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Second Party	:	NATIONAL INSTITUTE OF TECHNOLOGY SIKKIM
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Authorized Signatory

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TAOL TRUST OFFICE THE ART OF LIVING NTC

MEMORANDUM OF UNDERSTANDING
between
THE ART OF LIVING (TAOL)
and
NATIONAL INSTITUTE OF TECHNOLOGY SIKKIM
IN CONNECTION WITH

IMPARTING The Art of Living Mind Management and Life Skills Training Program for students at National Institute of Technology Sikkim

Statutory Alert
1 The authenticity of this Stamp certificate should be verified at 'www.shcilestamp.com' or using e-Stamp Mobile App of Stock Holding. Any discrepancy in the details on this Certificate and as available on the website / Mobile App renders it invalid.
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MEMORANDUM OF UNDERSTANDING

1. The Partners:

1. **The Art of Living** (hereinafter referred to as **"TAOL"**), having its office at The Art of Living International Centre, 21st km Kanakapura main road, Udayapura, Bengaluru, Karnataka - 560082, represented through its Authorised Signatory: **Shri. Rajeev Nambiar** (Director, Institutional Programs, The Art of Living)

And

2. **National Institute of Technology Sikkim** (hereinafter referred to as **"NIT-SKM"**), having its office at Barfung Rd, Block, Ravangla, Sikkim - 737139, represented through its Authorised Signatory: **Prof. Mahesh Chandra Govil** (Director, NIT Sikkim)

(Hereinafter called as Partners)

2. Preamble:

The Art of Living (TAOL) is a charitable trust bringing in transformation in India through The Art of Living 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. The goal is to enable more and more people in urban as well as rural India to become stress-free and inspire these individuals to become change agents to alleviate poverty, misery, and disease right up to the smallest unit of a village.

National Institute of Technology Sikkim (NIT-SKM) is a public engineering and research institution near the city of Ravangla in Sikkim, India. It is one of the 31 National Institutes of Technology in India and has been declared as an Institute of National Importance by the Government of India with a mission to generate new knowledge by engaging in cutting-edge research and to promote academic growth by offering state-of-the-art undergraduate, postgraduate and doctoral programme and to develop human potential to its fullest extent so that intellectually capable and imaginatively gifted leaders can emerge in a range of professions.

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National Institute of Technology Sikkim
Ravangla, Dist. - Namchi, Sikkim - 737139

3. The Objective:

The 'Partners', decided that it was mutually beneficial to have a formal understanding between them in sensitizing the students of the institution about TAOL Programs.

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. 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 **NIT-SKM** and **TAOL** 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.

i) **Programs offered by TAOL:**

TAOL will conduct the following program at **NIT-SKM**:

The Art of Living Mind Management and Life Skills Training for the students aged 18+

ii) **Program Content:**

The Art of Living Mind Management and Life Skills Training Program for the students.

The program is designed to prepare students in higher education to **face challenges with strength and integrity.** It provides the skills they need to set and **achieve goals**, and **perform to their full potential.**

The modules in the program combine **mind-body practices** with interactive

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discussions, **experiential processes** and are proven to improve the overall performance of youth by **enhancing their memory & concentration, interpersonal skills** and ability to perform under pressure.

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

4. 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.

4(i). TAOL undertakes to impart specifically the following program:

The Art of Living Mind Management and Life Skills Training for students (18+ yrs in age)

- The program would be an 18 - hour program for 1 credit.
- TAOL shall provide faculty to conduct introductory seminars for the programs.
- TAOL shall provide certificates to participants who successfully complete the program.

4(ii). NIT-SKM shall provide:

- **Offer the program to all students at NIT-SKM.**
- Provide the venue and other logistical facilities to host the programs on campus.
- Give permission to TAOL faculty to conduct informational seminars on campus to raise awareness among the students about the program.
- Provide all assistance to TAOL faculty to host the program on campus.
- Promote the program among the **NIT-SKM** campus community through official channels.
- Provide stay and travel arrangements for two trainers from TAOL.

4(iii). Financials:

a) The financial contribution shall be as per Guest/Visiting Faculty norms of NIT Sikkim on per hour basis. For a batch size of **40** ONLY.

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b) The financial contribution for Programs conducted on campus shall be transferred by **NIT-SKM** to **TAOL** within one month of the program completion upon submission of invoices.

4(iv). Date of Effect:

This Memorandum of Understanding will come into effect since _____ and will remain in force for 3 years till _____.

4(v). Modification:

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

4(vi). Confidentiality:

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

4(vii). 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. Before such termination, the Educational Institution will clear off all money-dues to TAOL.

4(viii). 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.

4(ix). Assignment:

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

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5. 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.

6. Governing Law and Jurisdiction:

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

7. SIGNATURES:

Signed, on this _____

For The Art of Living (TAOL)

Sign:

TAOL TRUST OFFICE
THE ART OF LIVING
NTC

Name: Shri Rajeev Nambiar
Designation: Director, Institutional Programs

(Witness)
RITWIK SHETTY

For National Institute of Technology Sikkim (NIT-SKM)

Sign:

Director 26/11/2025
National Institute of Technology Sikkim
Ravangla, Dist. - Namchi, Sikkim - 737139

Name: Prof. Mahesh Chandra Govil
Designation: Director

(Witness)