



Doon University, Dehradun

Office of the Registrar

Minutes of the 31st Meeting of the Academic Council

No. 762/ 117/R-DU/2022 Dated- 7th November 2022

The 31st meeting of the Academic Council of Doon University was held on 22nd October 2022 at 11.30 A.M. on Google meet in online mode. Prof. Surekha Dangwal, Vice Chancellor presided over the meeting. The following members were present in the meeting:

1. Prof. Tejinder Sharma, Dept. of Commerce, Kurukshetra University.
2. Prof. Kusum Arunachalam, Professor and Head SENR, Doon University.
3. Prof. H. C. Purohit, Professor & Head, School of Management
4. Prof. R.P. Mangain, Professor & Head Economics and Coordinator School of Social Sciences.
5. Dr. A. C. Joshi, Chair Professor, NTPC, Centre for Public Policy.
6. Dr. Rajesh Kumar, Associate Professor & I/c Head, SOMCS.
7. Dr. Reena Singh, Associate Professor, SoM.
8. Dr. Narendra Rawal, Associate Professor & I/c Head Computer Science, SoPS.
9. Dr. Chetana Pokhriyal, Associate Professor & I/c Head English and Coordinator SoL.
10. Dr. Harsh Dobhal, Visiting Professor SoMCS, Doon University.
11. Dr. Suneet Naithani, Assistant Professor, SENR
12. Dr. Rashmi Mishra, Assistant Professor, SoMCS, Doon University.
13. Dr. Ashish Sinha, Assistant Professor, SoM.
14. Dr. Mala Shikha, Assistant Professor & I/c Head, Dept. of Spanish Studies, SoL.
15. Ms. Sikha Ahmad, Assistant Professor, Dept. of Economics, SoSS.
16. Ms. Deepika Bhatia, Assistant Professor & I/c Head, Dept. of Japanese Studies, SoL.
17. Dr. Achlesh Daverey, Assistant Professor, SENR & Coordinator SoBS Doon University.
18. Dr. Arun Kumar, Assistant Professor & I/c Head, Dept. of Chemistry, SoPS.
19. Dr. Himani Sharma, Assistant Professor & I/c Head, Dept. of Physics, SoPS.
20. Dr. A. R. Gairola, Assistant Professor & I/c Head, Dept. of Mathematics, SoPS
21. Dr. Savita Karnatak Tiwari, Visiting Assistant Professor & I/c Dept. of Psychology.
22. Dr. Richa Joshi Pandey, Assistant Professor, English
23. Dr. Varun Dev Sharma, Dept. of French, SoL.
24. Dr. Shanky Chandra, Assistant Professor & I/c Head, Dept. of Chinese, SoL.
25. Ms. Dhirti Dhaundiyal, I/c Head, SoD.
26. Dr. Vipul Goswami, Assistant Professor & I/c Head, Dept. of German Studies, SoL.
27. Dr. Preeti Mishra, Assistant Professor, Computer Science, SoPS.
28. Dr. Ashish Kumar, University Librarian
29. Shri Sunil Kumar Raturi, Finance Controller, Doon University.
30. Dr. Mangal Singh Mandrawal, Secretary, Academic Council & Registrar

Dr. S.S. Suthar did not attend the meeting.

subjects shall be the main Guide. The NTPC Chair Professor shall be the Co-Guide.

- iii) The regular faculty member Guiding a doctoral student of NTPC Centre for Public Policy will be supernumerary for him/ her, i.e., it won't be counted in the total numbers of Ph.D. Scholars under a Professor, an Associate Professor and an Assistant Professor as stipulated in the university Ph.D. Ordinance.

Item 2022:31:30 To report the following policy made and implemented by the University

1. Doon University Incentivization Policy entitled “*Encomium*”
2. Anti-Drug and Student’s Empowerment Campaign in the University
3. Doon University Research Policy & Research Ethics
4. Doon University Consultation Policy
5. Doon University Incentivization Policy entitled “STIMULUS
6. Policy for Anti- Ragging Committee
7. Centre of Innovation, Incubation, Entrepreneurship and Industrial Relations
8. Divyangjan Policy
9. Policy for Anti-Sexual Harassment Committee & Gender Sensitization
10. IT Policy & Maintenance Policy
11. Revision in Vision and Mission of the University.
12. Infrastructure Maintenance Policy
13. Centre for Wellness
14. Happiness Laboratory
15. Yoga Health Care Centre

The Academic Council took note of it.

Item 2022:31:31 Any other Item with the permission of the Chair.

Item 2022:31:31:01 To shift the B. Sc. (CS), M. Tech. (CSE) and Ph. D. (CS) from School of Physical Sciences to School of Technology.

Having discussed the agenda item, the Academic Council resolved that the high-powered committee constituted by the Vice Chancellor for agenda **Item no. 2022:31:18 (5)** shall also look into this matter and prepare a detailed report thereof. The report so prepared shall be submitted in the next Academic Council meeting for further deliberations and necessary decision.

The meeting ended with the vote of thanks to the chair.

(Dr. M. S. Mandrawal)
Registrar & Secretary
Academic Council

AAC 4th Meeting on 19-10-2022

Agenda for AAC meeting -

1. Brainstorming, designing, preparation and approval of BA psychology (Honours) four years' degree course as per NEP guidelines.
2. Discussion and Approval of happiness laboratory.
3. Discussion and Approval on Centre of wellness (counselling cell)
4. Discussion and approval of Yoga health care centre.

Advisory Committee Meeting Minutes: 19 October 2022

On 19th October 2022 fourth academic advisory committee meeting of Department of Psychology Doon University Dehradun was held with the permission of honourable Vice Chancellor Professor Surekha Dangwal. AAC members professor Akhil Prasad Singh, Professor Promila, Batra, Professor. Madhu Naya and Professor Rashmi Pant were present in this online meeting. Dr. Savita Karnataka Tewari has started the meeting and welcome all the members and presented all the agenda points in front of academic Advisory committee. Dr. Rajesh Bhatt presented the syllabus with PowerPoint and discussed the need and requirement of Wellness Centre (counselling centres), Yogic- health Centre, and happiness laboratory.

Discussions took place on agenda of the meeting and the minutes were recorded as mentioned.

The members approved following agenda:

Agenda1

Brainstorming, designing, preparation and approval of BA psychology (Honours) four years' degree course the syllabus for one year i.e. first and second semester as per NEP2020 guideline.

Resolution: After brainstorming the BA honours psychology syllabus has been designed prepared and approved.

Agenda2:

Discussion and Approval of happiness laboratory.

Resolution: AAC committee members approve this agenda.



Agenda 3

Discussion and Approval for Centre of wellness (counselling cell)

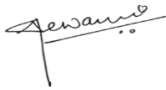
Resolution: The academic advisory committee approved the above requirements.

Agenda 4

Discussion and approval of Yogic -health centre.

Resolution: the AAC committee members given their approval for Yogic Centre for physical and mental well-being of University stakeholders.

The meeting was adjourned after the vote of thanks.

A handwritten signature in blue ink, appearing to read "Anwar" with a horizontal line underneath.A handwritten signature in blue ink, appearing to read "Raj" with a horizontal line underneath.

Annexure – 2

Proposal for Happiness Laboratory

Happiness laboratory

Dr Savita Karnatak Tiwari
Director,
Doon University, Dehradun- 248001
Mobile number: 7453 988 689
Email ID: drsavitakarnaktewari@gmail.com

Mission: To enhance happiness among students/ staffs/ faculties of Doon University. This laboratory helps to focus on various functional aspects of life by using the principle of positive psychology. It aids in building psychological resilience and immunity.

Aim

- The laboratory is aimed to instil self-awareness.
- The laboratory is aimed to stimulate good mental health, character, and resilience.
- The happiness lab could improve cognitive ability of the students.
- The happiness curriculum would reduce anxiety, depression, and intolerance among students.
- This laboratory will also prepare the students to face challenges and find solution to the social problems.

Objectives

- To promote well being
- To develop attitude of gratitude
- To enhance quality of life.
- To identify functional area life
- To develop psychological resilience and psycho-immunity
- To understand the chemicals responsible for happiness
- To organise various activities to enhance happiness
- To explore the benefits of of mindfulness based meditation

This innovativeness of the University is expected to assist the students in coping with stress and learning for life, not only for a rank, given the mounting pressure on students from both parents and teachers to achieve higher scores. This echoes the sentiment expressed in Mahatma Gandhi's famous phrase, "Literary education is of no value if it cannot develop a sound character."



Annexure – 3

Proposal for Centre of Wellness (Counselling Cell)

Centre for Wellness (Counselling Cell)

Dr Rajesh Bhatt
Director/Coordinator,
Doon University, Dehradun- 248001
Mobile number: 741 746 8880
Email ID: drrajeshbhatt@doonuniversity.ac.in

Mission:

- To provide psychological support to students/ staffs/ faculties of Doon University and others.
- To help to identify full potential and develop psychological resilience and skills to deal with various challenges of life.

Objectives:

- To promote awareness about mental health and well-being among students.
- To enhance skills for handling stress, anxiety, emotional disturbance and various challenges of life.
- To help individuals to identify their full potential
- To develop psychological resilience and psycho-immunity
- To provide help for career guidance, educational and occupational choices
- To organise various activities and lectures related to mental health.

Under this centre, psychotherapy and Counselling services will be provided to students/staffs/faculties for managing issues of mental health and other issues of life. The life of any individual maybe full of challenges. There are various issues which may disturb the life any individual i.e. poor self-image, financial crisis, divorce, death of near one, peer pressure, confusion, career choices, relationship issues, conflicts with parents or partner, domestic violence, issues related to gender and sexuality, bullying, abuse and performance anxiety etc. These issues may be the cause of various psychological symptoms like stress, anxiety, conflict, guilt, frustration, anger, sleep disturbance, fear, depression, mood disturbance. Sometimes, it becomes difficult for individual to explain and share their psychological issues and problems with anyone else, but a professional and skilled counselling psychologist may help individual to manage various psychological issues and symptoms. Counselling psychologist provides psychoeducation to the client for managing and regulating the emotions.



In this centre:

- Department of Psychology (Doon University) will offer free internship opportunities to the students of psychology (UG/PG) of Doon University and paid internship to outsider students of psychology to do internship in the various area of psychology.
- The guidelines for paid internship/training/workshop/consultancy will be prepared and finalized by the committee to be constituted by Hon'ble VC. Such guidelines will come into the force on the day when they are approved by Vice Chancellor or some other competent body of the University.
- The faculty/research scholars of Department of psychology (Doon University) will do paid psychological assessment and consultancy for psychological issues by providing psychological intervention. It will be free of cost for Doon University's students/staffs/faculties.
- Students (UG/PG) of psychology department of Doon University will earn while they learn while making psychological health profile of students, staffs, faculties and others.
- Research scholar/ex-students of Department of Psychology, Doon University will be given opportunity to work as counselling psychologist as honorary basis but certificate of experience will be given to them.
- Centre of wellness will organise training/workshops/seminars and lecture series.

Note: Counselling Cell is already working since Covid-19 period but Department of Psychology wants to extend the objectives and areas of it in the form of centre for wellness.



Annexure – 4

Proposal for Yoga Health Care Centre

Yoga Health Care Centre

Dr Rajesh Bhatt
Director/Coordinator,
Doon University, Dehradun- 248001
Mobile number: 741 746 8880
Email ID: drrajeshbhatt@doonuniversity.ac.in

Mission and Vision:

- To provide physical and psychological support to students/staff/ faculties of Doon University and others.
- To provide holistic health care by providing both mental and physical well-being techniques.
- To enhance social and spiritual well-being.
- To encourage people to live a healthy way of life and elevate suffering through proper diet and practices.

Objectives:

- To promote awareness about mental health and physical well-being among students.
- To make people cope with grief such as stress, anxiety, health problems, sleeping issues, and various challenges of life.
- To help individuals self-actualize and attain harmony with yogic practices.
- To develop physical and psychological resilience and boost immunity through yogic techniques holistically.
- To organize various activities, workshops, training, and lectures related to yogic practices.

Under this Yoga center, Yogic practices will be provided to students/staff/faculties for managing issues of mental health along with physical health and other issues of life.

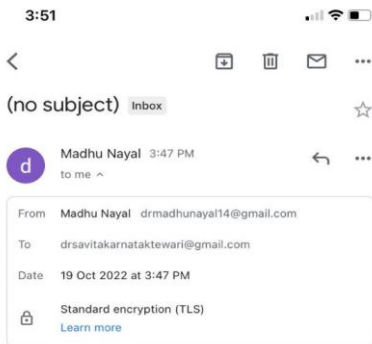
Issues like obesity, blood pressure, issues during menstruation, stress, anxiety, conflict, guilt, frustration, anger, sleep disturbance, fear, depression, and mood disturbance are common and need to be dealt with both physically and mentally thus yoga is a very favorable option for masses as it can be practiced by wide age group and people with various issues can do yoga with less discomfort.

Indian Psychology propagated practices of yoga in several ways be it in form of meditation, mindfulness, or others.

The Department has various forms of techniques and skilled people to practice yogic techniques with everyone inside and when required outside the campus.



Annexure – 5 Approval



Approved
With regards
Prof. Madhu Lata Nayal



Available add-ons:

Agenda2:
Discussion and Approval of happiness laboratory .
Resolution: AAC committee members approve this agenda .

Agenda 3
Discussion and Approval for Centre of wellness (counselling cell)
Resolution:
The academic advisory committee approved the above requirements .

Agenda4
Discussion and approval of Yogic -health centre.
Resolution : the AAC committee members given their approval for Yogic Centre for physical and mental well-being of University stakeholders .
The meeting was adjourned after the vote of thanks.

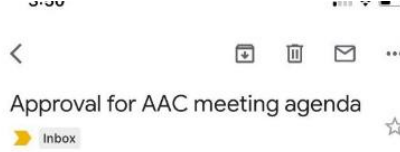
 promila Batra Prabha 2:50 PM
Approved. With best wishes

 Rashmi Pant 3:34 PM
to me

Approved, all the best

[Sent from Yahoo Mail on Android](#)

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Respected Sir/Madam
Greetings
Please ignore the previous mail and find the mail for your kind approval.
Regards
Dr.Savita Karnatak Tewari

Advisory Committee Meeting Minutes
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