



राष्ट्रीय प्रौद्योगिकी संस्थान हमीरपुर
हमीरपुर (हि.प्र.)-177005
NATIONAL INSTITUTE OF TECHNOLOGY HAMIRPUR
HAMIRPUR (H.P.)-177005

[An Institute of National Importance under Ministry of Education (शिक्षा मंत्रालय)]
Office of Dean (Student Welfare)

NOTICE

A one-hour introductory session on meditation and mental health for students of NIT Hamirpur has been arranged as per approval of Competent Authority. In this regard, the modules have been developed by the founder of Art of Living Sri Sri Ravi Shankar Ji and trained faculty of Art of Living, Dr. Varun Upadhyaya and his team shall impart training to all sections of **1st year student of NIT Hamirpur** as per schedule given below:-

Wednesday, 4 th Sept, 2024				
Time	Section	Classroom	Subject	Concerned teacher
9:00 AM to 10:00 AM	Section G	G4	MA 111	Dr. Soniya
10:00AM to 11:00 AM	Section C	G5	PH 101	Manisha
11:00AM to 12:00 Noon	Section D	G6	MA 111	Dr. Jyotsna
12:00 Noon to 1:00 PM	Section J	F6	MA 111	Dr. Anurag
1:00PM to 02:00Pm	Section A	G3	ME 102	Dr. Sood
Thursday, 5 th Sept, 2024				
9:00 AM to 10:00 AM	Section F	G3	EE 101	Vipasana
10:00 AM to 11:00 AM	Section B	G4	MS 101	Preeti
11:00 AM to 12:00 PM	Section H	G5	MA 111	Dr. Yogesh
12:00 PM to 13:00 PM	Section E	F6	PH 101	Abhishek
1:00PM to 02:00PM	Section I	G6	CS 111	CSF-9
Friday, 6 th Sept, 2024				
9:00 AM to 10:00 AM	Section Z	Studio 1	MA112	HS

All above Faculty members are requested to take attendance & handover the class for one hour session to the team of Art of Living. The faculty members of respective class may re schedule their class to avoid any loss of academics to the students.

Note: in case of any query related to the event please contact /Dr. Varun Upadhyaya (Mob. No.7696041434).

No. NIT/HMR/DSW/354/2024/7943-60
Copy to:

1. Director for kind information, please.
2. Registrar for kind information, please.
3. All Deans for information.
4. Associate Dean (SD&C and SA&S)-for information and appropriate action.
4. All HODs/HOCs-for information and appropriate action.
5. FI (CC)- for information with the request to display the notice on the Institute website.
6. Sh. Varun Upadhyay, (varun.u@in.artofliving.org) Regional Director, Institutional Programme, The Art of Living (TAOL).
7. FI (Discipline)-for information and appropriate action.
8. FI (Security)-for information and appropriate action.
9. FI (Nasha Mukta Bharat Abhiyan) -for information and necessary action.

डीन (छात्र कल्याण)
Dean (Student Welfare)
Date: 3/9/24
राष्ट्रीय प्रौद्योगिकी संस्थान हमीरपुर (हि.प्र.)
National Institute of Technology, Hamirpur (H.P.)