



**MEMORANDUM OF UNDERSTANDING  
ON KNOWLEDGE PARTNERSHIP**

**BETWEEN**

**THE ART OF LIVING (TAOL),**

**And**


**CENTRAL UNIVERSITY OF HIMACHAL PRADESH,  
DHARMSHALA,**

**FOR**

**IMPARTING the Youth Empowerment & Skills Program for  
students and the Faculty Development Program (FDP) for  
Teaching and Non-Teaching staff**

**At**

**Central University of Himachal Pradesh, Dharamshala**

Registrar   
VC's Secretariat, Near HPCA  
Cricket Stadium, Dharamshala  
Central University of Himachal Pradesh  
District Kangra (H.P.)-176215

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# MEMORANDUM OF UNDERSTANDING ON KNOWLEDGE PARTNERSHIP

## 1. Preamble:

**The Art of Living (TAOL)** is a charitable trust bringing in transformation in India through The Art of Living Training Programs and implementing a broad range of service projects to uplift and empower individuals, families, and communities so that the full potential of human life can be expressed.

**Central University of Himachal Pradesh, Dharamshala** (hereinafter referred as CUHP) established under the Central Universities Act 2009 (No. 25 of 2009) enacted by the Parliament. It has been accredited by the NAAC with 'A+' grade Grade with CGPA of 3.42. The University is funded and regulated by the University Grants Commission (UGC). CUHP strives for Inclusive Access to Excellence in Higher Education and Research to emerge as Premier University of the Country at par with the best Universities of the World in terms of Programme Offerings, Curricular, Framework, Pedagogy, Research, Publications and Integration with the World of Work.

## 2. The Objective:

The 'Partners', decided that it was mutually beneficial to have a formal understanding between them in sensitizing the students, faculty and staff of the CUHP about The Art of Living Training Programs.

### A) For Students -

The purpose of education is to prepare a person for life. To an experienced educationist, it is a well-known fact that the age group of 18-30 years is extremely crucial. This is the age where issues of career, relationships, peer/parental pressures, and anxiety about the future all come to the fore simultaneously. For youth bogged down by these issues, academic/professional performance and development to their full potential suffers. Nowhere, neither at home nor at school, have we been taught how to deal with our stress and negative emotions. WHO defines Life Skills as 'the abilities for adaptive and positive behaviour that enable individuals to deal effectively with the demand and changes of everyday life.' The Art of Living programs are specially designed to develop the Knowledge Aspects which the New Education Policy (NEP) 2020 refers to - soft skills such as communication, discussion, debate, teamwork, social and moral awareness.

This partnership between TAOL and CUHP aims to train students in the above knowledge aspects to give students a holistic, multi-disciplinary & value-based education via TAOL's tried and tested student development programs to develop all capacities of human beings - intellectual, aesthetic, social, physical, emotional, and moral in an integrated manner.

### B) For Faculty and Staff -

Faculty members are the cornerstone of any educational institute as they are instrumental in shaping the future of students. The tremendous stress and burn out the faculty and staff go through along with the various challenges in their professional and personal life, affects their



delivery, compliment and overall performance. It is imperative that we equip the faculty and staff with the right tools and techniques that empower them to deal with the challenges, have more resilience, improved efficiency and productivity. The partnership provides an opportunity to train faculty and staff in mind management techniques, leadership skills, life skills in addition to the technical training which the University provides. The Art of Living program aims to empower the faculty and staff with the practical tools and techniques to get rid of stress, anxiety, negativity and achieve calm and peaceful mind which in turn helps them in day-to-day life through renewed sense of enthusiasm and optimism, harmonious interpersonal relationships, better decision making, sense of connectedness and ability to work in teams.

**i) Programs offered by TAOL:**

TAOL will conduct the various programs at CUHP like Youth Empowerment & Life Skills (YES!+) Program for the students aged 18+, and Faculty Development Program (FDP) for Teachers and staff as well as Seminars on Mind Management, Stress Management, Human Values, Excellence in Learning and Life Skills.

**ii) Program Content:**

The programs cover one or more of the following modules, depending on the profile of the participants:

- Coping with stress and emotions - Breath connection
- Education: A holistic perspective
- Interpersonal Relationship & People skills
- Responsibility, Initiative & Leadership
- Time Management & Teamwork
- Healthy Habits & Environment
- Global Citizenship
- Well Being
- Self-awareness, Attitudes & Behavior
- Effective Communication Skills

Both the partners have thus arrived at an understanding as indicated below:

**3. Details of Understanding:**

The Partners, after due consideration of various aspects, have arrived at the following understanding in respect of the programs mentioned in the earlier paragraphs.

**TAOL undertakes to impart specifically the following program:**

**Youth Empowerment Skills Program (YES!+) for students (18+ yrs) and  
Faculty Development Program for teachers and staff**



can be customized for groups as per their constraints.

- ii. The FDP program runs over for 4 consecutive days for 03 hours every day.
- iii. All CUHP students and staff and also students and staff at CUHP affiliated institutes are covered under this agreement.
- iv. Reconnect sessions of duration 1-2 hours will be conducted by TAOL faculties once a month for the graduates of the YES!+ and FDP programs.
- v. Any monetary contribution towards the offered programs shall be borne by the students/faculty/staff on a voluntary basis.
- vi. The financial contribution shall be paid by the participants on a voluntary basis to TAOL before the commencement of the program.

**CUHP shall:**

- i. Provide a clean, well-ventilated hall large enough to comfortably accommodate participants. Audiovisual equipment could be provided. Other logistical support, e.g., drinking water facilities at venue, whiteboard, markers etc. shall also be provided.
- ii. Give permission to TAOL faculty to conduct informational seminars on campus to raise awareness among the students/faculty of CUHP and affiliated institutes about the YES!+/FDP. Interested students/faculty shall enroll in the program on a voluntary basis.
- iii. The informational seminars shall be conducted under the aegis of Har Ghar Dhyaan campaign (Ministry of Education, GOI -D.O. No. 16-34/2022-U1A dated 17/11/2022 and UGC circular- D.O.No.2-102/2022 (CPP-II) dated 24/11/2022).
- iv. Promote the YES!+/FDP program among the campus community through official channels.
- v. Promote the YES!+/FDP program on campus at affiliated institutes through official channels.

**4. Date of Effect:**

This Agreement will come into effect from 27<sup>th</sup> April 2024 and will remain in force for three years till 26<sup>th</sup> April 2027.

**5. Modification:**

The Agreement may be amended in writing by mutual consent between the two Partners.

**6. Confidentiality:**

Absolute confidentiality of the information exchanged between the Partners concerning the subject matter of this Agreement shall be strictly maintained.

Registrar  
VC's Secretary, NTPCA  
Cricket Stadium, Dharamshala  
Central University of Jharkhand, Ranchi  
Jharkhand - 835 204



## 7. Termination:

Either Partner may, without any termination obligations and liability, terminate this Agreement for any reason by providing notice in writing of at least 30 days to the other Partner.

## 8. No Legal Obligations:

The Partners agree that provisions contained in this Agreement do not create any legal obligations between the Partners, save for the confidentiality provisions and Termination provisions in this Agreement.

## 9. Assignment:

This Agreement cannot be assigned to any third party, without the prior written consent of the other Party.

## 10. Limitation of Liability:

Except for claims that may arise pursuant to Confidentiality and termination clauses, in no event shall either Party be liable to the other for any damages including, without limitation, direct, speculative, indirect, incidental, special or consequential damages in connection with this Agreement.

## 11. SIGNATURES:

IN WITNESS WHEREOF, the Parties hereto have duly executed this MOU on 27<sup>th</sup> day of April, year Two Thousand and Twenty Four.

For CUHP



Registrar

Registrar  
VC's Secretariat, Near HPCA  
Cricket Stadium, Dharamshala  
Central University of Himachal Pradesh  
Central University of Himachal Pradesh  
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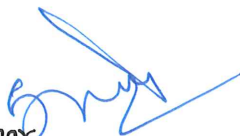
Central University of Himachal Pradesh (CUHP) Dharamshala Kangra, H.P

Witness:

1. Prof. Pardeep Kumar  
Dean (Academic)



2. Prof. Sunil Kumar  
Dean, School of Life Sciences



For The Art of Living



Shri Rajeev Nambiar

Director (Institutional Programs),  
The Art of Living



Witness:

1. R. Kumar  
(RAJESH KUMAR, TAOL staff)

2. RITWIK SHETTY

