



तेजपुर विश्वविद्यालय / TEZPUR UNIVERSITY

(संसद के अधिनियम द्वारा स्थापित केंद्रीय विश्वविद्यालय)

(A Central University established by an Act of Parliament)

संकाय अध्यक्ष, छात्र कल्याण का कार्यालय / OFFICE OF THE DEAN, STUDENT'S WELFARE

नपाम:: तेजपुर :: असम / Napaam :: Tezpur -784028:: Assam

NOTIFICATION

19-07-2021

This is notified to all the faculty, non-teaching staff and students that 3 day's Immunity Enhancement Program" for Tezpur University Community will be held from 21-23 July 2021 time 06: 15 PM to 07:15 PM. Organized under Tezpur University Mental Health Task Force under the banner of "The Art of Living Tezpur chapter" Interested persons can join the program with registration at this link

Registration link: <https://aolt.in/584318>

About The Program:

In this program, we try to teach imparted for people above 18+ years by The Art Living through online as *Immunity Boost & Prevention with Meditation, Breath & Yoga. The duration of each session is 60 minutes. The course helps to learn some of the Breathing techniques, Yoga asanas, Pranayama and Meditation over the period of three days. Protocol *Immunity Boost & Prevention with Meditation, Breath & Yoga- *course is for the people who are not yet affected by COVID.

As the course is to be conducted online it is to mention here that on successful registration by the participants zoom link for the session will get delivered to their respective e-mail. It is a free registration. And certain pre-preparation instructions of the course are given below:

Pre-preparation required:

1. Need to take food 03 hrs before the session.
2. Loose-fitting dress is preferable.
3. A bottle of water could be useful.
4. Little arrangement for lying down on mat/blanket needed.
5. Could be asked to sit in a peaceful environment.

Issued with due approval.

Sd/-

(R.R Singh)

Asstt. Director Physical Education.

Memo No. TU/DSW/Notice/16-F.07 (A)

Date: 19-07-2021

Copy for information to:

1. Pro Vice Chancellor, Tezpur University
2. Registrar, Tezpur University
3. Finance Officer, Tezpur University
4. CoE, Tezpur University
5. All Deans, Tezpur University
6. ADSW (S), Tezpur University
7. ADSW (C&L), Tezpur University
8. All Head of Department.
9. Secretary to the Vice Chancellor, TU for kind information of the Vice Chancellor
10. Office file.

(R.R Singh)