



**TECNIA INSTITUTE OF ADVANCED STUDIES**  
GRADE "A" INSTITUTE

Approved by AICTE, Ministry of Education Govt. of India, Affiliated to GGSIP University  
Recognized Under Sec. 2(f) of UGC Act 1956

INSTITUTIONAL AREA MADHUBAN CHOWK, ROHINI, DELHI 110085

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**Department of Management Sciences**  
(Session: 2024-25)

Ref: TIAS/2024-25/BBA/ACAD/VAC/06

Dated: 28/12/2024

**NOTICE**

**Subject: Value Added Course: Certificate Course in Mediation and Mindfulness**

With reference to the approval of Departmental Academic Committee (Ref. No. TIAS/DMS/DAC/2024-25/52, Agenda No. 12 dated on 21/12/2024) Department of Management Sciences for all programs on the subject mentioned above, to enrich the curriculum of all programs it was recommended to commence Value Added Course titled Certificate Course in Mediation and Mindfulness scheduled to commence w.e.f 16/01/2025 for all students of TIAS.

The detail scheduled of the same is as under:

S.No.	Course offered	Name of the Resource Person	Beneficiary	Day & Time	Venue
1.	Mediation and Mindfulness	Dr. Monisha	TIAS Students	Monday & Wednesday 1.30pm-2.30pm	Room no.- 2204 (Batch 1)
		Dr. Pushpa		Monday & Wednesday 1.30pm-2.30pm	Room no.- 2207 (Batch 2)
		Dr. Archana Dixit		Monday & Wednesday 11.30pm-12.30pm	Room no.- 2204 (Batch 3)
		Dr. Monisha		Tuesday & Thursday 1.30pm-2.30pm	Room no.- 2204 (Batch 4)
		Dr. Archana Dixit		Wednesday & Friday 11.30pm-12.30pm	Room no.-2207 (Batch 1)

**Note:**

1. Interested students can report in the office of HoD BBA till 13/01/2025, by 5:00 pm.
2. The course classes will be scheduled w.e.f 16/01/2025.
3. 75% attendance is mandatory.
4. Assessment will be held on the basis of viva voce and written/ practical examination.

**Annexures -**

1: Brochure

2: Course Contents



**Dr. Pragati**

**VAC Coordinator**



**Dr. Monisha**

**HoD, Shift-1**



**Dr. Archana Dixit**

**HoD, Shift-2**

**HoD**  
**BBA-TIAS**

**HoD**  
**BBA-TIAS**

CC to:

Dean Academics

IQAC

ITC Head for updation of the website