

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 Electronics & Information Technology** (hereinafter referred to as **NIELIT**), having its office at NIELIT Bhawan, Plot No. 3, PSP Pocket, Sector-8, Dwarka, New Delhi-110077, represented through its Authorised Signatory: **Dr. Madan Mohan Tripathi** (Director General, National Institute of Electronics & Information Technology)

(Hereinafter called as Partners)

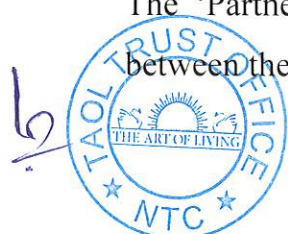
2. Preamble:

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 Electronics & Information Technology (NIELIT) aims to be the single source for quality assurance in computer education among the nation's non-formal institutes, after turning out competent IT professionals in large numbers, NIELIT reach is now being extended to all regions of the country as well as overseas.

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 **NIELIT** 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 **NIELIT**:

Youth Empowerment & Skills Program (YES!+) for the students aged 18+

ii) Program Content:

Youth Empowerment & Skills (YES!+) Program for the students

The YES!+ workshop 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 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:



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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:

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

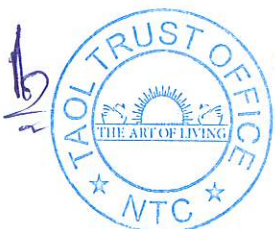
- The YES!+ program would be an 18-hour program spread over 5 days based on Yoga & Meditation
- TAOL shall provide faculty to conduct introductory seminars for the YES!+ programs.
- TAOL shall provide certificates to participants who successfully complete the program.

4(ii). NIELIT shall provide:

- Offer the YES!+ program to students at NIELIT at their respective campus across India.
- 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 YES!+ program.
- Provide all assistance to TAOL faculty to host the YES!+ program on campus.
- Promote the YES!+ program among the campus community through official channels.
- Reimburse TA (as applicable) and arrange or reimburse for stay, food for visiting faculties during the program at respective university campus as per NILET norms.

4(iii). Date of Effect:

This Memorandum of Understanding will come into effect since 9th January 2026 and will remain in force for 3 years till 8th January 2029.



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4(iv). Modification:

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

4(v). Confidentiality:

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

4(vi). 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(vii). 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(viii). Assignment:

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

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.



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7. SIGNATURES:

Signed, on this 9th January 2026

For The Art of Living (TAOL)

Sign:



Name: Shri Rajeev Nambiar

Designation: Director, Institutional Programs

Vishesh
(Witness)

For National Institute of Electronics & Information Technology (NIELIT)

Sign:

Name: Dr. Madan Mohan Tripathi

Designation: Director General, NIELIT

(Witness)