

# MADHAV INSTITUTE OF TECHNOLOGY AND SCIENCE, GWALIOR

## Holistic Health Club

### Notice

21.11.19

**Subject: Second follow up session of Student Excellence and Learning Program and a talk on “Effective Studies” on 23.11.19 from 02:00-04:00 pm**

Holistic Health Club is organizing a Second follow up session of SELP (Student Excellence and Learning Program) on 23.11.2019 from 02:00-04:00 pm for B.Tech First year Students of MITS by the professional Art of living instructor Mr.Pradeep Jain.

In addition to this a talk on “Effective Studies” will also be conducted.

Venue: **EDC Counselling hall**

*Vishal*  
21.11.19

**(Vishal Chaudhary)**  
Faculty Coordinator,  
Holistic Health Club

Copy to (Via Mail):-

1. All Head of the departments (Notice Board)
2. Institute Website
3. Dean (Academics)
4. Dean (Student Welfare)
5. Director Office for Kind Information
6. Registrar
7. Administrative Officer.



Health Holistic Club, MITS

# HACK YOUR MIND TO 'STUDY'



Empower your mind to study this Exam season. Learn secrets to keep your mind focused, calm and peaceful. Extraordinary session on

## "EFFECTIVE STUDIES"

with



**Sugandh Parekh**

IBM Associates, (7Yrs), CAT Qualified,  
The Art of Living Youth Trainer

&



**Yash Jain**

Institute Topper, MITS, Recruited in  
TCS, Accenture, L&T Infotech

**23rd November | 2-3:30Pm**  
**EDC Counselling Hall, MITS**

Apply: [tiny.cc/aolprograms](http://tiny.cc/aolprograms)