



MEMORANDUM OF UNDERSTANDING
Between
SWARNIM GUJARAT SPORTS UNIVERSITY, GANDHINAGAR
And
SURENDRANAGAR UNIVERSITY, SURENDRANAGAR

Surendranagar University, Surendranagar represented by the Honorable Founder and President Shri Indrasinh S. Zala, and the Swarnim Gujarat Sports University, Gandhinagar, Gujarat State, India represented by the Honorable Vice Chancellor Prof.(Dr.) Arjunsinh Rana, referred together herein as *<Parties>* settled a Memorandum of Understanding (hereinafter *<MoU>*) on the following basis:

MoU contemplation:

Cooperation and promotion of further mutual interest of higher education, research and training in the fields of physical education, adventure sports, sports sciences, sports nutrition & diet and fitness & wellness

Section I

Swarnim Gujarat Sports University, Gandhinagar, Gujarat State, India and Surendranagar University, Surendranagar, Gujarat, India mutually agree to cooperate in the following activities:

1. Co-operation in research activities and development projects in the fields of physical education, adventure sports, sports sciences, sports nutrition & diet and fitness & wellness;
2. Co-operation in the fields of education and training in the fields of physical education, adventure sports, sports sciences, sports nutrition & diet and fitness & wellness;
3. Exchange activities of students, faculty, researchers and staff members;
4. Organizing scientific symposia, conferences and faculty/staff development programmes in the fields of physical education, adventure sports, sports sciences, sports nutrition & diet and fitness & wellness;
5. Promotion of government led Fit India Movement mutually and establishing Fit India Youth Club at affiliated institutions/departments of the Surendranagar University;
6. Organizing joint academic courses and programs in the fields of physical education, adventure sports, sports sciences, sports nutrition & diet and fitness & wellness;

7. Joint publications of scientific and educational research in the fields of physical education, adventure sports, sports sciences, sports nutrition & diet and fitness & wellness;
8. Other mutually agreeable undertakings.

Section 2

The fields and forms of co-operation under this *MoU* will be identified separately and they will depend on the professional priorities and the financial resources of the institutions. Details of co-operation will be agreed upon in additional agreements to this *MoU* in each case separately.

Additional agreements will contain the information on the concrete fields of co-operation, responsible coordinators, other organizational details, financial conditions etc. according to the principles of this *MoU*.

Section 3

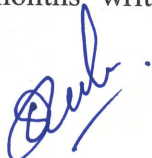
In connection, therewith *Parties* declare determination to implement the set of measures: law, organizational, economical, material and technical, informational and publicity, scientific and methodic, medical and biological and other measures according to the principles, subject matter, aim and objects of the cooperation.

Section 4

Prompt cooperation within the *MoU*, exchange of information, harmonization of documents and actions will be done by administrative officials of the *Parties* within the framework of their areas of responsibility and by authorized representatives of the *Parties*.

Section 5

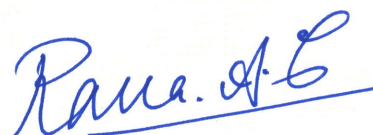
This *MoU* is a statement of intent and of current intentions and is not intended to create binding or legal obligations on either Party. Any dispute arising in the course of collaboration, Parties will dispose by means of mutual negotiations. The *MoU* is valid for one year from the date of last signature and can be renewed for further periods by mutual agreement. The terms of the *MoU* may be amended at any time by mutual written agreement of both *Parties*. This *MoU* can be terminated by either party upon giving a three months' written notice. This *MoU* is written in two copies having equal power for each of the two.



Shri Indrasinh S. Zala
Hon'ble Founder and President
Surendranagar University
Surendranagar, Gujarat, India

Place:

Date:



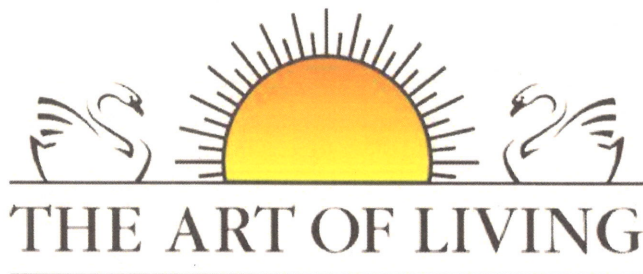
Prof. (Dr.) Arjunsinh Rana
Hon'ble Vice Chancellor
Swarnim Gujarat Sports University
Gandhinagar, Gujarat, India

Place:

Date:

MEMORANDUM OF AGREEMENT ON KNOWLEDGE PARTNERSHIP

Between



THE ART OF LIVING (TAOL)

And



विद्या परम बलम्

SURENDRANAGAR UNIVERSITY, SURENDRANAGAR

IN CONNECTION WITH

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

at

Surendranagar University, Surendranagar, Gujarat

MEMORANDUM OF AGREEMENT ON KNOWLEDGE PARTNERSHIP

1. The Partners:

1. **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 Rajeev Nambiar (Director, Institutional Programs, The Art of Living)**

And

2. **Surendranagar University, Surendranagar, Gujarat**, having its office at Shree Pandit Nathulalji Vyas Campus, Nr. 66 KW GETCO Sub Station, Wadhawan- Kothariya Road, Wadhavan-363030, Surendranagar, represented through its authorized signatory: **Mr. Indrasinh S. Zala (President)**

(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 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.

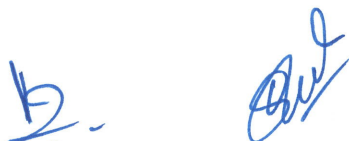
Surendranagar University is a state-private university located in Gujarat. It was established in 2021. The branches in which the courses are offered are Engineering, Commerce, Information Technology, Social Work and Finance among others.

3. 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 Surendranagar University 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 Surendranagar 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 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 following program at Surendranagar University:



Youth Empowerment & Life Skills (YES!+) Program for the students aged 18+,
and
Faculty Development Program (FDP) for Teachers and staff

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:

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.

TAOL undertakes to impart specifically the following programs:

Youth Empowerment Skills Program (YES!+) for students (18+ yrs)

and

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 Surendranagar University students and staff 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.
- vii. This agreement is only for the conduct of the YES!+ and FDP programs by TAOL. If TAOL proposes to conduct any other programs, apart from YES!+/FDP, that will have to be proposed to Surendranagar University separately for approval.

Surendranagar 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 Surendranagar University about the YES!+/FDP. Interested students/faculty shall enroll in the program on a voluntary basis.
- iii. Promote the YES!+/FDP program among the campus community through official channels.



5. Date of Effect:

This Agreement will come into effect on **9/3/2025**

and will remain in force for three years till **9/3/2028**

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.

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.

Two handwritten signatures in blue ink are located at the bottom of the page. The signature on the left is a stylized 'L2' with a horizontal line underneath. The signature on the right is a more complex, cursive signature.

11. Governing Law and Jurisdiction:

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

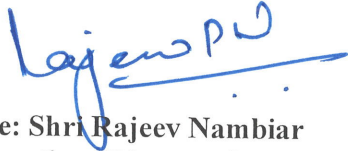
12. SIGNATURES:

Signed, on this 9th day of March 2025

For The Art of Living

(TAOL)

Sign:



Name: Shri Rajeev Nambiar

**Designation: Director, Institutional Programs,
The Art of Living**

(Witness)

For Surendranagar University, Surendranagar

Sign:

Name: Mr. Indrasinh S. Zala

Designation: President



(Witness)