

Subject: Special 10-day session on '**Breathing & Meditation**' for Hon'ble Vice Chancellors & Directors of all AICTE affiliated Universities & Colleges.

With the current situation in India, and keeping in mind that Education - second most important sector for us, is battling to maintain the quality of student learning as it puts greater demand on them to cope with the rapid changes in the policies & face challenges in administration of students & staff.

We would like to propose 20 mins Special 10-day 'Breathing & Meditation' session for senior educationists to help them in this crisis.

The breathing exercises & meditation practised in these sessions are scientifically proven to give the following results:

1. Boosting the IMMUNE System
2. Increase in Lung Capacity
3. Improved Quality of SLEEP
4. Reduction in Cortisol (Stress & Anxiety Hormone)

The session will be conducted on Zoom platform (or any other suggested online interface) by senior Art of Living Faculty with over 20+ years of experience in teaching Breathing & Meditation techniques, across the globe.

**Start Date: 1st May, Saturday (10 days)**

**Time: 7:40 - 8:00 AM**

PLEASE CLICK TO GET THE ZOOM LINK: <http://tiny.cc/aicte-breath>