



INSTITUTIONS

(Faculty / Students / Staff)

with Meditation,
Breath & Yoga

**STAY STRONG,
STAY SAFE**



**3-Day FREE
Online Program**

The Art of Living COVID CARE PROGRAM



CHIEF PATRON

Prof. Ratan Kumar Dey
Vice Chancellor (Acting)
Central University of Jharkhand



PATRON

Prof. S.L. Harikumar
Registrar
Central University of Jharkhand



ADVISER

Prof. Manoj Kumar
Professor In-charge (Academic & Research)
Central University of Jharkhand

ORGANIZING COMMITTEE



Mr. Rajesh Kumar
Coordinator, DMC
The Art of Living Program
Sports In-Charge, CUJ



Mrs. Rashmi Verma
Assistant Professor
DMC



Dr. Kuldeep Baudh
Assistant Professor
DES

TECHNICAL SUPPORT



Mr. R. Niwas Suthar
Technical Assistant
DMC

PROGRAM SCHEDULE

Day - 1	Covid Care Program Session 1	Date - 07/06/2021	Time - 10:45-11:30 AM
Day - 2	Covid Care Program Session 2	Date - 08/06/2021	Time - 10:45-11:30 AM
Day - 3	Covid Care Program Session 3	Date - 09/06/2021	Time - 10:45-11:30 AM

Sports Wing
Central University Of Jharkhand



Dear Ones

Free Covid Care Programs for Institutes

Offered by The Art of Living in association with *Central University Of Jharkhand.*

Invest 30 mins for 3 days and you can learn *powerful breath work, yoga and meditation* that will help you boost immunity and improve your physical-mental health during these times of pandemic.

Fill this simple google form to enroll :

[*https://bit.ly/3vnCkji*](https://bit.ly/3vnCkji)

Batch Code: 26058

Note : On the last page of the form, select one of these , to join a batch that suits your health status.

_ *Immunity Enhancement Program (for general healthy population)_

_ *Covid Care Support (currently covid +ve in home isolation)_

_ *Post Covid Rehabilitation (recovery post covid)_