



Dr. Jay Singh &lt;jay.singh@glbitm.ac.in&gt;

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**Meditation Start since 11th Jan2021**

2 messages

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**Dr Jay Singh** <jay.singh@glbitm.ac.in>  
To: PRASHANT MUKHERJEE <hod.ce@glbitm.ac.in>

Sat, Jan 9, 2021 at 4:14 PM

Dear Sir/madam,

Nowadays it seems that we're more stressed and under more pressure than ever before because of constant digital overload and lifestyle of the current growing world. Hence, it is very important to spare at-least 30 minutes daily for our own body.

In this regard, GL Bajaj ITM has planned to start best practices for faculty and staff members. Therefore, the Meditation "Be with yourself" session will start since 11<sup>th</sup> January 2021 by Dr. Jay Singh, Associate Professor, Department of Electrical Engineering, GL Bajaj ITM in institute.

Time: 1PM-1:130PM,

Venue: Academic Block-II, 2<sup>nd</sup> Floor, SBG Hall,

You all are requested to join voluntarily daily at the same time.

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With sincere regards**Dr. Jay Singh**

PhD. (IIT-Dhanbad), M.Tech, B.Tech (MMMEC-Gorakhpur)

LMISTE-India, IEEE-YP, RMWASET-USA, RMEPCS-UK

RMJFI-UK, Ex Member: IEEE-Executive Council UP Section

IAENG-Hong Kong, Senior Member-IEEE

Phone: +91-9911306853

E mail: [jays.1283@gmail.com](mailto:jays.1283@gmail.com)

**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)**

GL Bajaj Institute of Technology &amp; Management Gr. Noida

2, KP-III, Gr. Noida, G.B. Nagar, U.P. India, 201306

Board No: 0120-3272515 / 2323818

Web: [www.glbitm.org](http://www.glbitm.org) Email: [info@glbitm.org](mailto:info@glbitm.org)

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

Mon, Jan 11, 2021 at 11:18 AM

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

From: **PRASHANT MUKHERJEE** <hod.ce@glbitm.ac.in>

Date: Mon, Jan 11, 2021 at 10:59 AM

Subject: Fwd: Meditation Start since 11th Jan2021

To: Rakesh Srivastava &lt;rakesh.srivastava@glbitm.ac.in&gt;

Rakesh G, Please show the matter to director sir and forward to everyone,

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

From: **Dr Jay Singh** <jay.singh@glbitm.ac.in>

Date: Sat, Jan 9, 2021 at 4:14 PM

Subject: Meditation Start since 11th Jan2021

To: PRASHANT MUKHERJEE <hod.ce@glbitm.ac.in>

Dear Sir/madam,

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**Time: 1PM-1:30PM,**

[Quoted text hidden]

Event Name	Type of Event	Resource Person	Date	Sponsored by	No. of Participants
Meditation “Be with yourself”:	Meditation	Dr. Jay Singh	11 Jan. 2021	NA	41

