



Dr. Jay Singh GL Bajaj ITM <jay.singh@glbitm.ac.in>

Yoga & Meditation Session

2 messages

Dr Jay Singh <jay.singh@glbitm.ac.in>
To: Rakesh Srivastava <rakesh.srivastava@glbitm.ac.in>

Wed, Apr 12, 2023 at 3:45 PM

Dear all,

Since more than three years, the current pandemic I mean coronavirus is teaching every human being to live healthily, to be fit, to be happy. Also, its telling us every day to do regular exercise, yoga, meditation, pranayama, and to take the proper required diet, i.e., seasonal fruits, and seasonal vegetables so that we can increase our immunity to fight with any kind of virus.

In this regard, we have scheduled a session on "Yoga & Meditation Session" dated 13th April 2023. Please join it as per the below schedule.

Date: 13th April 2023
Venue: SBG Hall, AB-II
Time: 4pm to 5pm

[With sincere regards](#)

Dr. Jay Singh

PhD (IIT Dhanbad), M.Tech, B.Tech, SMIEEE, LMISTE, MIAENG
Chair-Publication & Section History IEEE UP Section India
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Life is an echo. Everything returns, i.e. good, bad, true and lie. Therefore always try to give your better to the world and definitely the best will return to you.

Department of Electrical & Electronics Engineering (NBA Accredited)

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Rakesh Srivastava <rakesh.srivastava@glbitm.ac.in>
To: Everyone <everyone@glbitm.ac.in>

Wed, Apr 12, 2023 at 4:13 PM

----- Forwarded message -----

From: **Dr Jay Singh** <jay.singh@glbitm.ac.in>
Date: Wed, Apr 12, 2023 at 3:46 PM
Subject: Yoga & Meditation Session
To: Rakesh Srivastava <rakesh.srivastava@glbitm.ac.in>

Dear all,

Since more than three years, the current pandemic I mean coronavirus is teaching every human being to live healthily, to be fit, to be happy. Also, its telling us every day to do regular exercise, yoga, meditation,

Session on Yoga and Meditation

Event Name	Type of Event	Resource Person	Date	Sponsored by	No. of Participants
Session on Yoga and Meditation	Social	Dr Jay Singh	13-Apr-23	NA	19

