



Holistic Health Club

Notice

30.12.2020

Subject: A 2-days virtual workshop on Yoga and Sahaja Meditation on January 2nd and 3rd 2021.

Objectives:

- ✓ To make students aware about the Holistic Health living, inspire them for healthy well being.
- ✓ To help students identify their strength and weakness to succeed in their life.
- ✓ To promote students towards their career planning with positive mind set.
- ✓ To enable students to think from different angles or simply to think out of the box.
- ✓ Let us know about their past experiences relating with health and meditation awareness.

Holistic health club always tries to promote students towards good well-being by organizing webinars, seminars, quiz competitions, yoga session, Meditation session in both physically and virtually presence. In this regards, Holistic Health Club team is going to conduct an online “**Yoga and Aerobics Workshop**” on **January 2nd, 2021** from 04:00 pm onwards via virtual mode on Google meet platform. The attracted audience is preferred to be 250 and more and all activities will be conducted by core committee of the club itself.

On the day of Sunday i.e. next day of the workshop we are going to organize a “**Virtual Immunity booster webinar**” with “Sahaj Yoga Meditation organization” on **January 3rd, 2021** from 04:00 pm onwards via zoom link.

Registration Procedure: -

- Registrations will be done on **FIRST COME FIRST SERVE** basis. E-Certificates will be provided to all the participants.
- Interested candidates can register themselves through the registration links.
- Registration Link - https://tiny.cc/hhc_online_session

Vishal

(Prof. Vishal Chaudhary)
Faculty Coordinator
Holistic Health Club MITS

Copy to (Via Mail):-

1. All Head of the departments.
2. All Class coordinators.
3. Institute Website.
4. Dean (Student Welfare).
5. Training & Placement Officer.
6. Registrar.
7. Administrative Officer.
8. PRO.



HOLISTIC HEALTH CLUB MITS



SPARK 2021 WITH YOGA MAGICS

**2 Day
Workshop**

SAHAJA YOGA MEDITATION



Scan QR code



Register at
http://tiny.cc/HHC_Spark2021

On 2nd & 3rd Jan
4:00 PM onwards



**Registration
Committee Head**

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@hhc_mits

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