

4.1.2 The institution has adequate facilities for cultural activities, sports, games (indoor, outdoor), gymnasium, yoga center etc.

Sr. No.	File Description
1	Sports Activities
2	Cultural Activities
3	Facilities for Yoga


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 Thadomal Shahani Engineering College
 Bandra (W), Mumbai - 400 050.



Details of Facilities for Yoga, Sports and Cultural Activities

Sr. No	Play Area	Area	Games
1	Gymkhana	75 square metre	Carrom, Chess Board, Table Tennis, Pool Table
2	Playground	Playground is rented as an when required	



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Sports Activities



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Bandra (W), Mumbai - 400 050.




Sports Activities



TSEC Marathon




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Cultural Activities

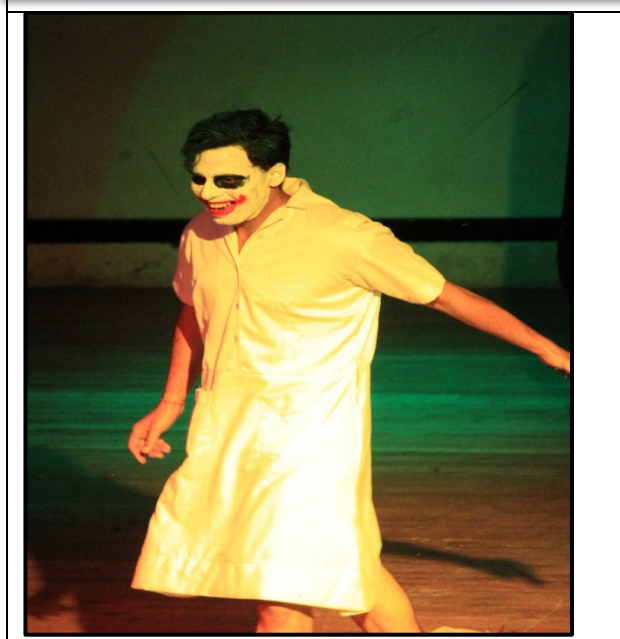


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Bandra (W), Mumbai - 400 050.



Cultural Activities





TRIFLES 2015: PRONIGHTS

SONA MIKHAPATRA
LIVE IN CONCERT
AT BANDRA AMPHITHEATRE
6-30 PM ONWARDS
ON MARCH 18
DIARMIK GHOGHARI
+91 9167532832

THADOMAL SHAHANI ENGINEERING COLLEGE
6 PRESENT

NUCLEYA

Trifles

7 PM ONWARDS
TSEC, BANDRA
MARCH 20

SAINATH PARMANI
+91 8879470057

POWERED BY

THADOMAL SHAHANI ENGINEERING COLLEGE

A STAND-UP ROUTINE BY THE YOUTUBE SENSATION
BRINGING INDIA'S LARGEST COMEDY SKETCH TO TSEC
AT NATIONAL AUDITORIUM SATURDAY, MARCH 21

JANAMEJAY BRAHMBHATT
+91 9833305057

Trifles

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BANDRA BUZZ | APRIL 2019

Students of TSEC nail Trifles - their cultural fest

Trifles, is held at Thadomal Shahani Engineering College, Bandra for the past 18 years, is a National level, Inter Collegiate Annual Cultural Festival. TSEC, is known for it's cultural activities. The TSEC dance and TSEC drama team, both secured first place at the national level at Chaos 19, IIM Ahmedabad.

Every year, Trifles hosts a set of enthralling events of grand stature which witness nationwide participation and celebrity judges. In the last five years alone, Trifles has witnessed stellar performances by renowned Bollywood artists like Siddharth Mahadevan, Sona Mohapatra, Papon; popular DJs like Nucleya, Zaeden, DJ Teri Miko and stand-up troupes like Zakir Khan, Kenny Sebastian, Varun Thakur. This year, Trifles was held in full pomp and fanfare from the 13th of March 2019 to the 15th of March 2019. With the very funny Piyush Sharma and Vipul Goyal for Comedy Night, the very talented Arjun Kanungo for Bollywood Night and the dashing and energetic DJ Shaan and DJ Meraki for EDM night.

Lastly, Trifles wouldn't have been such a huge success without all the sponsors. TSEC Students' Council would like to thank Title sponsor - Haldiram, Co-sponsor - Jawa (K.K. Motors), Apparels partner - IDM, Print Media partner - Bandra Buzz, Cravings partner - Foodiez, Socializing partner - Tinder, Fitness partner - Gold's Gym, Education partner - GoGenius, Energy partner - Monster for their association and helping Trifles reach new heights.

Every year the hype keeps on increasing in the college and TSEC Students' Council has surely lived up to the expectations of the crowd!

Hemant Rajpal

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Matrubhasha Diwas



Traditional Day and Women's Day Celebration



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Facilities for Yoga



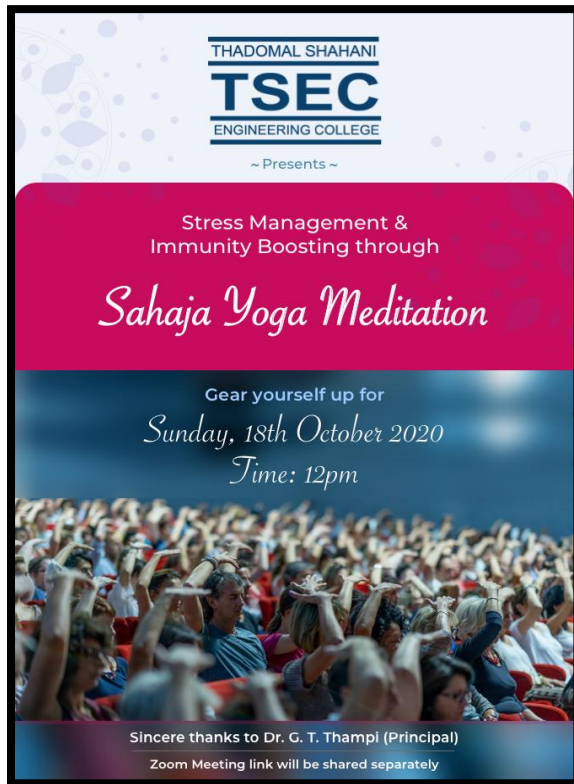
Dr. G. T. Thampi
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Bandra (W), Mumbai - 400 050.



Facilities for Yoga

Yoga is a mind and body practice. Yoga is not a religion; it is a way of living that aims towards 'a healthy mind in a healthy body'. Man is a physical, mental and spiritual being; yoga helps promote a balanced development of all the three. We at TSEC promote Yoga for students as well as staff. All Yoga sessions are conducted by trained professionals.



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Bandra (W), Mumbai - 400 050.



International Yoga Day Reports



Dr. G. T. Thampi
PRINCIPAL

Thadomal Shahani Engineering College
Bandra (W), Mumbai - 400 050.



International Day of Yog (IDY'16) Report

Thadomal Shahani Engineering College (TSEC) observed "International Day of Yog"(IDY'16) today on 21/06/2016. National Service Scheme unit of the college, NSS-TSEC has conducted two days Common Yog Protocol (CYP) Training during June 20-21, 2016 on the occasion of worldwide celebration of IDY. This was initiated as Mr. Sachit G. Nalaskar, Program Officer of NSS-TSEC, had attended "Regional Teachers Training Program in Yog" jointly organized by Kaivalyadham (Renowned Yoga Institute in Mumbai), University of Mumbai and Ministry of AYUSH, Govt. of India for the purpose of imparting Yog training to the students.

The Nine NSS student volunteers had contributed in organizing of this event voluntarily and actively participated in the Yog Training followed by the IDY'16 celebration along with 4 other students, 4 passed out students and 11 Teachers and office staff totaling to 28 participants.

The CYP training consisted various sessions including Lectures, PPT presentations, Yogic Relaxation and Yoga Asanas on both the days. The Program commenced traditionally by lighting a Diya by Honorable Principal, Dr. G.T. Thampi followed by his motivating inaugural speech on importance of practicing Yog for youth and a common people. Mr. Sachit Nalaskar made the participants aware about the origin of Yog; Research on Yog; Major Yog Institute in India; Physical and Psychological benefits of Yog on human body. He also conducted Yogic Relaxation and CYP training to the participants. Ms. Mudita Dixit also conducted a session of Yog practice beautifully, sharing her energy and enthusiasm. Ms. Natasha D'Souza, Volunteer & regular yog practitioner of Isha Foundation gave wonderful speech on the beautiful changes and amazing benefits she has been experiencing.

All the participants were delighted on performing the Yogic practices, Meditation, observing the inner self (breath & body) to begin the journey towards Human Consciousness. The conscious actions are very much required for the Global harmony, Peace and Realization of importance of sustainable development in the view of present environmental issues. The Joy, Complacence and the glowing faces of the participants showed the fulfillment of the intended purpose of this event. The participants gave a decent feedback for the 2 day event and admitted to have motivated to practice Yog regularly.

As many Teachers were on vacation leave, they could not attend the event, so on their request, one more "2 Days Yog Training Program" is being organized by NSS-TSEC with the help of Kaivalyadham during July 8-9, 2016.



SACHIT G. NALASKAR
Program Officer,
NSS-TSEC

Dr. G.T. Thampi
(Principal)
TSEC



Dr. G. T. Thampi
PRINCIPAL
Thadomal Shahani Engineering College
Bandra (W), Mumbai -400 050.







Dr. G. T. Thampi
PRINCIPAL
Thadomal Shahani Engineering College
Bandra (W), Mumbai -400 050.



Date: 21st June, 2017

Report on International Day of Yog (IDY'17)

Thadomal Shahani Engineering College (TSEC) observed "International Day of Yog"(IDY'17) today on 21/06/2017. National Service Scheme unit of the college, NSS-TSEC has organized today's event. On 19 June 2017 at 8:08:20 PM IST, we received direction by the All India Council for Technical Education (AICTE) by E-mail to observe this day. We deputed Mr. Sachit G. Nalaskar, Program Officer of National Service Scheme (NSS) unit of our college (NSS-TSEC), who had undergone Yog training at various institutions and Training conducted by Ministry of AYUSH in the past. So, on a short notice, this day is celebrated by the Teachers on duty as well as by NSS Student Volunteers.

Although University Exams are completed on 15th June 2017, and during present vacation, the Five NSS student volunteers have contributed in organizing of this event voluntarily and actively participated in the Yog Training followed by the IDY'17 celebration along with the Faculty on duty.

The Common Yoga Protocol (CYP) training designed by Ministry of AYUSH as well as "UPA YOGA" Practices designed by the Isha Foundation for the purpose of IDY'17 Celebration are taught on the PowerPoint presentation and Videos to undertake the guided Yogic practices.

Brahmakumari Smita Didi from Prajapita Brahmakumari, Bandra Centre, who teach and follow Rajyoga Meditation, came and briefed about Rajyoga Meditation and conducted a session also on it. She elaborated the difference between the physical Yogic Practices and Meditation and their effect on Human Body, Mind and Health.


All the participants were delighted on observing the Yogic practices, Mediation, observing the inner self (breath & body) to begin the journey towards Human Consciousness. The conscious actions are very much required for the Global harmony, Peace and Realization of importance of sustainable development in the view of present environmental issues.

As many Teachers were on vacation leave and so at their native places, they could not attend the event, so on their request, many more such events for teaching the Yog is being organized by NSS-TSEC with the help of Kaivalyadham and Yoga Institute, Santacruz (E) during the current academic year 2017-18.



Mr. Sachit G. Nalaskar
(P.O., NSS)
TSEC

Dr. G.T. Thampi
(Principal)
TSEC



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Thadomal Shahani Engineering College
Bandra (W), Mumbai -400 050.



Dr. G. T. Thampi
PRINCIPAL
Thadomal Shahani Engineering College
Bandra (W), Mumbai -400 050.





Report on International Day of Yog (IDY'18) Celebration in TSEC on 21/6/18

4th International Day of Yog (IDY'18) was celebrated in TSEC by taking efforts of the **NSS-TSEC** team, Strong support of the Principal, enthusiastic Teachers, Staff & Students.

CYP training was conducted by **Mr. Sachit Nalaskar**, Program Officer, NSS-TSEC, who is trained in CYP in **Kaivalyadhama** organized by the **University of Mumbai** in the first training of its kind organized with the help of the **Ministry of AYUSH** in the year 2016. Since then, IDY is celebrated in TSEC every year by conducting CYP training.

During the **first Session**, all the participants sincerely performed Yog practices and observed them within throughout. The experience of this session was apparent with visible smiles, composure and enthusiasm on the faces of all the participants.

Herbal concocted drink was served at the start. Then post first Session Refreshment was provided as A Lemon drink (non-stimulant/caffeine); Bananas & Carrot- green gram Salad to Rejuvenate for the Day; nourishment & Energy without feeling sleepy as per the Yogic culture.

Second Session was conducted by **BK Meena Sister**, who introduced & taught "**Rajyoga Meditation**" making participants aware of effect of Good thoughts and the way to connect our Pure Soul with the Supreme Soul, and that is Almighty.

All the Participants showed patience & enthusiasm during the IDY'18. They also showed their happiness and gratefulness for conducting such event on regular basis for the benefit of their personal wellbeing. They also suggested/requested conducting such Yog & wellbeing practices in the Institute on regular/daily basis as it helps in an individual's performance enhancement and improvement in all the activities in the Institute. The freshness and the blissful minds were shown through their bright faces suggesting the success of the event.

The Special guest, our Ex-Principal, **Prof. Krantikumar** was also present who agreed to come, attended & graced the occasion! Total number of participants was 22.

We, 'NSS-TSEC' are highly obliged towards our dear Principal, **Dr. G.T. Thampi** for constant help through his guidance, instant approvals, providing funds and motivation to all the necessities. He also motivated all by proposing to conduct such an event on continuous basis in the Institutions to benefit all.



SACHIT G. NALASKAR
Program Officer,

NSS-TSEC  



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Thadomal Shahani Engineering College
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Encl: Few Glimpses of IDY'18 in TSEC in the attached pictures.




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Report on International Day of Yog (IDY'19) Celebration in Thadomal Shahani Engineering College (TSEC)-21/6/19

5th International Day of Yog (IDY'19) was celebrated in TSEC by taking efforts of the NSS-TSEC team, Strong support of the Principal, enthusiastic Teachers, Staff & Students.

CYP training was conducted by **Mr. Sachit Nalaskar**, Program Officer, NSS-TSEC, who is trained in CYP in **Kaivalyadhama** organized by the **University of Mumbai** in the first training of its kind organized with the help of the **Ministry of AYUSH** in the year 2016. Since then, IDY is celebrated in TSEC every year by conducting CYP training.

During the **first Session**, all the participants sincerely performed Yog practices and observed them within throughout. The experience of this session was apparent with visible smiles, composure and enthusiasm on the faces of all the participants.

Second Session was conducted by **BK Meena Sister**, who introduced & taught "**Rajyoga Meditation**" making participants aware of effect of Good thoughts and the way to connect our Pure Soul with the Supreme Soul, and that is Almighty. She conducted Rajyog meditation.

Third Session was conducted by **Ms. Sonam** from "Art of Living" on "Health & Happiness". She taught and explained various Yog kriyas viz: Anulom-Vilom, Nadi-Shudhi, etc. She conducted guided meditation for all the participants.

Herbal concocted drink was served at the start. Then post first Session Refreshment was provided as A Lemon-Honey-Ginger drink (non-stimulant/cafeine); Bananas & Carrot- green gram Salad to Rejuvenate for the Day; nourishment & Energy without feeling sleepy as per the Yogic culture.

All the Participants showed patience & enthusiasm during the IDY'19. They also showed their happiness and gratefulness for conducting such event on regular basis for the benefit of their personal wellbeing. They also suggested/requested conducting such Yog & wellbeing practices in the Institute on regular/daily basis as it helps in an individual's performance enhancement and improvement in all the activities in the Institute. The freshness and the blissful minds were shown through their bright faces suggesting the success of the event. Total number of participants was 25.

We, 'NSS-TSEC' are highly obliged towards our dear Principal, **Dr. G.T. Thampi** for constant help through his guidance, instant approvals, providing funds and motivation to all the necessities. He also motivated all by proposing to conduct such an event on continuous basis in the Institutions to benefit all.



SACHIT G. NALASKAR
Program Officer,

NSS-TSEC 🙏 🌸

Encl: Few Glimpses of IDY'19 in TSEC in the attached pictures.





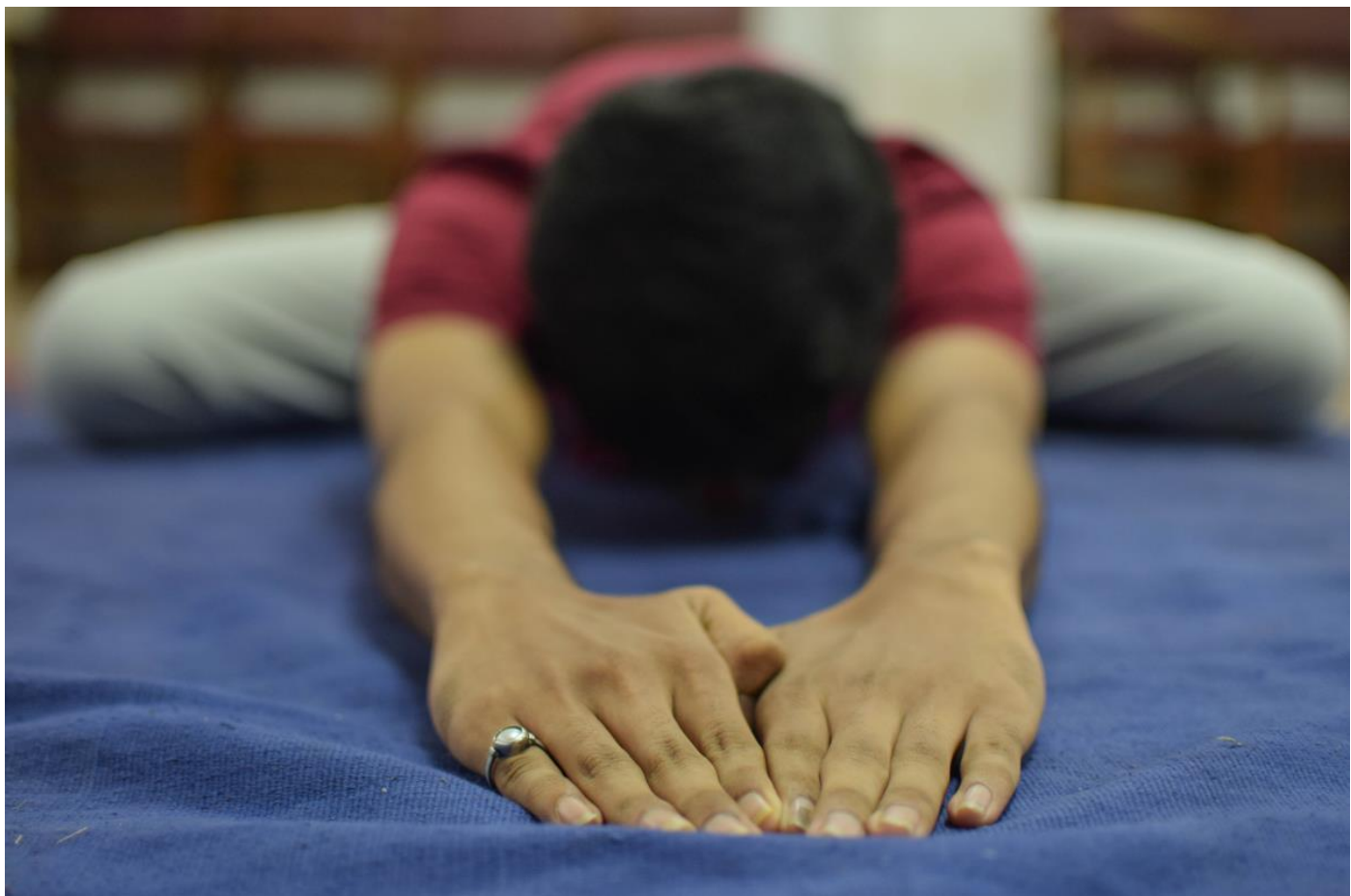






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Bandra (W), Mumbai - 400 050

Report on International Day of Yoga (IDY'20)

NSS-TSEC presents Yoga for Health Webinar by ISHA Foundation-21/06/20

Due to the COVID Lockdown, 6th International Day of Yoga(IDY'20) was celebrated in the form of an online webinar organized by ISHA Foundation and presented by the NSS-TSEC team with strong support of the Principal, enthusiastic Teachers & Students.

On the 19th and 20th of June, a yoga challenge was conducted on instagram by the NSS TSEC team where our respected Principal and the POs invited students to do their favourite yoga asana and post it on instagram. About 45 people participated in the same. The aim of this was to promote yoga in the younger generation. Volunteers and non volunteers both took part in this.

The Online Webinar was conducted on Youtube by ISHA Foundation for TSEC. The webinar was 90 minutes long, consisting of three yoga practice sessions and valuable insights about yoga from SADHGURU himself.

During the **first session**, training on **Yoga Namaskar** was shown and was sincerely performed by the participants. The experience of this session was refreshing with composure and enthusiasm among all the participants.

For the **second session**, a video clip of SADHGURU was shown practicing **Simha Kriya**, a kind of breathing exercise to boost immunity and respiratory health. It made participants aware about the importance of respiratory health and increasing immunity power which is needed to fight the current COVID Pandemic situation.

The **third session** was a 20 minutes **CHITSHAKTI Meditation**. An audio clip of SADHGURU was played giving instructions to perform a guided meditation. It was a relaxing session that helps the participants to manifest love, health, peace and success in their lives.


An insightful talk was also given by the Isha foundation volunteer regarding the maintenance of health and well being during the lockdown along with general instructions like being respectful towards the lockdown and protecting oneself from the illness.

All the participants showed patience and enthusiasm during the IDY'20 webinar. They also showed their happiness and gratitude for conducting such events on a regular basis for the benefit of their personal wellbeing in the feedback forms filled by them. They also suggested/requested conducting such Yoga and wellbeing practices in the institute on a regular basis as it helps in an individual's performance enhancement and improvement in all the activities in the Institute. The total number of participants were 86 of which 39 were volunteers in 2019-20 and 47 non volunteers including people from other colleges, faculties, etc.

We, **NSS-TSEC** are highly obliged towards our Principal, **Dr. G.T. Thampi** and our Program Officers **Mr. Sachit Nalaskar** and **Dr. Gauri Shukla** for constant help through their guidance, instant approvals, providing funds and motivation to all the necessities. They motivated all by proposing to conduct such an event on a continuous basis in the institution to benefit all.



SACHIT G. NALASKAR,
Program Officer,
NSS-TSEC



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THADOMAL SHAHANI
TSEC
ENGINEERING COLLEGE

NSS-TSEC WISHES
YOU ALL
***HAPPY INTERNATIONAL
YOGA DAY***



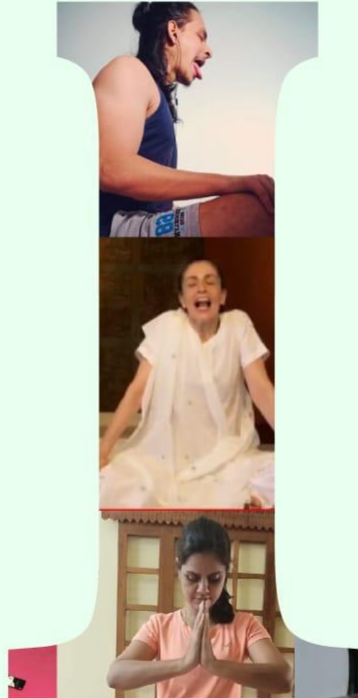
#NssTsecCelebratesYogaDay#ConsciousLiving#NSS_TSEC

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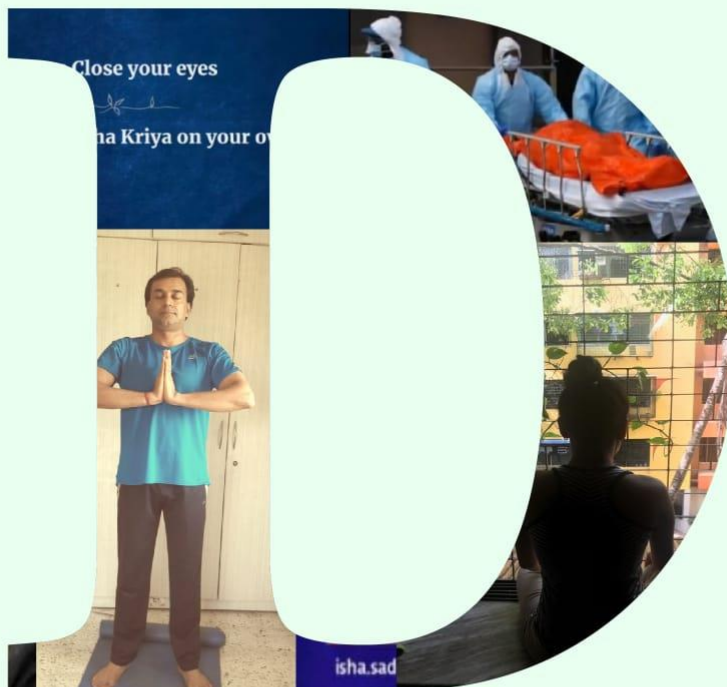
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#NssTsecCelebratesYogaDay#ConsciousLiving#NSS_TSEC



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#NssTsecCelebratesYogaDay#ConsciousLiving#NSS_TSEC



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Presents

‘आरोग्यम् धनसंपदा’ *Let us redefine Health*

Report on International Day of Yog (IDY'21)

NAMASKAR !

In the view of 7th International Day of Yog (IDY'21) following activities were conducted before and on 21st June 2021. The whole week was celebrated in TSEC by taking efforts of the NSS-TSEC team, Strong support of the Principal, enthusiastic Teachers, Staff & Students.

IDY is celebrated in TSEC every year by conducting various yog training conducted by various organisations from yoga and spirituality. TSEC has been associated with these organisations to give authentic yog training programs.

During the present Covid-19 pandemic, the yog training created a very much importance and the relevance to build physical immunity and the peace of mind among students, teachers and their families for the wellbeings. TSEC associated with various organizations like, Art of Livings, ISHA, Nisargopchar Kendra, Vadodara, Kaivalyadhama, etc. with the help of our regulatory body AICTE and Ministry of Youth & Sports, Ministry of Education, etc.

All the activities were conducted in order to create more awareness and hands on training on simple Yogic practices. More stress was given on the Kriyas necessary to keep general health, immunity boosting and preventive health to fight against respiratory viral infections.

1. 3 day “Free Health Workshop”

A three day “Free Health Workshop” conducted by “The Art of Living” during 16 – 18 June 2021 for the faculty of TSEC. Senior Teacher from The Art of Living has conducted the workshop. Simple Asanas, Pranayama and Guided Meditation were conducted. “Brilliant Breathing Technique” was also conducted.

28 faculty members had registered for this 3 day workshop.

2. “Immunity Boosting Webinar”



“Immunity Boosting Webinar” is conducted by Isha for the Students and the faculty (staff) of TSEC on 21st June 2021.

The Modules were specially designed by Sadhguru, founder of Isha Foundation. Mr. Manal Salesha, *Yoga-Veera* from Isha conducted the webinar. Support from NSS-TSEC students’ team, NSS Program Officers, Sachit Nalaskar & Dr Gauri Shukla coordinated the whole event.

Sashtanga; Simha Kriya; Makarasana & Chit Shakti guided meditation was conducted for the participants. All participants gave a very good feedback. 95% gave 4 to 5 points on a scale of 1 to 5.

Total 80 participants including staff & students attended the webinar, and also performed all the practices and meditation.

3. “QUIZ on Yoga”

“QUIZ on Yoga” conducted on 21st June 2021 for faculty & students of TSEC.

50 students has participated in the Quiz on Yoga and attained satisfactory marks.

3 Top scorers are declared among the participants.

4. “AAROGYAM DHANASAMPADA” Let us redefine Health

During this Yoga week celebration and for past few months, NSS-TSEC has initiated “AAROGYAM DHANASAMPADA” *Let us redefine Health* theme, under which all the needed information from our collaborated resources were emanated to help build general health and prepare all to fight against the Covid-19 infections. Information’s on healthy habits, immunity boosting medicinal herbs, updates on all Health related webinars happening, Medial practitioners Health consultations, Helplines, were shared.

During the Webinars conducted, all the Participants showed patience & enthusiasm during the sessions. They also showed their happiness and gratefulness for conducting such event on regular basis for the benefit of their personal wellbeing. They also suggested/requested conducting such Yog & wellbeing practices in the Institute on regular/daily basis as it helps in an individual’s performance enhancement and improvement in all the activities in the Institute. The freshness and the blissful minds were shown through their bright faces suggesting the success of the event.

The Following faculty of TSEC have initiated & coordinated all the above programs, who are trained in Yoga from respective Institutions.

Dr. G. T. Thampi
PRINCIPAL

Thadomal Shahani Engineering College
Bandra (W), Mumbai -400 050.



A) Sachit Nalaskar, Asst. Prof. in Mechanical Engg., Program Officer, NSS.

He is trained in Upa Yoga & Shambhavi Maha Mudra from Isha Foundation and a regular practitioner; CYP trained from Kaivalyadhama. CYP training was conducted with the help of the Ministry of AYUSH in the year 2016. Since then, IDY is celebrated in TSEC every year.

B) Dr Gauri Shukla, Asst. Prof. in Biomedical Engg., Program Officer, NSS.

She is trained in Yoga School named, “Ambika Yoga Kutir” from Mumbai. She is a Regular Yog practitioner and supports all such events for the benefit of TSEC staff & Students.

It is proved in this times a very relevant activity of TSEC on Yog training being conducted since 2016 for the teachers and students of TSEC.

We, ‘NSS-TSEC’ are highly obliged towards our dear Principal, **Dr. G.T. Thampi** for constant help through his guidance, instant approvals, providing funds and motivation to all the necessities. He also motivated all by proposing to conduct such an event on continuous basis in the Institutions to benefit all.

Pranam!



SACHIT G. NALASKAR
Program Officer,
On behalf of
NSS-TSEC






Dr. G.T. Thampi
PRINCIPAL
Thadomal Shahani Engineering College
Bandra (W), Mumbai - 400 050.



GLIMPSES OF THE EVENTS

1. Three day “Free Health Workshop” by THE ART OF LIVING

**THADOMAL SHAHANI
ENGINEERING COLLEGE**
Presents

**TSEC**
ENGINEERING COLLEGE

‘आरोग्यम् धनसंपदा’ *Let us redefine Health*

**AICTE & The Art of Living bring
Free Health Workshop**

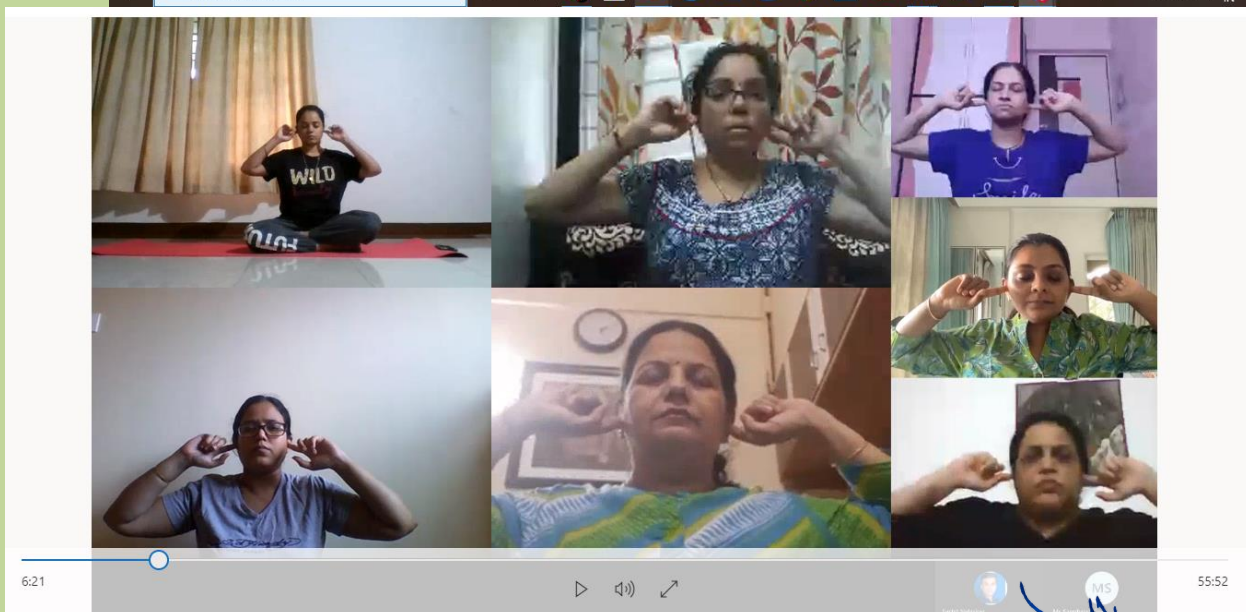
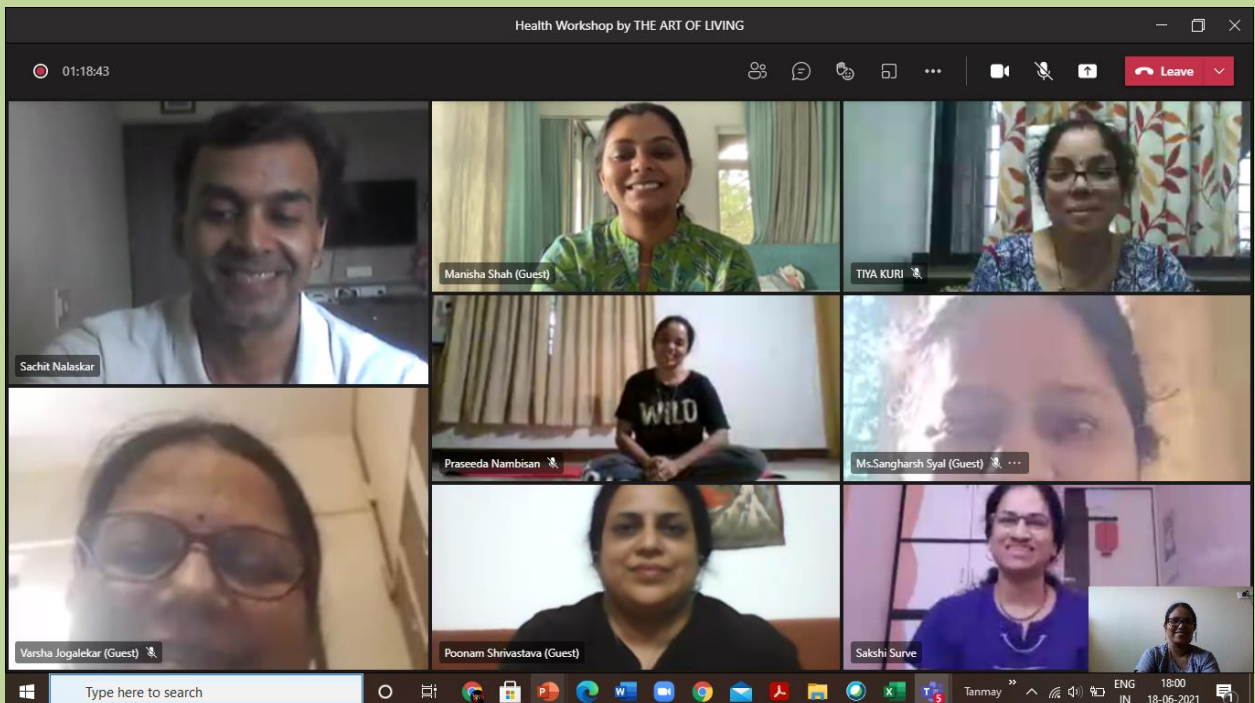
**16 – 18 June 2021
5 – 5:30 pm**

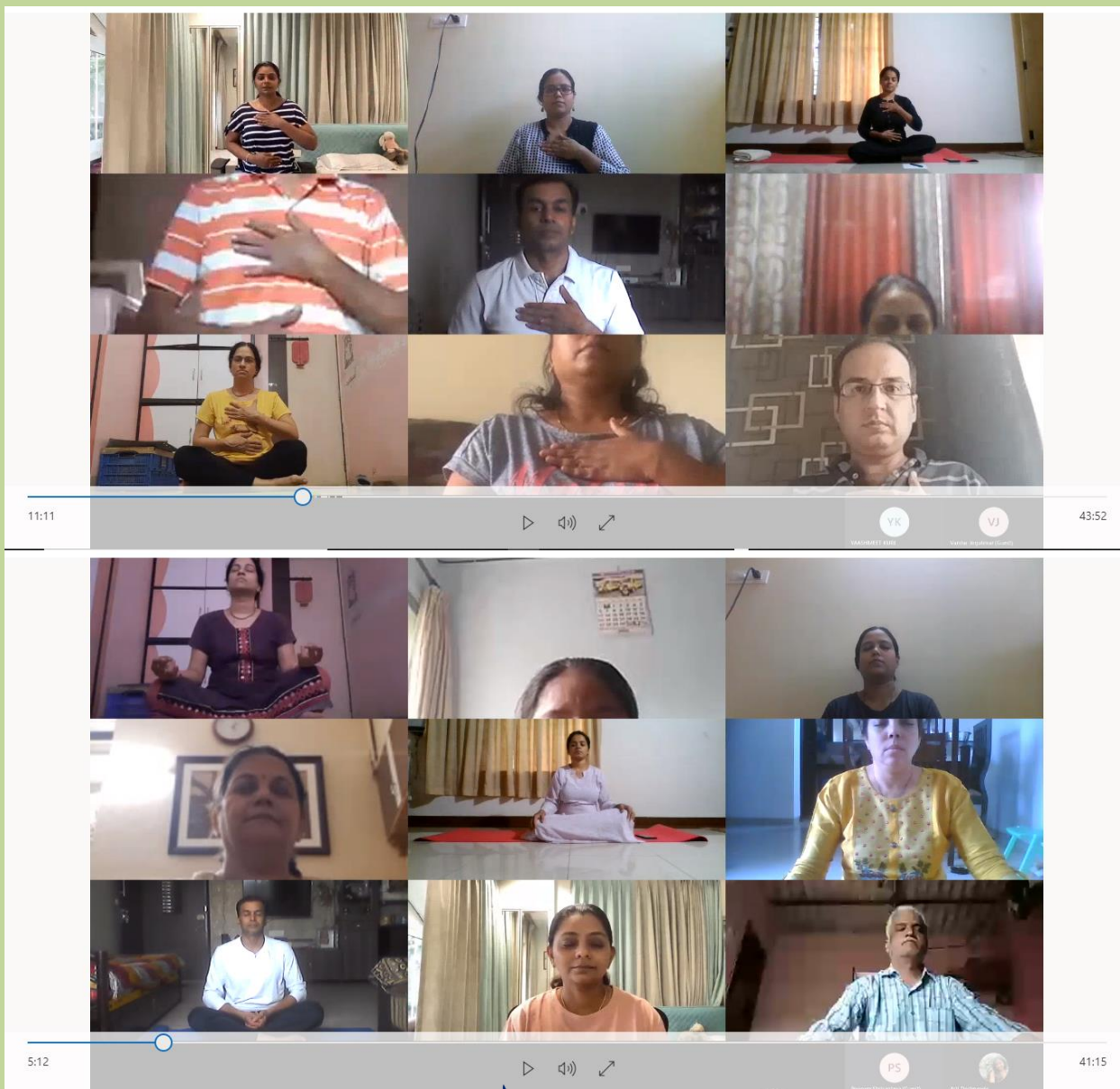
**Simple ASANAS & Immunity boosting “Brilliant Breathing
Technique” by “The Art of Living”**

The Art of Living has launched an essential series of 3 protocols of asanas, meditation and breathing practices or pranayama for different categories of people to boost their immunity, improve their mental resilience and bring a semblance of quiet and peace.

The 30 minutes protocols of Asanas, Pranayama & Meditation will be delivered for a healthy population in order to help them build overall immunity and lung capacity.

Even those find difficult to do ASANAS, learn “Brilliant Breathing Technique”

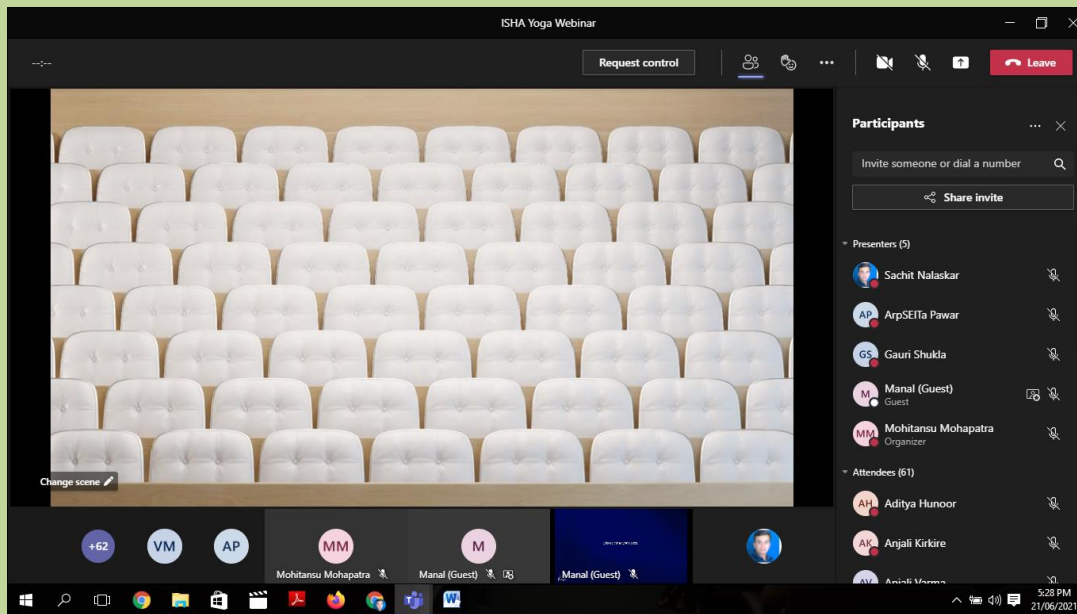




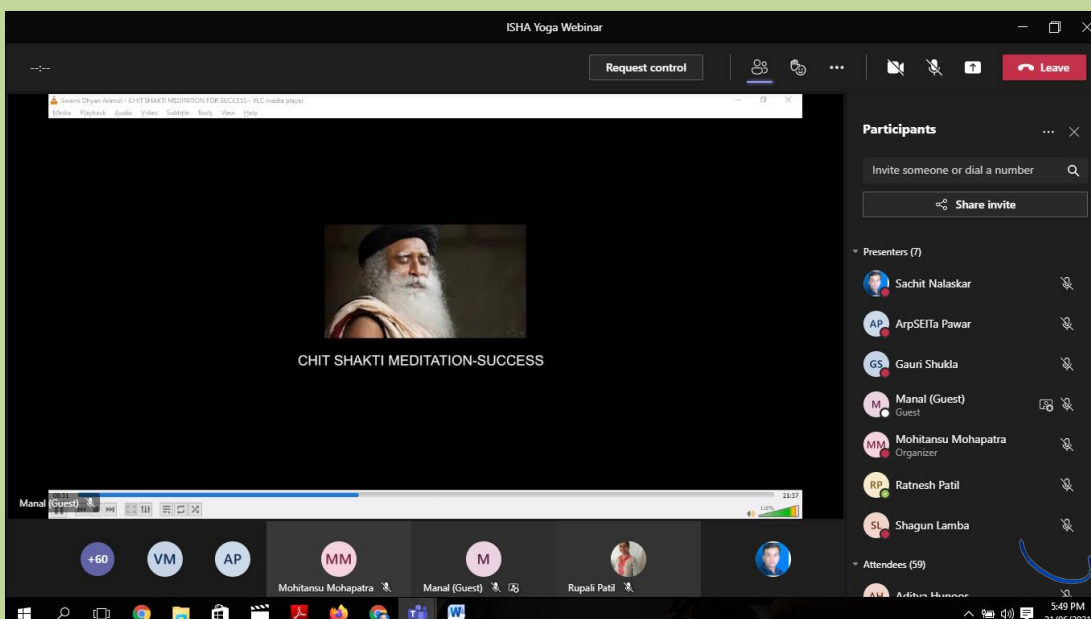
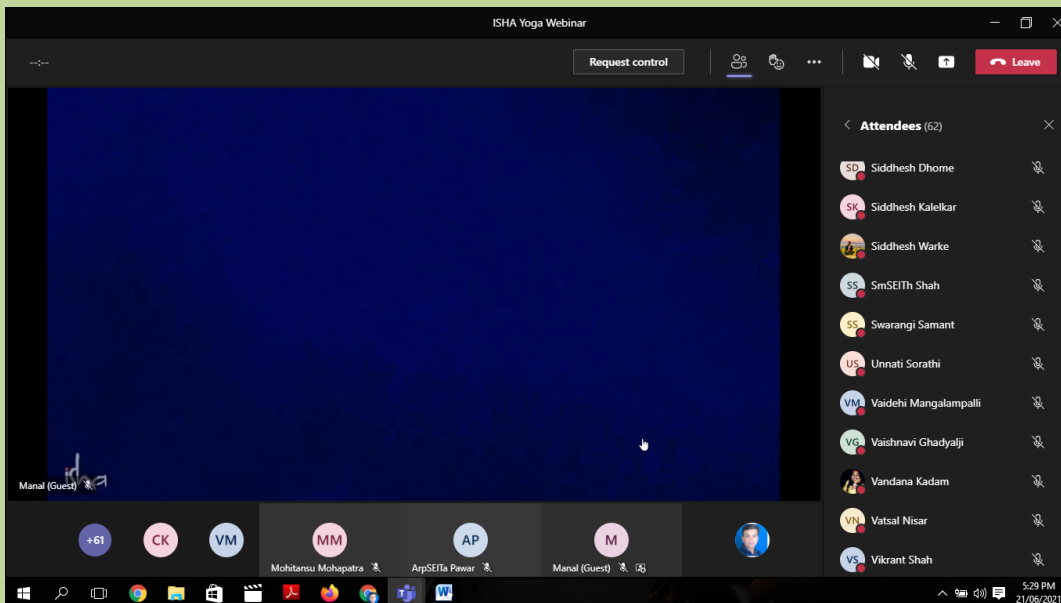
Dr. G. T. Thampi
PRINCIPAL
 Thadomal Shahani Engineering College
 Bandra (W), Mumbai - 400 050.



2. “Immunity Boosting Webinar” by ISHA Foundation



Yoga Practices turning inward (keeping Cameras off) Total 66 Participants.



3. “AAROGYAM DHANASAMPADA” Let us redefine Health

TSEC **HSNC**

THADOMAL SHAHANI ENGINEERING COLLEGE
Presents

‘आरोग्यम् धनसंपदा’
Let us redefine Health
On the International Day of Yoga, NSS-TSEC presents
“Immunity Boosting Webinar” conducted by Isha

इम्युनिटी के लिए योग
दिनांक: 21 जून 2021
समय: शाम 5 से 6 बजे
प्लेटफॉर्म: एनएस टीई

Isha.sadhguru.org

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TSEC **HSNC**

THADOMAL SHAHANI ENGINEERING COLLEGE
Presents

‘आरोग्यम् धनसंपदा’
Let us redefine Health
On the International Day of Yoga, NSS-TSEC presents
“Immunity Boosting Webinar” conducted by Isha

Yoga for Immunity
Date 21st June 2021
Time: 5 to 6 pm
Platform: MS Teams

Supported by

17 Yogic Tips to Boost Your Immune System

#1 **Neem Leaves**
Chew 8-12, keep them in your mouth for at least 1 hour

#2 **Organic Turmeric**
Consume one small ball on an empty stomach, then don't eat anything for 1 hour

#3 **Nilavembu Kashayam**
(A Siddha Health Elixir)
Must drink everyday!

#4 **Mahariva**
(Angie marmelos)
Eat 3-5 leaves in the morning

#5 **Hot Water**
6-5 times a day

#6 **Raw Amla** (Gooseberry, preferably Indian) + Salt
Keep in your mouth for 1-2 hours

#7 **Raw Mango**
Healthy & delicious

#8 **Practice Isha Kriya**
Experience Meditation

#9 **Chyawanprash**
(An Ayurvedic Paste)
Just one tablespoon - a classic Ayurvedic immunity booster

#10 **Wear The Bhairavi Raksha**
A specially consecrated bracelet from Sadhguru

#11 **Amla** (Gooseberry, preferably Indian) + Honey + Peppercorn
1 spoon, 3 times a day

#12 **Keep Up Your Yogic Practices**
Research has shown a clear impact of Yoga on immunity

#13 **Prithvi Prema Sana**
Put your hands in the soil

#14 **Get Enough Physical Activity**
Jog on the spot for 15 minutes, 5-6 times a day

#15 **Simha Kriya**
A powerful yoga process to enhance lung capacity and help improve immunity

#16 **Yoga Yoga Yogeshwaryas**
A chant that generates 'ushna' or heat

#17 **Stay Joyful and Exuberant**
Your body and your brain function best when you're joyful!

Dr. G. T. Thampi
PRINCIPAL
Thadomal Shahani Engineering College
Bandra (W), Mumbai - 400 050.



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Presents



‘आरोग्यम् धनसंपदा’ Let us redefine Health

Useful information for All

- 4 Immunity-Boosting Drinks to Help Prevent Viral Infections**
Boosting our immunity during the times of seasonal infections and coronavirus is most important. Here are some quick and super healthy immunity boosting drink recipes to strengthen your immune system.
<https://isha.sadhguru.org/in/en/blog/article/immunity-boosting-drinks-during-coronavirus>
- Exclusive collection of Info. on Covid-19 by Nisargopachar Kendra, Vinoba Ashram**
Wide info. collection from Inst. Like MoAYUSH to the Stanford Dept. of Medicine
www.tinyurl.com/nkcovidhomocare
- COVID-19 Anxiety – How to Deal With It?**
Sadhguru (Isha) shares a unique perspective on how to cope with coronavirus anxiety, explaining that anxiety is not a consequence of an outer situation but is being created unconsciously from within. He says this is the time to call forth all our intelligence and resilience, step up to this challenge, and come out on top.
<https://isha.sadhguru.org/in/en/wisdom/article/covid-19-anxiety-deal-with-it>

Coming soon
Health Series Webinars from “Isha” and “ART OF LIVING”



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Presents



‘आरोग्यम् धनसंपदा’ Let us redefine Health

- कठिन परिस्थितियों में सकारात्मक बने रहें**
(How to remain positive in difficult times) a Webinar by Nisargopachar Kendra, Vinoba Ashram
Date: 02/06/2021 (Wednesday) Time: Evening 6.00 to 7:00 pm
<https://bit.ly/3ibhQ2l>
- Free Consultations to all on Covid treatment, vaccination & general prescription.** Helpline: 9426187837 Mon-Sat, 9 am - 6 pm
E-mail: info@nisargopachar.org Website: www.nisargopachar.org
- 2-Minute Breathing Practice to Boost Immunity**
Endorsed by Doctors, Harvard study
https://youtu.be/auyziN_xPbo

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Pranam!

On behalf of
NSS-TSEC

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