



SCHOLARS INSTITUTE OF TECHNOLOGY & MANAGEMENT (SITM)

Ref. no. SITM/INFORMATION/AICTE/21/105

Date
29-4-21

Free 20-min Pranayam and meditation session by Art of Living on 1/5/21

With the current situation in India, and keeping in mind that Education - second-most important sector for us is battling to maintain the quality of student learning as it puts greater demand on them to cope with the rapid changes in the policies & face challenges in the administration of students, staff and others.

They would like to propose a 20 minute Special 10-day 'Breathing & Meditation' session for senior educationists to help them in this crisis to keep their lung health and lower stress levels.

The breathing exercises & meditation practised in these sessions are scientifically proven to give the following results:

1. Boosting the IMMUNE System
2. Increase in Lung Capacity
3. Improved Quality of SLEEP
4. Reduction in Cortisol (Stress & Anxiety Hormone)

The session will be conducted on the Zoom platform (or any other suggested online interface) by senior Art of Living Faculty with over 20+ years of experience in teaching Breathing & Meditation techniques, across the globe.

Start Date: May 1, Saturday (10 day) Time: 7:40 - 8:00 AM

PLEASE CLICK TO GET THE ZOOM LINK: <http://tiny.cc/aicte-breath>

In view of the above, AICTE request your institute kindly disseminates this information among all the students, faculty members and others so they can join & avail the benefits from 20-min Pranayam and meditation session by Art of Living on 1st May 2021 .

Campus: Garoghuli (Gog), Garchuk, Guwahati - 781 035, Assam ☎ 94015 30415

City Office 1: 2nd Floor, Mc. Donald Tower, G.S. Road, Bhangagarh, Guwahati - 781 005, Assam ☎ 0361 2460515

City Office 2: Behind Apex Bank, N.C. Bordoloi Road, Panbazar, Guwahati - 781 001, Assam ☎ 0361 2633375

🌐 www.sitmguwahati.org ✉ sitmguwahati35@gmail.com