



**Memorandum of Understanding
The Art Of Living (TAOL)
&
Gurugram University, Gurugram (GUG)**



MEMORANDUM OF UNDERSTANDING

between

THE ART OF LIVING (TAOL)

and

GURUGRAM UNIVERSITY, GURUGRAM

IN CONNECTION WITH

**IMPARTING the Youth Empowerment & Skills Program for Students and the
Faculty Development Program (FDP) for Teaching and Non-teaching Staff**

at

Gurugram University, Gurugram

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1. The Parties:

The Art of Living (TAOL), having its office at The Art Of Living International Centre, 21st km Kanakapura main road, Udayapura, Bengaluru, Karnataka - 560082, represented through its Authorized Signatory: **Shri Pushp Dant, Authorized Signatory, The Art of Living.**

And

Gurugram University, Gurugram (hereinafter referred to as "University"), having its office at Sector 51, Gurugram, Haryana 122003. India, represented through its authorized signatory, **Dr. Rajiv Kumar Singh, Registrar, Gurugram University, Gurugram.**

2. 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.

Whereas

Gurugram University is a State University located in Gurgaon, Haryana. Established by Haryana Act 17 of 2017, the university started functioning from academic year 2018-19. UNIVERSITY is committed to creating a conducive atmosphere for imparting knowledge and enable learning. Catering to the changing trends and contemporary demands,

UNIVERSITY has a well-formulated range of courses- covering various upcoming fields and subjects.

3. The Objective:

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



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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 association between TAOL and UNIVERSITY 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 association 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 following program at UNIVERSITY:

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:

- o Coping with stress and emotions - Breath connection



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- Education: A holistic perspective
- Interpersonal Relationship & People skills
- Responsibility, Initiative & Leadership
- Time Management & Teamwork
- Healthy Habits & Environment
- Global Citizenship
- Well Being
- Self-awareness, Attitudes & Behaviour
- Effective Communication Skills

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

4. Details of Understanding:

The Parties, 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 programs:

- A. Youth Empowerment Skills Program (YES!+) for students (18+ yrs), and
B. Faculty Development Program for teachers and staff**

- i. YES!+ program runs over for 3-6 consecutive days for 3-6 hours every day. It 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 UNIVERSITY students and staff and also students and staff at UNIVERSITY 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.

UNIVERSITY 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 UNIVERSITY and affiliated institutes about the YES!+/FDP. Interested students/faculty shall enroll in the program on a voluntary basis.



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- iii. Promote the YES!+/FDP program among the campus community through official channels.
- iv. Promote the YES!+/FDP program on campus at affiliated institutes through official channels.

5. Date of Effect:

This Agreement will come into effect since day of signing and will remain in force for three years from the date of signing.

6. Modification:

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

7. Confidentiality:

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

8. Termination:

Either Party 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 Party.

9. No Legal Obligations:

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

10. Assignment:

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

11. 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.



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12. Governing Law and Jurisdiction:

This Agreement shall be governed by and construed in accordance with the laws of India and subject to Karnataka jurisdiction.

Signed on: Monday, August 05, 2024 at Gurugram

SIGNATURES:

For The Art of Living (TAOL)

**Name: Shri Pushp Dant
Designation: Authorized signatory, The
Art of Living**

(Witness)

For Gurugram University, Gurugram

**Name: Dr. Rajiv Kumar Singh
Designation: Registrar**

(Witness)