



Date: 29th March 2019

Student Excellence and Learning Program [SELP] for Hostel Students

As the exams are approaching, it is proposed to organize a program for SPCE Hostel Students from 25th April 2019 to 1st May 2019 in order to *relieve examinations stress and accelerate the learning process*.

Art of Living's *Student Excellence & Learning Program (SELP)* is a program inspired by the World Bank's vision of '*Learning for All*' by empowering the students to enhance their learning ability and the decision making skills.

The core sessions included in the SELP are:

- Tendencies of mind and correlation with achieving success
- EMI - Ethics, Morality and Integrity
- Leadership and skillful communication
- Introduction to yoga, meditation, relaxation and de-stressing techniques
- Confidence Building and handling peer pressure
- Time management and goal setting

This program is spread over 6 days [25th April to 1st May 2019] with a session of 2 hrs. [6.00 pm to 8.00 pm] every day. This program is sponsored by the Institute under the World Bank's TEQIP-III Project.

Dr. Rahul T. Dahatonde
Training & Placement Officer



NPIU



THE WORLD BANK

TEQIP-3

SELP

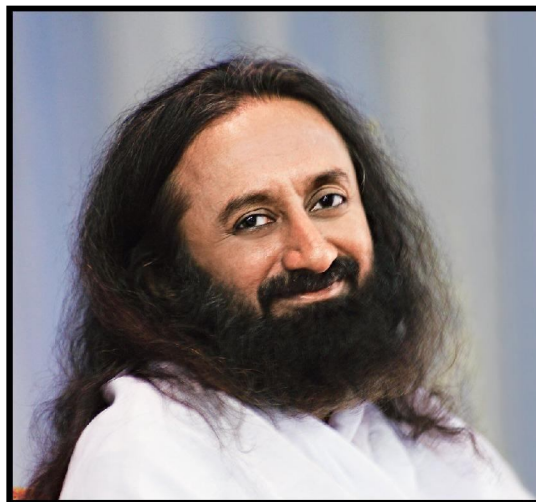
Student Excellence & Learning Program

Effectiveness & Impact Report

ABOUT GURUDEV SRI SRI RAVI SHANKAR

Gurudev Sri Sri Ravi Shankar is a globally revered humanitarian, spiritual leader and an ambassador of peace and human values. He has successfully heralded an unprecedented worldwide movement in moving towards a stress-free and violence-free society.

Through a myriad of programs and teachings, a network of organizations including 'The Art of Living' and the 'International Association for Human Values', and a rapidly growing presence across 156 countries, Gurudev has reached an estimated 450 million people. Gurudev has developed unique, impactful programs that empower, equip and transform individuals to tackle challenges at global, national, community and individual.



Numerous honors have been bestowed upon Gurudev for his unequivocal contributions to humanity. He was awarded the Padma Vibhushan – India's highest annual civilian award in 2016. He is also the recipient of the highest civilian award of both Columbia and Paraguay in 2015 and 2012 respectively. He holds 19 Honorary Doctorates from several universities and educational institutes across the world.

Gurudev has played a vital role in conflict resolution across the globe, from Jammu & Kashmir, Assam and Bihar in India, Colombia, Kosovo, Iraq, Syria, and Cote d'Ivoire. Gurudev's programs have had documented impact on people involved in armed conflict to pursue the path of peace. In a world beset with escalating violence and conflict, Gurudev is offering another path where individuals find peace within which becomes the wellspring for peace and harmony in society.

PROF. P.M. KHODKE'S VISION FOR SELP



"We strongly feel that all 3,00,000 students in TEQIP beneficiary colleges should experience the Art of Living program, in order to improve student learning, one of our major objectives."

- Prof. P.M. Khodke
Chief Project Advisor, NPIU

EXTRACT FROM NPIU'S RECOMMENDATION CIRCULAR



"Art of Living - SELP (Student Excellence & Learning) has been very useful for the students to improve overall performance, boosting confidence, enhancing creativity and communication that helps in developing their leadership and team building skills."

- NPIU circular (7th September, 2018)

DIRECTOR'S NOTE



"In collaboration with NPIU, we have designed SELP exclusively for the students of TEQIP - III institutes. The modules in the program, created by our panel of experts, improve the overall performance of the students by boosting confidence, enhancing creativity & developing leadership skills in them. Most importantly, this program creates a sense of harmony and belongingness in the campus."

- Shri Rajesh Jagasia,
Director, Art of Living



Glimpses from the Art of Living's Executive Leadership Program attended by NPIU & SPIU officials in Art of Living International Centre, Bengaluru in March 2019. The MoU between Art of Living and NPIU was signed during the program for conducting SELP in TEQIP Institutes during Induction 2019.

STUDENT EXCELLENCE AND LEARNING PROGRAM (SELP)

INTRODUCTION

Art of Living's Student Excellence & Learning Program (SELP) is a World Bank sponsored program which is exclusively designed for TEQIP-III institutes in collaboration with NPIU-MHRD in order to improve student learning.

The SELP program during Induction 2019 is being conducted for 42,000 students in 145 institutes across 28 states under TEQIP-III.

Since its inception in September 2018, the SELP Program has been conducted for 53,500 students in 171 institutes across 28 states under TEQIP-III.



VISION

The program is inspired by the World Bank's vision of 'Learning for All' by empowering the students to enhance their learning ability and decision making skills.

OBJECTIVES

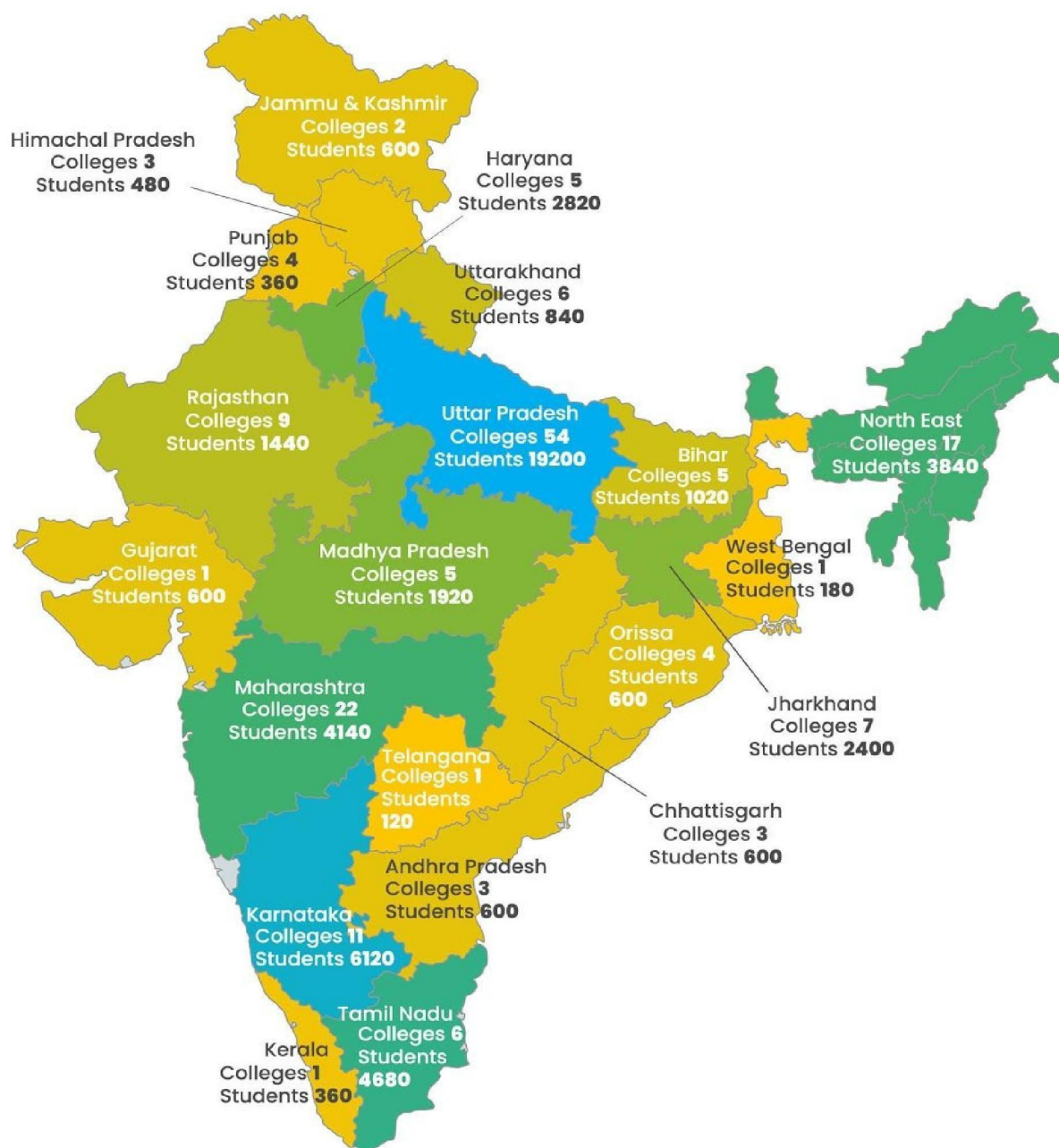
- Improvement in learning and research competency
- Increase student employability
- Create opportunities for youth to develop their socio-emotional & cognitive skills
- Enhance abilities of youth to handle stressful conditions
- Improve relationship between teachers and students

PROGRAM FORMAT

SELP is a holistic program, spread over 6 consecutive days. Each session builds on the previous day's session and creates an environment where the students' mind becomes calm thereby accelerating the learning process for them. The maximum batch size is 60 students.

PAN India

28 States | 171 Colleges | Students 53,460



STUDY ON THE EFFECTIVENESS OF THE PROGRAMS

OVERVIEW OF STUDY

A pre-psychometric and post-psychometric analysis was conducted on the 266 participants who participated in the Executive Leadership Program as well as the 53000 students who underwent the SELP. The analysis included two standard tests namely-

1. Positive and Negative Affect Schedule (PANAS)

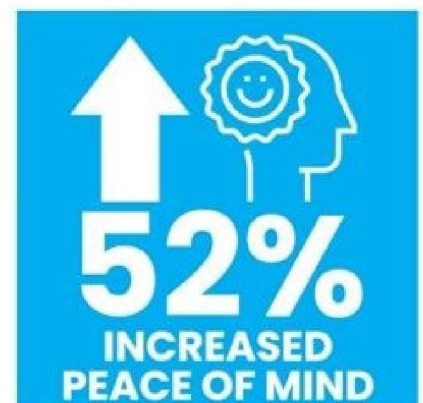
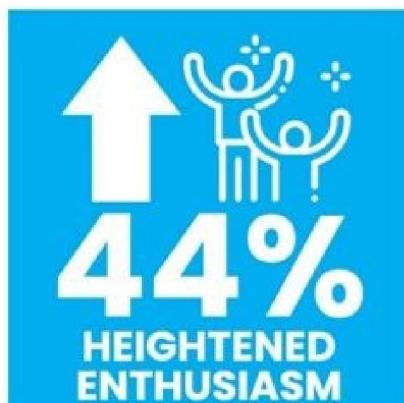
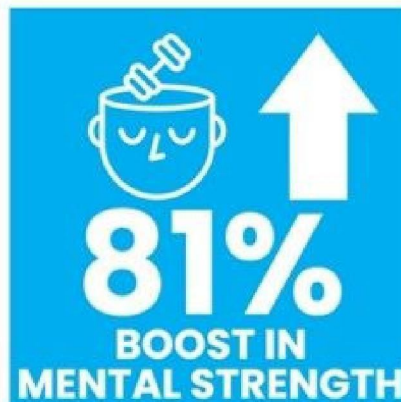
- a. Watson, David; Clark, Lee A.; Tellegen, Auke (1988). "Development and validation of brief measures of positive and negative affect: The PANAS scales". *Journal of Personality and Social Psychology*. 54 (6): 1063–1070.
- b. Crawford, John R.; Henry, Julie D. (2004). "The Positive and Negative Affect Schedule (PANAS): Construct validity, measurement properties and normative data in a large non-clinical sample". *British Journal of Clinical Psychology*. 43 (3): 245–265.

2. Mindful Attention Awareness Scale (MAAS)

- a. Brown, K.W. & Ryan, R.M. (2003). "The benefits of being present: Mindfulness and its role in psychological well-being". *Journal of Personality and Social Psychology*, 84, 822-848.

IMPACT ON STUDENT WELLNESS

Based on the above study, pre and post psychometric tests were conducted for the **53,000 SELP students**. The results of the tests were analysed and the following are the key findings:



SOCIAL IMPACT

As part of the SELP, thousands of students undertook several social initiatives in their cities for **river rejuvenation**, **“Swachh Bharat”**, **tree plantation**, **social awareness**, etc. These activities have created a huge impact in spreading wide scale awareness about the prevalent social issues and create a significant difference in the society.



1.1 AND 1.3 INSTITUTES

HIGHLIGHTS

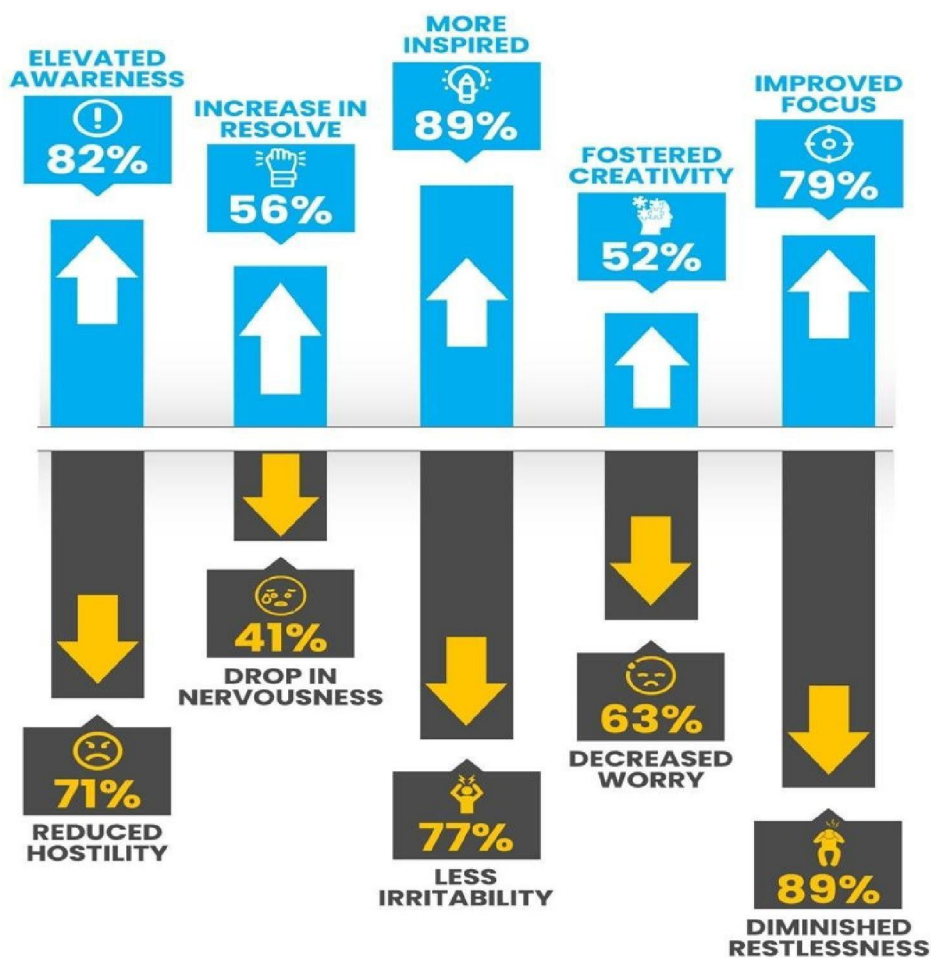
On 3rd March 2019, a landmark MoU was signed between NPIU and the Art of Living in the presence of Gurudev Sri Sri Ravi Shankar for conducting SELP in 1.1 & 1.3 Institutes during Induction 2019.

The SELP program during Induction 2019 is being conducted for 30,000 students in 108 1.1 & 1.3 institutes across 28 states under TEQIP-III.

Since its inception in September 2018, the SELP Program has been conducted for 41,500 students in 132 1.1 & 1.3 institutes across 28 states under TEQIP-III.

RESULTS OF THE PSYCHOMETRIC ANALYSIS

(Sample Size - 41,500 SELP Students)



GLIMPSES FROM THE PROGRAM - 1



GLIMPSES FROM THE PROGRAM - 2



STUDENT FEEDBACK

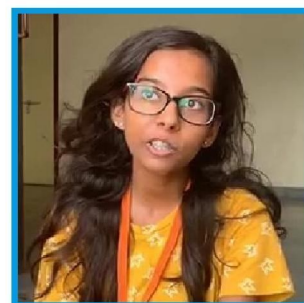


Aditya Shah

“Helped in increasing mind concentration and provided stability to my mind along with improving mind consciousness. Feeling enthusiastic and fresh after doing the SELP program.”

Riddhi Sharma

“It made me calm and more focused So that I am able to study efficiently. My mind is more stable now than before. Feeling more confident and distressed. Thanks to the college management and Art of Living for providing us this opportunity at the beginning of our journey.”



Priyanka Jain

“It was something new and refreshing. It was deep and nice , calm and peaceful. It was an experience which also got self determination. Learnt to give my 100%, never discourage someone and inspire everyone”

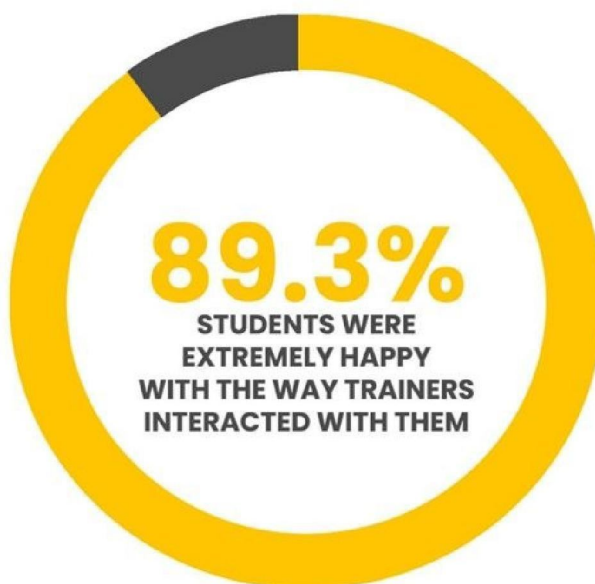
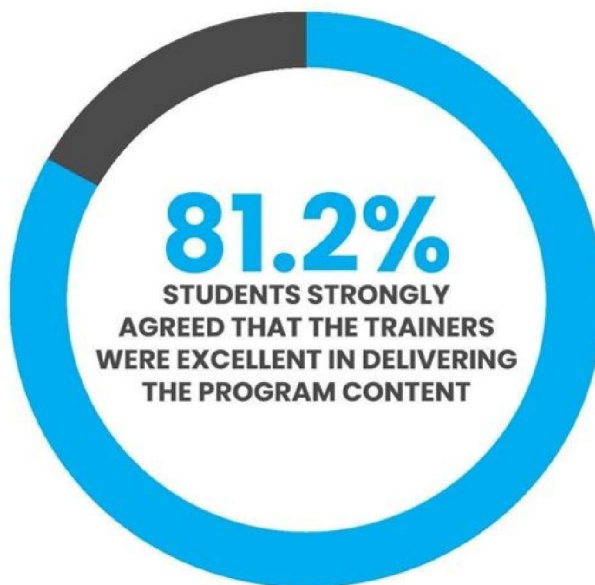
Raj Purohit

“Increased my capacity of multi tasking, patience has increased, anger has come down. I tend to be happy all the time. It helps me a lot to concentrate and focus on things and also it helps through my breathing problem. I have been able to communicate better and more confidently now.”



FEEDBACK OF THE TRAINERS

In addition to measuring the impact of the program, students were also asked to rate the trainers and **81.2%** of the students strongly agreed that the trainers delivered the content in an easy to understand and dynamic manner while **89.3%** of the students were extremely happy with the way the trainers interacted with the participants.



INSTITUTE TESTIMONIALS



राष्ट्रीय प्रौद्योगिकी संस्थान नागालैंड
NATIONAL INSTITUTE OF TECHNOLOGY NAGALAND
(An Institute of National Importance under Ministry of HRD, Govt. of India)
Chumukedima, Dimapur
Nagaland - 797 103

Dr. Amrit Puzari
Associate Dean (Student Affairs)

Telephone: +91 03862 241814
E-mail: amrit09us@yahoo.com

NITN/SA/BC/03-19/121/2019

Date: 28.03.2019



Dr. Eeshankur Saikia

Department of Applied Sciences
Gauhati University

Gopinath Bardoloi Nagar, Guwahati-781014, Assam, INDIA
Telephone No.-(+91)9854121425; E-Mail: eeshankur@guahati.ac.in
Oct 8, 2018

TEQIP/GUIST/ISL/AoL/081018

APPRECIATION

APPRECIATION LETTER

National Institute of Technology Nagaland deeply appreciates the initiatives taken by Mr. Vishnu Prakash, who is closely associated with Gurudev Sri Sri Ravi Shankarji's mission of 'Art of Living', to conduct a 'Student Experience and Learning Programme (SELP)' under MHRD sponsored project TEQIP-III. The programme continued for a duration of 12 hours in three consecutive days starting from 25th March 2019. More than 50 students participated in the programme and as per the feedback received from the students, the programme was highly beneficial for them. Students have even argued to conduct such programme frequently in future. Apart from this, Mr. Vishnu Prakash also has participated in an interactive session with students and faculties.

The programme was really useful for improvement of the learning capabilities of the students and for improvement of their mental and physical health. In other words, such programme will enhance creative and innovative power of the students, which is a stringent requirement for all round development. We gracefully acknowledge the efforts of Mr. Vishnu Prakash to motivate the students through such interactive programme.

Looking forward to conduct more of such programmes at NIT Nagaland in future.

With best regards



Associate Dean (Student Affairs)
National Institute of Technology Nagaland
Chumukedima, Dimapur - 797 103

Professor B.B. Tiwari

M.Sc., M.Tech., Ph.D.
Dean Faculty of Engg. & Technology



Veer Bahadur Singh Purvanchal University
Jaunpur-222003, U.P. INDIA
Department of Electronics Engineering
Faculty of Engineering & Technology
(UNS Institute of Engineering & Technology)
E-mail: bbbtiwari2@gmail.com
Mobile: +91-9151369540

Ref. No: _____

Date: 27.2.2019

Letter of Appreciation

We would like to thank Vyakti Vikas Kendra, India (VVKI) for conducting the Art of Living SELP workshop for B.Tech 2nd yr students. The workshop was organized under TEQIP-III during 6th Feb to 11th Feb 2019 in UNS IET, VBS Purvanchal University campus. The 6 days workshop is an attempt to give right direction to the physical, intellectual, emotional and spiritual empowerment of students.

The feedback after the Programme was highly encouraging as reported by participants. The workshop is proved to be extremely useful in acquiring life skills, leadership qualities, ability to face challenges, removing stress and making right choices in the journey of life.

The institute is grateful to VVKI and trainers Anurag Singh, Niharika Srivastava and Anoop Narayan ji. Looking forward to have similar Programme in future also.

(Prof. B.B. Tiwari)
Director/Coordinator TEQIP- III

It gives me immense pleasure to express our heartfelt gratitude, on behalf of Gauhati University Institute of Science and Technology, Gauhati University, to Gurudev Sri Sri Ravi Shankarjee and one and all involved in achieving the mission of Art of Living, for conducting a 6 day workshop on "Student Experience and Learning Program (SELP)", under the MHRD sponsored project TEQIP-III. The program, which was attended by around 40 participants, has proved to be beneficial to all who have completed it, in terms of individual experiences while moving along a dimension which was not explored earlier. Students confirm that the practical techniques as well as theoretical concepts acquired during the Program would surely help them in improving their learning capabilities through concentration and intuitive power through more control over breath and hence emotions. This, we believe, would induce the much needed force of creativity and innovation in them and also equip them with all the skill-sets to stand as a responsible human being and deliver to the society at large to the best of their abilities.

Waiting eagerly to have many more Programs in the campus

With warm regards



(Eeshankur Saikia)
Head, Department of Applied Sciences, and
Coordinator, TEQIP-III, GUIST



अभियांत्रिकी एवं प्रौद्योगिकी संस्थान
डॉ. राम मनोहर लोहिया अवाध विश्वविद्यालय, फैजाबाद (उ.प्र.)
INSTITUTE OF ENGINEERING & TECHNOLOGY
Dr. RAM MANOHAR LOHIA AVADH UNIVERSITY, FAIZABAD (U.P.)

निदेशक

Director

Letter of Appreciation

We would like to thank Vyakthi Vikas Kendra, India (VVKI) for conducting the Art of Living workshop for B.Tech 1st Year Students (2018 Batch) under our Induction Programme. The workshop was organized under TEQIP-III during 18th to 23rd September 2018 in IET Campus. The 6 days workshop is an attempt to give right direction to the physical, intellectual, emotional and spiritual empowerment of students.

The feedback after the programme was highly encouraging as reported by participants. The workshop is proved to be extremely useful in acquiring life skills, leadership qualities, ability to face challenges, removing stress and making right choices in the journey of life.

The institute is grateful to VVKI and the trainers Anurag Singh & Niharika Srivastava. Looking forward to have similar programmes in future also.



(Director)
Institute of Engineering & Technology
Dr. Ram Manohar Lohia Avadh University, Faizabad

PARTICIPATING COLLEGES



We would like to extend our sincere gratitude to the Directors/Principals of the participating colleges for their unequivocal support in the successful implementation of the project.

Sr. No.	Institute	State	VC/Director/Principal	TEQIP Coordinator
1	Andhra University College of Engineering	Andhra Pradesh	Prof. P. Srinivasa Rao	Dr. Ch.V.V.S. Bhaskara Reddy
2	Jawaharlal Nehru Technological University Anantpur	Andhra Pradesh	Prof. K. Ramanaidu	Dr. A.P. Siva Kumar
3	National Institute of Technology	Arunachal Pradesh	Dr. P. Mahanta	Dr. M. Berlin
4	Gauhati University Institute of Science and Technology	Assam	Prof. Manab Deka	Dr. Eeshankur Saikia
5	Dibrugarh University	Assam	Prof. P Bhattacharyya	Mr. Kaushik Das
6	Jorhat Engineering College	Assam	Dr. (Mrs) Reeta Sarmah	Prof. P K Khavnd
7	Assam Engineering College	Assam	Dr. Atul Bora	Dr. Pradip Baishya
8	Bineswar Brahma Engineering College	Assam	Dr. K K Brahma	Dr. Medalsen Ronghang
9	Jorhat Institute of Science & Technology	Assam	Dr. Bibekananda Choudhury	Mr. Sudarshan Patowary
10	Indian Institute of Information Technology Guwahati	Assam	Prof. Gautam Barua	Dr. Surajit Panja
11	Bhagalpur College of Engineering	Bihar	Prof. (Dr.) Fakhruddin Ansari	Mr. Anshul Shekhar
12	Loknayak Jai Prakash Institute of Technology	Bihar	Dr. Anil Kumar Singh	Zafar Ayub Anasari
13	Nalanda College of Engineering	Bihar	Dr. Chandra Bhushan Mahto	Prof. Bhawesh Madhukar
14	Government Engineering College Bilaspur	Chhattisgarh	Dr. B S Chawla	Dr. A K Shukla
15	Vishwavidyalaya Engineering College Lakhanpur	Chhattisgarh	Dr. R. K.Sahu	Mr. Gurpreet Singh
16	Birla Vishvakarma Mahavidyalaya	Gujarat	Dr. Indrajit N Patel	Dr. Sanjay D Dhiman
17	Deenbandhu Chhotu Ram University of Science and Technology	Haryana	Prof. Rajendra Kumar Anayath	Prof. Suresh K Verma
18	Faculty of Engineering & Technology, Guru Jambheshwar University of Science and Technology	Haryana	Prof. Tankeshwar Kumar	Prof. Ambrish Pandey
19	YMCA University of Science and Technology	Haryana	Dr. Vikram Singh	Dr. Munish
20	University Institute of Engineering & Technology, Kurukshetra University	Haryana	Prof C C Tripathi	Dr. Rahul Gupta
21	National Institutes of Technology Kurukshetra	Haryana	Dr. Satish Kumar	Dr. Sathans
22	Jawahar Lal Nehru Govt Engineering College	Himachal Pradesh	Prof. Vinod Kumar Kapoor	Er Parveen Kumar

Sr. No.	Institute	State	VC/Director/Principal	TEQIP Coordinator
23	Atal Bihari Vajpayee Government Institute of Engineering & Technology	Himachal Pradesh	Prof. M.K. Jha	Shri Kuldeep Thakur
24	Government College of Engineering and Technology	Jammu & Kashmir	Dr. Sameru Sharma	Dr. Subhash Dubey
25	Shri Mata Vaishno Devi University	Jammu & Kashmir	Prof. Sudhir K. Jain	Dr. Sumeet Gupta
26	Birla Institute of Technology, Mesra	Jharkhand	Dr. M K Mishra	Dr. Kunal Mukhopadhyay
27	Birsa Institute of Technology Sindri	Jharkhand	Dr. D K Singh	Prof. Upendra Prasad
28	University College of Engineering and Technology, Vinoba Bhave University	Jharkhand	Dr V K Sinha	Mr. Arun Kumar Mishra
29	Ramgarh Engineering College	Jharkhand	Dr. Shrabani Roy	Dr. Aditya Kumar Singh
30	Chaibasa Engineering College	Jharkhand	Dr. Mrinal Kanti Samanta	Mr. Saunak Bhattacharya
31	Dumka Engineering College	Jharkhand	Dr. Palash Pal	Mr. Sujit Khamaru
32	Basaveshwar Engineering College Bagalkot	Karnataka	Dr R N Herkal	Dr. S S Injaganeri
33	HKE Society's Poojya Doddappa Appa College of Engineering	Karnataka	Dr. S S Hebbal	Prof. S C. Padashetty
34	Dr Ambedkar Institute of Technology	Karnataka	Dr C Nanjundaswamy	Dr. Mahalinga V Mandi
35	B V Bhoomaraddi College of Engineering & Technology	Karnataka	Dr P G Tewari	Dr. Siddhalingeswar I.G.
36	Malnad College of Engineering	Karnataka	Dr K S Jayantha	Dr N S Jyothi
37	National Institutes of Technology Surathkal	Karnataka	Dr. K Uma Maheshwar Rao	Prof. Ravikiran Kadoli
38	Cochin University of Science and Technology	Kerala	Dr MRR Panicker	Dr. Binu Paul
39	Madhav Institute of Technology and Science	Madhya Pradesh	Dr R K Pandit	Dr Pratesh Jayaswal
40	Samrat Ashok Technological Institute	Madhya Pradesh	Dr J S Chauhan	Prof. Sanjeev Gupta
41	Jabalpur Engineering College	Madhya Pradesh	Dr. S Thakur	Dr. Rajeev Chandak
42	Ujjain Engineering College	Madhya Pradesh	Dr. Umesh Pendharkar	Dr. Sunil Punjabi
43	Rewa Engineering College	Madhya Pradesh	Dr. B. K. Agrawal	Dr. R P Tiwari
44	Government College Of Engineering, Aurangabad	Maharashtra	Prof. Pranesh Muumal	Dr. S Mohite
45	Institute of Chemical Technology	Maharashtra	Prof G D Yadav	Prof Padma V Devarajan
46	BVB Sardar Patel College of Engineering	Maharashtra	Dr P H Sawant	Dr. Rahul T Dahatonde
47	Shri Guru Gobind Singhji Institute of Engineering and Technology	Maharashtra	Dr. V V Joshi	Dr. A.V. Nandedkar
48	Department of Technology, Shivaji University	Maharashtra	Dr. Jaydeep S Bagi	Shri Shrikant M Bhosale



VYAKTI VIKAS KENDRA INDIA

**No. 19, 39th A Cross, 11th Main, IV T Block,
Jayanagar, Bengaluru - 560041**

Website - www.artofliving.org | Contact : +91 94040 80109