

AMITY LAW SCHOOL, DELHI
(AFFILIATED TO GGSIP UNIVERSITY)

ALSD/Notice/2020/ 48

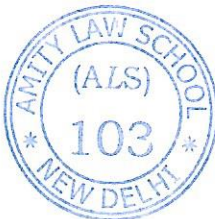
Dates: - 23rd Jan. 2020

SESSION ON 'NO STRESS NO TENSION'
(For Students, Faculty Members & Staff)

Reference attached mail titled with session on 'NO STRESS NO TENSION' dated 21st Jan. 2020.

1. A session on 'No Stress No Tension' will be conducted from 11:30 a.m. to 01:30 p.m. in L-1 Seminar Hall in Amity University Campus, Noida on Friday, 24th January, 2020.
2. Brahma Kumari Sister Falguni, Brahma Kumari Sister Surnaina and Mr. Pradeep Narula from Youth Wing of Brahma Kumaris will be visiting the campus to conduct this session and they will also interact with the students, Faculty members & Staff during Question Answer session.
3. Desirous Faculty members & Staff, if not held up unavoidably, and students willing to join the session may give their name to the Acting Director and concerned PL's respectively by 02:00 p.m. today, so that their names can be sent for information to concerned authority.


Prof. (Dr.) Arvind P. Bhanu
Acting Director



Copy to:

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Venu
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3-D

23/01/2020
(election hall)

Chintu
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H(A,B,C)

3E
23/1/20

Ektara
23/1/20
SecA, L, D, E

3rd B
23/01/20

3A
23/01/2020

3C
23/01/2020

Srivastava <asrivastava4@amity.edu>; Dr D S Rathore <dsrathore@amity.edu>; Inderbir S. Kochar <iskochar@amity.edu>; Dr.Sukhwant S.Bindra <ssbindra@amity.edu>; Dr. NagaLaxmi M Raman <nlrman@amity.edu>; Yogendra Singh <ysingh3@amity.edu>; Dr. Netrapal Singh Chauhan <nschauhan@amity.edu>; Jayanti Pujari <jpujari@amity.edu>; Pallavi Chauhan <pchauhan2@amity.edu>; Prof. (Dr.) Bhudev C.Das <bcdas@amity.edu>; Prof. (Dr.) Ramanjeet Singh <rsingh12@amity.edu>; Dr. R. S. Antil <rsantil@amity.edu>; Dr. (Ms.) Nutan Kaushik <nkaushik5@amity.edu>; Dr. Eeshani Sarswat <esarswat@amity.edu>; Dr. Monalisa Mukherjee <mmukherjee@amity.edu>; Prof (Dr) Marshal Sahni <msahni@amity.edu>; Dr. Alpna Kakkar <akakkar@amity.edu>; Dr Satyendra K Rajput <skrajput95@amity.edu>; Brig Arjan Dutta <adutta@amity.edu>; Vidushi Sharma <vsharma7@amity.edu>; Lt. Gen. S.K. Gadeock <skgadeock@amity.edu>; Prof. V.Yoga Jyotsna PhD <vyjyotsna@amity.edu>; Dr. Harsha Kharkwal <hkharkwal@amity.edu>; Dr. D.D.Joshi <ddjoshi@amity.edu>; S.N.Singh <snsingh1@amity.edu>; Shaleen Raizada <shaleenraizada@amity.edu>; Dr.Rajinder Kumar Diwan <rkdiwan@amity.edu>; Meenakshi Kanojia <mkanojia@amity.edu>; Partha Bhattacharya <pbhattacharya1@amity.edu>; Shyamalendu Niyogi <sniyogi@amity.edu>; Sumit Chauhan <sumitc@amity.edu>; 'anita.kumar@ciisl.org' <anita.kumar@ciisl.org>
Subject: SESSION ON 'NO STRESS NO TENSION'



AMITY UNIVERSITY
UTTAR PRADESH

GROUP PRO VC & OSD (HR)

AUUP/HR/438

RCK-mks

22 January, 2020

SESSION ON 'NO STRESS NO TENSION'

1. In keeping with the directions of UGC regarding the 'Fit India Movement' launched by Hon'ble Prime Minister of India to take the Nation forward on the path of Fitness & Wellness, Amity University Uttar Pradesh, Noida Campus will be conducting a Session on 'No Stress No Tension' under the banner of Fit India Movement for the Students, Faculty members and Staff on Friday, 24 January, 2020 as follows:-

Time : 11:30 a.m. to 01:30 p.m.

Venue : L-1 Seminar Hall

2. **Brahma Kumari Sister Falguni, Brahma Kumari Sister Surnaina and Mr Pradeep Narula** from Youth Wing of Brahma Kumaris are visiting the Campus to conduct this Session on 'No Stress No Tension' in that they will interact with the **Students, Faculty & Staff** and also share their experience of **Meditation**. The Session will be of immense learning value as to how to lead a comfortable life without Stress & Tension. CVs of above speakers are attached at Annexure-I.

3. In order to derive optimum benefits of this Interactive Session, **all Advisors, Deans, Heads of all Institutions, Independent Centres, Independent Departments & Sr. Members RBEF** are invited to attend, if not held up unavoidably, and also to encourage participation of interested **Faculty members, Staff & Students** and forward the details of nominated participants to **Dr. S. K. Rajput, Director, AIISM, skrajput95@amity.edu** with a copy to undersigned.

4. For any query regarding the Session on 'No Stress No Tension', please feel free to contact the following:-

(a) **Dr. S.K. Rajput, Director, AIISM, Mobile No. 9990054327**

(b) **Dr. Kumud Bala**, Professor, Therapeutics & Molecular Diagnostic Lab, Contact Number: 0120-439294

5. **Advisor, ASCO** is requested for required Video and Photo coverage in consultation with **Dr. S. K. Rajput**, Director, AIISM.
6. **Sr. Director Admin** is requested for necessary Admin arrangements including readiness of the venue & issue of 03 Tulsi Saplings.
7. **Dy. Director, Security** is requested for Security arrangements including smooth entry and exit of the Guest and Parking of vehicle.
8. **Sr. VP, IT** is requested for fully functional Audio and Video Projection Systems, Wi-Fi and availability of duty personnel during the Programme at the Venue.
9. **VP Media** is requested for Photo/ Media Coverage.
10. **Dean Student's Welfare** is requested to nominate **Marshals** at the **Venue** to ensure proper discipline & decorum during the Session.
11. **Dr. S. K. Rajput**, Director, AIISM is requested to coordinate with all stakeholders for smooth & successful conduct of this important International Conference with desired outcome.

(Ravi Chander Kochhar)

To: All Advisors, Deans, Heads of all Institutions, Independent Centres, Independent Departments & Sr. Members RBEF

Advisor ASCO
Sr. Director Admin
Dean Students' Welfare
Dir. AIISM
Prof. (Dr.) Kumud Bala
Dy. Dir. Security
Sr. VP, IT
VP, Media
AIVE

CC: Mr. Suresh Chandra
Mr. Gaurav Gupta
Mr. Alok Shishodia

And CC: Chief Advisor FPO & Chairman, ALSs

DG, ADSI & President, ASTIF

Asst DG, ADSI, Asst VP, ASTIF and Sr. Staff Officer, FPO & Director (Outcome)

DG, AFSTIA & Sr. VP, RBFF