



SRI SRI UNIVERSITY
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Sri Sri University offers courses on contemplative and behavioural sciences, first in the world

Minati Singha | TNN | Jun 12, 2020, 07:56 IST

"The subject includes all tenets of psychology from the western and eastern point of view including contemplation, which is the heritage of our Indian tradition," said Rajita Kulkarni, president of Sri Sri University and World Forum of Ethics in Business.

BHUBANESWAR: Sri Sri University is going to launch courses in 'contemplative and behavioural science' from the coming academic session to begin from August.

"It is for the first time in the world we are starting a department of contemplative and behavioural sciences. The subject includes all tenets of psychology from the western and eastern point of view including contemplation, which is the heritage of our Indian tradition," said Rajita Kulkarni, president of Sri Sri University and World Forum of Ethics in Business.

The university has converted to digital mode in just two days after the lockdown and has continuously been offering several short term online

courses for professionals to make the best use of lockdown, she informed.

“It was a huge team effort to convert into digital. We had lots of meetings and trainings of faculty members who actually embraced the online system of education in a positive way and completed the curriculum in a given time. Our students also enjoyed online classes a lot with high attendance. We conducted our exams and evaluations online successfully,” said Kulkarni.

On the shift from in-person classes to online and the new changes in education system, Kulkarni said, “The pandemic situation has taught us that a lot can be done online and with the use of technology. Online education is going to be a very important trend in the time to come. However, at the same time it is important to have in-person teaching and learning. Students come to universities to build character more than getting education. I think, in the time to come it will be more and more a blended approach. Universities and educational institutions will find ways to leverage our online platform to reach students and also continue with classroom teaching as well.”

She said, in last one month the university has conducted 11 to 12 online management development programmes of short and medium duration on variety of technical subjects for people from the industry and professionals for enhancing their skill. The varsity conducted more than 50 webinars on wide variety of subjects from technical to department specific subjects like osteopathy, MBA, relevance of Sanskrit in modern day life and on economics.

“We have been on the forefront in starting the online mode not only in completing the curriculum but also to help our students to upskill and upgrade,” she pointed out.

The university has also been reaching out to other universities by organising everyone to do breathing techniques, meditation and pranayama. “It is very important to stay positive and to take care of our mental health at this time of corona pandemic. In the coming month we are going to host an online Happiness Festival where we will do Sudarshan Kriya, breathing technique and meditation. It also increases our immunity and brings lots of positivity into life and helps in using your time in a productive way,” she added.