



अधिष्ठाता (छात्र कल्याण) कार्यालय
मोतीलाल नेहरु राष्ट्रीय प्रौद्योगिकी संस्थान इलाहाबाद
प्रयागराज – 211004 (भारत)

Office of the Dean (Student Welfare)
Motilal Nehru National Institute of Technology Allahabad
Prayagraj – 211004

Ref No: 1363/DSW/2021

Date: 11.01.2021

Notice

To improve student learning, boost confidence, enhance creativity and communication, and to help in developing leadership and team building skills, Dean (Students Welfare) Office is interested to organize *The Art of Living-SELP* for first year students. *SELP* is 06 days × 02 hrs Program and will be taught Online. The students will get to learn powerful and research-based scientific techniques to

- eliminate mental stress
- improve physical health & flexibility
- increased energy levels
- overall personality development

Interested students are required to fill the following Google Form:

<https://forms.gle/VNSyrB1toHTN3sXWA>

The date & time of the program shall be communicated soon.

Abhishek
11/01/21

(Abhishek Kumar)
F.I. (Student Counseling)

Copy:

1. Dean (Students Welfare)