

**NAAC Accredited Grade 'A'**  
**Dayanand Mahila Mahavidyalaya, Kurukshetra**  
**Notice**

**Date 07.04.2022**

All the students are hereby informed that following Value Added Courses are going to be introduced for the Even Semester of Session 2021-22. Students are required to enrol themselves through Google Form. Classes will be started w.e.f. 18.04.2022 during 1:00 to 1:40 p.m. from Tuesday to Saturday. For any query students can contact the **Conveners** of the courses.

Name of Course	Conveners
Personality Development	Mrs. Anju Chawla
Yoga and Meditation	Dr. Anu Chauhan
Reasoning and Quantum Aptitude	Dr. Upasana Ahuja
Soft Skills	Dr. Deepa
Approaches of History	Dr. Rukmesh
Indian Politics	Mrs. Saroj
Punjabi Lok Geet	Dr. Sonia
संगीत द्वारा भावात्मक एकता	Dr. Shalu
Mental Health	Dr. Urmila Panghal
Best out of Waste	Dr. Shweta
HTML	Mrs. Bhavana
Competitive Science	Mrs. Asha
Library Management and Information Science	Dr. Pooja Sharma

*Principal*  
Principal  
7.4.22

Principal  
Dayanand Mahila Mahavidyalaya  
Kurukshetra (Haryana)

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*Principal*  
Principal  
Dayanand Mahila Mahavidyalaya  
Kurukshetra (Haryana)

*Urmila Panghal*  
Co-ordinator  
Value Added and  
Add-on-Courses

Convenor  
IQAC  
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Kurukshetra

Syllabus and outcomes of the value Added  
course in "Personality  
Development"  
Session (2021-2022)

  
be all you can be



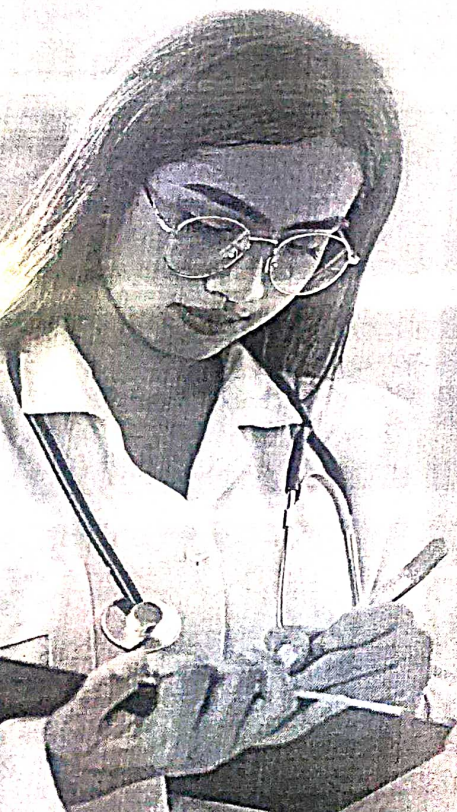
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# Develop

Medical and Health



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Kurukshetra (Maryana)

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No. of Modules: 22

Course Duration: 1 hour per module

A wellness program for Medical students to Nurture, Empower and Weave their Destiny.

The objective is to reveal & strengthen the leader within, build resilience, enhance productivity & efficiency, sharpen decision making & memory, learn art of prioritization, nurture empathy & heartfelt communication to manage self and those around, in an effective & loving manner.

Common modules for all batches:

1. Building bridges - on relationships and more
2. Physical wellness - nutrition, exercise - how to manage or fit in routines- importance
3. Be well, do well- why wellness, why is it necessary, why it matters, the need?

Modules for 1<sup>st</sup> Year:

1. Looking beyond horizons- towards better focus and memory
2. Energize your time- priorities, have a clarity, tips and tools, learn to say 'No'
3. Change-instrument par excellence
4. COVID-19 - why medical students' spiritual health matters now?
5. Making friends as an (Virtual) incoming medical student
6. Prioritizing wellness in the whirlwind of COVID-19
7. Great expectations - psychosocial inevitabilities in medical education

Modules for 2<sup>nd</sup> Year:

1. Empathy - road to 'leading by understanding'
2. Compassionate communication- handling difficult patients, difficult consultant and staff
3. Rediscovering my wellness in the midst of COVID-19
4. Community: an antidote to the medical school vacuum
5. Thriving in medical school with a chronic illness
6. Managing anxiety and stress in the time of pandemic

Modules for 3<sup>rd</sup> Year:

1. Value based practices and what they mean - ethics in medical science
2. Unite - Empower - Excel
3. In pursuit of happiness
4. Maintaining emotional health in stressful times
5. Resilience - bouncing back after failure
6. Finding a community in grief during medical school

Heartful campus

**No. of Modules: 16**

**Course Duration: 1** hour per module

Science & Engineering for sustainable development calls for graduates who can both apply deep scientific and technical knowledge towards improving environmental and human well-being, and demonstrate a breadth of non-technical skills of the highest professional standards. This course aims to help students develop such knowledge, skills and attitudes which are identified by global science and engineering professional bodies as graduate competencies or outcomes. Each module in this course is carefully chosen to align with these internationally recognized graduate competencies.

# Develop

## Science and Engineering

**Learning Outcome:**

1. Develop skills to become T-shaped engineers and scientists
2. Creative problem solvers and researchers
3. Critical and reflective thinkers
4. Effective and influential contributors
5. Skilled communicators, Critical use of electronic data – both confidently and confidentially, communicating and using digital environments responsibly and ethically
6. Environmentally sustainable and aware as well as ethically sensible citizens

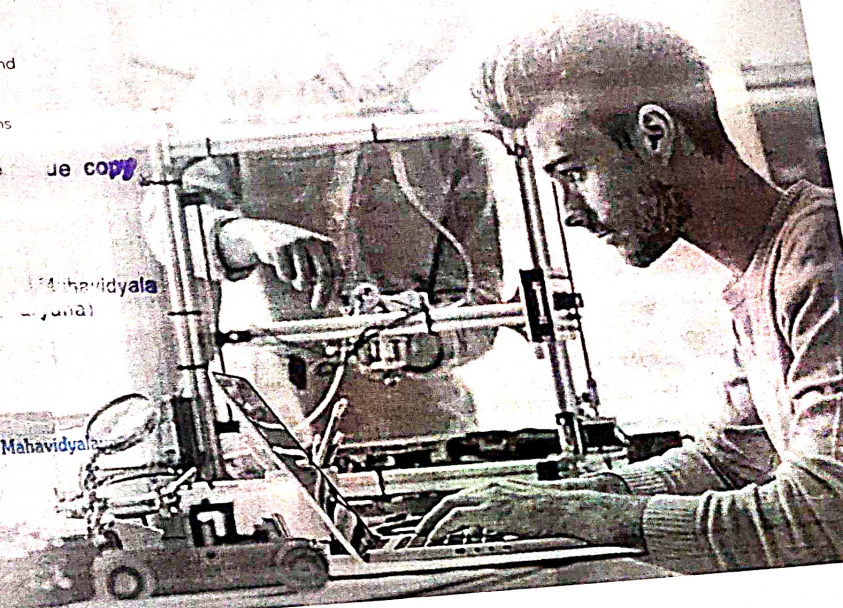
**Course Modules:**

1. Contemplative practices in developing T-shaped skills
2. Thinking of Thinking: Inside out
3. Technical ways of Critical Thinking
4. Inspirational Creative Thinking
5. Be a E3 Problem Solver - "E3-Efficient, Effective and Effortless"
6. Technology through the Eyes of the Heart
7. Develop Wisdom in the Digital World
8. Innovate in the right way
9. How to be a Crystal that Gleams
10. Human through the eyes of Nature
11. Ethical Dilemma? Heart is your Compass
12. Revealing Your Personality
13. Art of Leading with the Heart: Be a Heartful Leader
14. Are you a Team Player? Harmony Matters
15. Power of Poise: Communicating with the heart
16. Am I a Self-Directed Learner?

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No. of Modules: 10 Each Part

Course Duration: 1 Hour per module

Part II: Discover Program is designed to teach students, the tools of reflective thinking and introspection to assist in identity development. They learn how to practice meditation and appreciate why one should sustain such a practice. In this leg - Live Light and Live Right - students learn what meditation is and how as a habit, it enables us to evolve with life's challenges. They understand the science, art and also the heart behind meditation, learn to apply these techniques to live light and live right. They understand that awareness and transformation are matters of first, recognizing one's strengths and frailties, and second, ensuring change in oneself with the right attitude and habits.

**Learning Outcome:**

1. Confidence in practicing meditation techniques
2. Competence with journaling, observing and self-analysis
3. Appreciating the role of meditation in transforming oneself
4. Understand the science behind meditation

**Course Modules:**

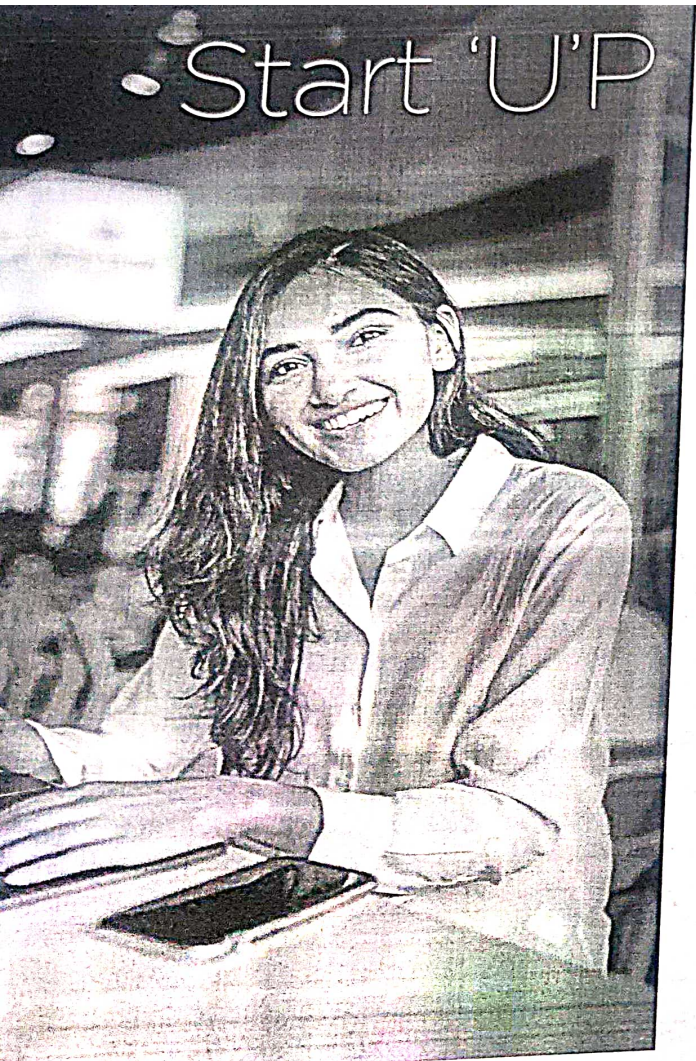
1. Silence is the Language of the Heart
2. The Science Behind Meditation: Habits and Change
3. The Art Behind Meditation: Observing and Diary Writing
4. The Heart Behind Meditation: Experience and Evolution
5. Live Light
6. Live Right
7. The Power of Pause
8. Designing your Destiny 1
9. Designing your Destiny 2
10. Practice: Experience!

*WV*  
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# Discover-II





# Start 'U'P

heartful  
campus  
be all you can be

**No. of Modules: 6** (with need based customization option)

**Course Duration: 2** Hours per module

Start 'U'p is a foundational leadership program for youth, which blends Heartfulness meditation and yoga with reflective and experiential activities. Start 'U'p is fully aligned with the AICTE recommended student induction program.

**Inclusion & trust building:** Students get to know each other, reflect upon their life so far and set intentions for personal development and growth as they embark upon their new academic program.

**Self-awareness:** Students reflect upon their core values and explore what could be their life's purpose. They become aware of their belief systems, learn about their strengths & weaknesses and make a personal growth vision for themselves.

**Decision Making:** Students learn about how their peers and environments influence them and also discuss the role of the heart in making decisions. They come up with ideas on creating a positive peer environment within their colleges.

**Critical Thinking:** Students realize the many interdependencies which exist in life through an activity and a story. They are introduced to the principle of critical thinking and reflect upon making better and wiser decisions.

**Global Citizenship:** Students learn about the current state of the world, globalization and the United Nations Sustainable Development Goals as they reflect on what could be their individual and collective responsibility towards the planet and their local community. They contemplate upon how change begins at a personal level.

**Collective Learning and Unity:** Students learn about principles of effective communication and reflect upon the power of collective learning. They take time to appreciate and feel grateful to each other as the Start 'U'p course comes to a conclusion.

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Course Modules:

Connect, Core, Context, Choices, Causality, and Community

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# Offerings


Heartful Campus is a 360 degree Campus program covering all key stakeholders responsible for defining & shaping our future generation ie; Students!

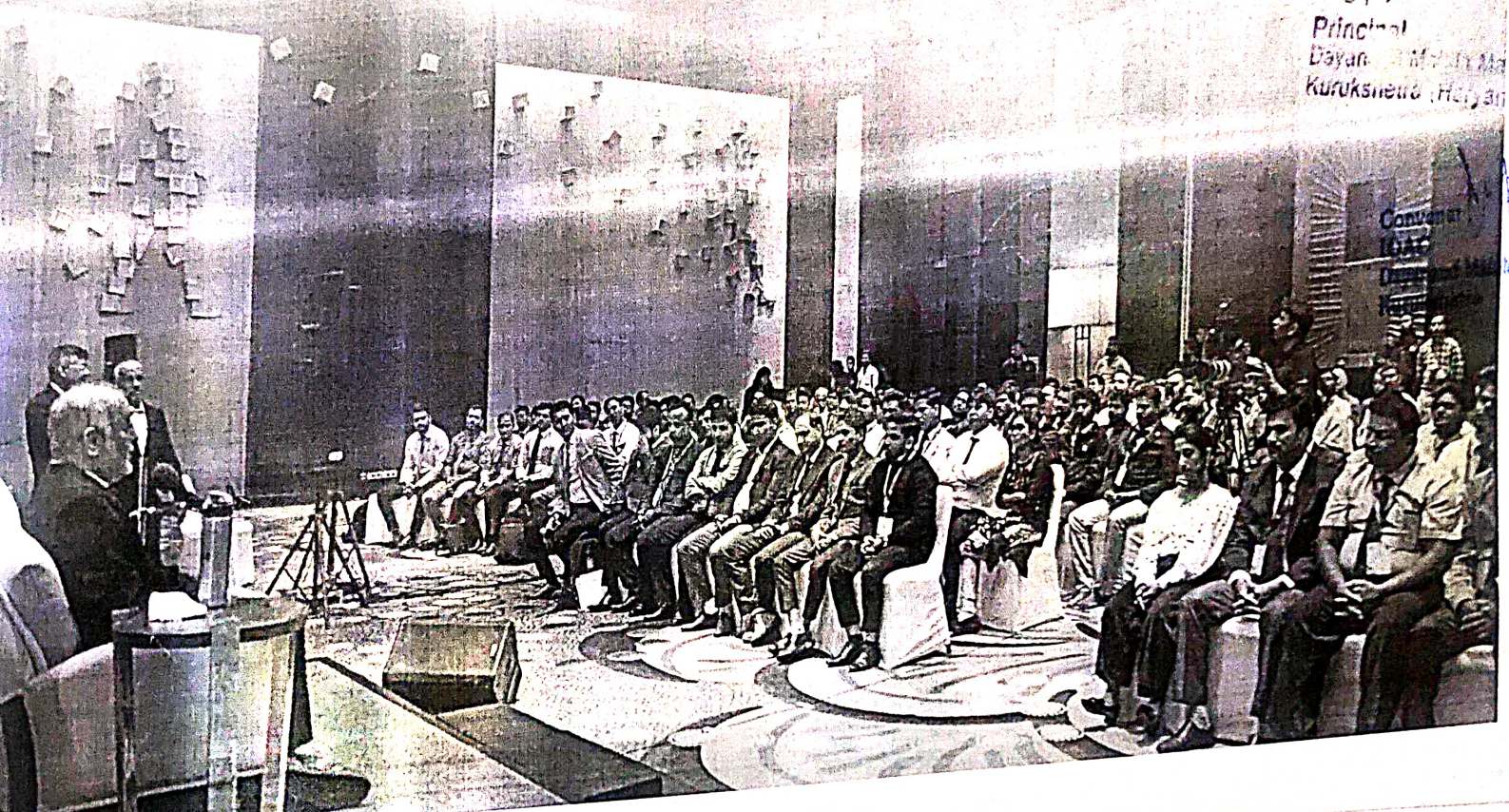
We believe due to increased complexities & distractions in general, the co-creators of learning eco system too deserve a pause, to connect within & benefit from the relaxation & meditation techniques to rejuvenate themselves.

Our programs are:

- Senior Management (Leadership Conclave)
- Faculty (HEART)
- Administrative Staff and Parents (Heartfulness Meditation Workshop)
- Well-being Counsellors (Inner Well-being Workshop)
- HELM (Students)

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Kurukshetra, Haryana




The Heartful Campus Programs are thoughtfully crafted by subject matter experts, industry professionals and academicians from across the globe. Heartful Campus has a battery of trained faculty across India to facilitate these programs.

Our interventions are divided into five major pillars:


1. **Leadership Conclave:** 1-2-day workshop designed for Vice Chancellors, Deans & Senior Management
2. **HEART:** 3-day workshop designed to evoke reflective thinking for the University Faculty
3. **Heartfulness Enabled Leadership Mastery (HELM):** Semester wise course curriculum designed for Students
4. **Heartfulness Meditation Workshop:** 3 day workshop designed for University administrative Staff and Parents
5. **Inner Well Being Workshop:** 3 day workshop designed for University Counselors & Student Peer Counselors

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Youth have passion and are looking for something profound in themselves  
- Daaji

  
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# About Us

**heartfulness**  
simply heard daily

## Heartfulness Institute:

Heartful Campus is an initiative of Heartfulness Education Trust which is the educational wing of the 75 year old global NGO, Heartfulness Institute.

Heartfulness Institute is a non-profit, volunteer-based organization, which offers a unique yet simple and secular set of practices of relaxation, meditation, rejuvenation and life skills for holistic & balanced living. Heartfulness Meditation is a heart based meditation technique aided by the power of Transmission. Heartfulness Meditation Centers are about 6500 trainers and millions of practitioners of Heartfulness across 130+ countries hailing from all walks of life including youth. All programs under Heartfulness are offered by certified trainers and facilitators who are proven experts in their respective fields.

In the words of Shri Kamlesh D. Patel, President, Heartfulness Institute: "Heartfulness in essence is doing things with your heart, intending things with your heart & discriminating things with your heart. Anything you do, refer to your heart before you execute. We all have great potential. Unless this potential is made use of, it's of no use; it has no value. Knowledge has to be actualized through experience."

heart  
campus

KANHA SHANTIVANAM (I-S), INDIA  
Global Headquarters

Value Added Course

Personality Development (Session 2021-22)

Sr no	Name	Father Name	class	Roll No.	E-mail	Mobile No.
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20	Anshika Kajal	Ajit Singh	B.A. 3rd year	3148420167	Kajalanshika62@gmail.com	7082767072
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22	Aarti	Jiya lal	B. A final year	3148420184	aartirani.Kataria@gmail.com	9350316092
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90	Mansi Goyal	Ajay Goyal	B.com final	3270420026	goyalmanshi2808@gmail.com	7082518940
91	Mahak		B.Com III SFS	312840005		
92	Nkitia		B.Com III SFS	312840007		
93	Jiya		B.Com II Gen	120209003030		
94	Priya Sharma		B.Com II Gen	120209003076		
95	Arpita		B.Com II Gen	120209003001		
96	Chahat		B.Com II Gen	120209003010		
97	Sushma		M.Com P	2212009168051		

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Enrolled → 97 students  
Completed → 97

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