodology

The format of sessions will be largely interactive, practical and experiential with time for practice, activities, peer learning, introspection, guest/panel speaker exposure and physical/rejuvenation time, as well. The faculties are experts in their respective fields and are experienced explorers of life. The prime focus will be the group dynamics and subjects can change accordingly as per the group interest. Facilitated sessions by experts Inspirational audio, video and reading Powerful peer to peer, group learning Self reflection and contemplation zones.

Program Key Faculty



Harpreet Bhan, – VP Adizes India and Middle East – top 10 large business consulting group. Ex board member responsible for 43 countries of multibillion global security services company. Presented entire season of Radio City -Shanti Sutra. Heartfulness Trainer 15+ years.

Participation

This programme is open to the faculty members and staff of DTU and other recognized Institution. There is no registration fee and no TA/DA will be paid to the participants. For any further queries please contact the coordinator on Mobile No. 8587898334, 9868234379.

About the University

"75 years of Tradition of excellence in Engineering & Technology Education, Research and Innovations" Delhi College of Engineering, (initially established with the name – Delhi Polytechnic) came into existence in the year 1941 to cater the needs of Indian industries for trained technical manpower with practical experience and sound theoretical knowledge. The erstwhile DCE has functioned from its historic Kashmere Gate Campus for almost 55 years and has shifted in 1996 to its lush green sprawling campus of 164 Acres at Bawana Road, Rohini, Delhi. Its shifting to new campus has added the dimension of research and caused innovations in plenty, which has received high national and international acclaim. As a Delhi Technological University, it has the desired autonomy to excel and shape itself as a world class Technological University.

About Heartfulness Institute

Since 1945, Heartfulness meditation practices are offered worldwide, free of charge to people above fifteen years of age, serving people in over 130 countries. Heartfulness organizations manage varied programs and facilities worldwide, including : Cutting edge research on the effects of meditation, programs on values and life skills for teachers and students in colleges and universities, meditation centers, research facilities and retreat centers. It has been an NGO partner with the United Nations Department of Public Information since 2005.

Organizing Committee



Patron-in-Chief

Prof. Yogesh Singh
(Vice-Chancellor, Delhi Technological University)

Chairperson(s)
Prof. Rachna Garg
Dr. T. Vijay Kumar

Coordinators

Dr. Vikas Gupta
Dr. Geeta Singh Ms. Minni Jain

Venue

EDUSAT Hall
Electrical Engineering Department
Delhi Technological University

Registration Form

Three days Programme on **Kaushalam – Excellence in Action**

Designing Destiny – The Heartfulness Way

11-13 March 2020

Name: _____

Designation: _____

Department: _____

Institute: _____

Address: _____

Phone: _____

Email: _____

(Signature of applicant with date)

Signature of Head of Institution/
Department with seal

Note: The duly completed form should be
scanned and forwarded to the email:
minnijain91@gmail.com

About Centre for Value Based Education

Established in 2018 to create awareness, inspiration among the students and teachers about the need of higher dimensions of education in becoming enlightened citizenship which is achieved by imparting techniques and knowledge for promoting human values and thereby making better engineers with the better use of ethics and moral values in professional and personal lives.

About Equal Opportunity Cell

The Equal Opportunity cell of DTU is set up in the year 2018 with the aim to assist and counsel the students belonging to deprived sections including the scheduled castes, scheduled tribes, women, persons with disabilities etc. pursuing various programs of studies at the University.

About Kaushalam

This retreat programme offers an opportunity for participants jointly reflect and discover new paradigm for effective life management.

The programme inspires participants to discover & experience the joy & fulfillment of life guided through the intuitive wisdom of their heart

Three days Programme On KAUSHALAM An experiential retreat which brings out the best in you

11-13 March, 2020



By

**Centre for Value Based Education
& Equal Opportunity Cell
In collaboration with
Heartfulness Education Trust
at
Delhi Technological University
Shahbad Daulatpur, Main Bawana
Road, Delhi –110 042, India**