



**Office of the Dean Students Welfare  
National Institute Of Technology Srinagar  
Hazratbal Kashmir-190006 (J&K)**

**NOTICE  
DATE 31-07-2021**

It is for the information of the all the faculty members, Ph.D scholars, M.Tech and B.Tech students that 11 Days online Mind and Mediation workshop is going to be held from 02-08-2021 to 12-08-2021. This workshop will benefit the the students and faculty members of NIT Srinagar in boosting up their confidence, overcoming anxiety, getting better sleep, improving their health etc. All the faculty members, Ph.D scholars, M. Tech and B. Tech students can register themselves through google form. Link for the same is given below. **The last date of receiving google form has been extended till 2<sup>nd</sup> August-2021 upto 4:00 pm.** There will be no registration fee for the participants.

The workshop will have 35 minutes session daily consisting of following:

- 5 min of Physical Exercise
- 5 min of Breathing Techniques
- 20 min Short guided Meditation with the recorded videos of **Gurudev Sri Sri Ravi Shankar Ji**
- 5 Min Questions and Answer

Date: - 2 Aug to 12 Aug 2021

Time: - 07:25 pm to 08:00 pm

Venue: - Online Over Zoom Application

<https://forms.gle/qd1A5DJMfWvPb8zG9>

**Note: Those students and faculty members who have already registered for the said workshop need not to register again.**

**Sd/-  
Dean Students Welfare**



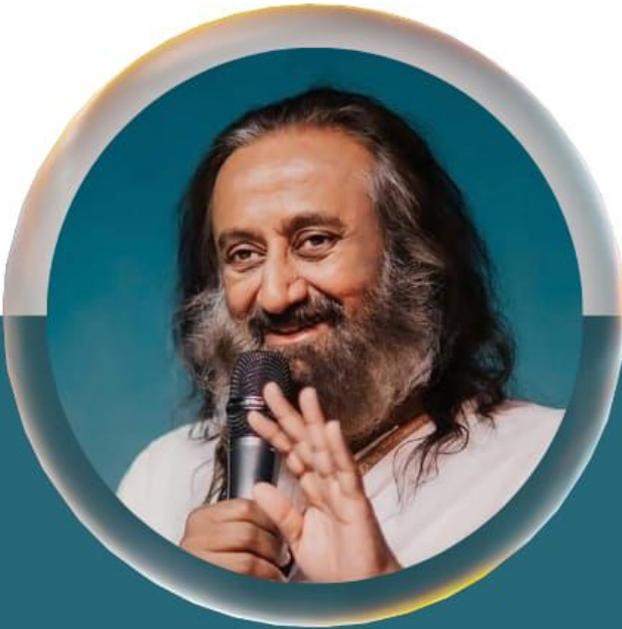
NIT Srinagar Presents

# Mind & Meditation

Workshop

## 11 Days *Meditation Challenge*

with *Gurudev Sri Sri Ravi Shankar Ji*



**2 to 12 August 2021 • 7:25pm - 8:00pm**

(For all Faculty members & Students)