



कार्यालय आदेश

राजस्थान तकनीकी विश्वविद्यालय, कोटा से प्राप्त पत्रांक : RTU/CO-FDP/2021/1043 दिनांक 16.06.2021 के क्रम में आर्ट ऑफ लिविंग की तीन दिवसीय की ऑन लाईन कार्यशाला के आयोजन हेतु सुश्री श्वेता अरोडा, सहायक आचार्य को प्रभारी एवं डॉ. भूपेश जैन, संकाय सदस्य (NPIU) को सह प्रभारी नियुक्त किया जाता है।
संलग्न :- उपरोक्तानुसार।

sk-
(डॉ. करतार सिंह)
प्राचार्य

प्रतिलिपि : -

1. निजी सहायक, प्राचार्य
2. कुलसचिव
3. संबन्धित को सूचनार्थ एवं पालनार्थ
4. समस्त विभागाध्यक्ष एवं अनुभाग अधिकारी
- 5- रक्षित पत्रावली

प्राचार्य



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No. RTU/Co-FDP/2021/1043

Date: 15.6.2021

16/06/21

The Principal/Director
All Affiliated Institutes
RTU Kota

Ref.: AICTE mail dated 13.5.2021

Sub.: Conduction of Online Guided Free Covid care Workshops by Art of Living for faculty of RTU affiliated Institutions

Dear Sir/Madam,

This has reference to above AICTE mail regarding conduction of Online Guided Free Workshops (30 minutes each day for 3 days) by Art of Living to boost immunity, and support mental and physical health in teaching fraternity at this crucial time of Pandemic Covid- 19.

The three days guided sessions will be conducted by the trained Yoga and Meditation teachers of Art of Living over next two-month period in online mode free of cost. Mr. Paras Kohli (M: 9571476933), Mr Rishi Sood (M:701471479965); Rajasthan Zonal Coordinators of AOL will coordinate the conduction of sessions in affiliated institutes.

The sessions will cover areas like Asanas, Pranayama & Meditation. Three specific sets of programs have been designed with focus on the following categories namely:

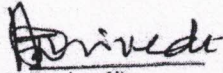
- Category A:** For a healthy population in order to help them build overall immunity and lung capacity (People who, so far, have not contracted COVID-19).
- Category B:** Supportive intervention of effective breathing exercises and stretches (People who are COVID positive)
- Category C:** Supporting rehabilitation and fast recovery (People who have recovered from COVID-19)

It is strongly felt that the faculty at colleges affiliated to RTU Kota should be exposed to such guided workshop as it will be beneficial in helping one achieve a relaxed state of mind that enables healing and regeneration.

It is therefore enjoined that affiliated institutes should conduct such workshops for the teaching fraternity of institute.

Kindly revert on mail by communicating the name & designation of Institute Faculty Coordinator for conduction of workshop within 4 working days positively.

With regards,


(Prof. A. K Dwivedi)
Coordinator
Faculty Development Program

Encl:
AICTE mail