

Registration Form

ONE WEEK ONLINE WORKSHOP
on

**EMPOWERING WITH
ENHANCED IMMUNITY
THROUGH
CREATIVE VISUALISATION,
SELF- ASSESSMENT ACTIVITIES
AND BREATHING TECHNIQUES**

29TH JULY TO 3RD AUGUST 2020

Name:

Designation:

Department:

Faculty/Staff/Student details
.....

Home Address:
.....
.....

Phone No:

E-Mail

Applicant's Signature

Signature of Head of Department with
Seal.....

PATRON

Dr. N. S. Raghuwanshi
Director, MANIT

Workshop Coordinators

Prof. Arvind Mittal
Prof. Prashant Baredar
Dr. Meena Agrawal



Siddheshwar- The Power of Soul SIDDHASANA
An affiliate of Sri Brahmishi Ashram
World Spiritual Forum
www.siddheshwarthepowerofsoul.com

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**Maulana Azad National Institute
of Technology, Bhopal**

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29TH JULY TO 3RD AUGUST 2020

In Collaboration with



**Organized By
Energy Centre, MANIT**



Diamond Jubilee Year Celebrations

Website: www.manit.ac.in

About the Program

This Six days online Workshop is conducted by MANIT, Bhopal in association with **SIDDHESHWAR - The power of soul.**

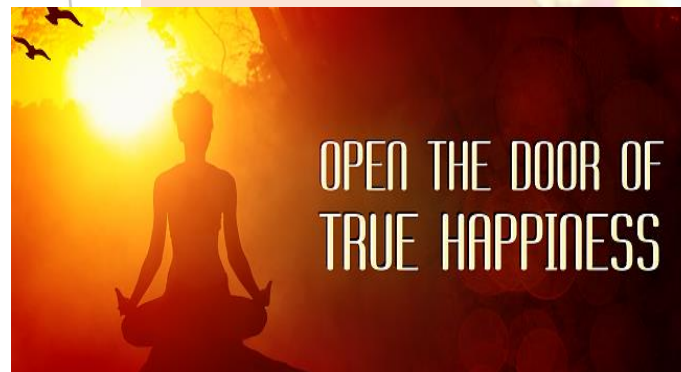
Your immunity is your strength to keep you going. Your immune system does a remarkable job of defending your body against any disease. Hence, keeping it boosted and stronger can help you defeat any health risks in the present pandemic situation.

The purpose of yoga is to build strength, awareness and harmony in both mind and body. It helps a person manage stress, which is known to have devastating effects on the body and mind. Yoga postures help strengthen your immune system by stimulating the thymus gland.

A good immune system is like wealth to our bodies. The better it gets, the stronger your body and mind becomes.

Resource Persons:

National and International experts of the team of SIDDHESHWAR - The power of soul.



SIDDHESHWAR - The Power of Soul

Siddheshwar - The Power of Soul is a uniquely curated program to help individuals re-connect with one's authentic self and re-discover their inner soul strength.

The program is effectively designed to address the effects of the modern urban lifestyle, tackles stress, enhances productivity and helps in achieving the right balance.

With the practice of the program which is constructed around various breathing techniques, music & movement, different therapies build our inner environment, brings clarity of thoughts, words and actions, balances our emotions and helps to overcome stress, anxiety, tension. One is truly able to experience the peace and happiness within.

The end result is an empowered individual inspired to achieve and innovate also deal with the dynamic challenges of life and develop an ability to take the right decisions at the right time and the right place.

Workshop Course Contents

- + Beat stress and Build your immunity
- + Mind Gym (Developing Mind Power)
- + Reflect - Release - Relax
- + Healthy Body- Healthy Mind
- + Just Breathe - Enhance Immunity
- + Boost your Soul power

Target Audience:

The Workshop is meant for Faculty, Staff members, Alumni and Students (PG and PhD research scholars of all disciplines) of MANIT, Bhopal. The said program is for 06 days duration from **29th July to 3rd August 2020** with first three days for the Students and next three days for Faculty, Staff and Alumni.

THERE IS NO REGISTRATION FEE.

Workshop Schedule for Students-

Dates: 29th July to 31st July 2020

Timings: 5:00 PM to 6:00 PM (Evening)

Registration link for MANIT Students:

<https://forms.gle/rm8aPy58fw4xET8Y6>

Workshop Schedule for Faculty/Staff-

Dates: 01st August to 03rd August 2020

Timings: 7:00 AM to 8:00 AM (Morning)

Registration link for MANIT Faculty & Staff:

<https://forms.gle/qcz73x3w5wFhzqSz7>

Mode of Conduction

The teaching will be interactive ON LINE over ZOOM App Platform.

Requirement:

Participants are required to be empty stomach of 3 hours at least for practising breathing techniques.