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C  
 CRU

- To:
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- 11 others

- C=
- Unish Gautam <ugautam@invertis.org>;
  - YDS Arya <ve@invertis.org>;
  - Dr. Manish Gupta <deanmg@invertis.org>;
  - Dr. Subho Chattopadhyay <subho.c@invertis.org>;
  - Dhenuj Gandhi <dhiraj.g@invertis.org>

Rec:

- All Members <gi@invertis.org>  
 15/2/2020 9:00 AM

 Invertis University  
 Bareilly

  
 Director Corporate Relations  
 Invertis University  
 Bareilly

Dear Students,

CRC glad to inform you all that Invertis University students with kind support and guidance of, **Shashank Tiwari, Yoga tree, Founder Director - Meditation /Life Healer** is going to conduct a series of **Meditation** Session named **Meditation benefits in real life** on 19.2.2020 at 9:30 am initiative to assimilate liveliness and vitality.

**Meditation means addition- addition of energy, strength and beauty to body, mind, and soul.**

**To strengthen and to add up some energy in you all Invertis University is initiating a Series of Health and Wellness**

All the candidates are instructed to reach Academic Block 3 ground sharp at 9:30 AM.  
Note: All students are requested to carry a Yoga Mat and carry active wear.

**Topic- Meditation benefits in real life**

**Date: 19<sup>th</sup> February 2020**

**Time: 9:30 AM**

**Venue: Academic Block 3 ground**

**Resource person: Mr. Shashank Tiwari, Yoga tree, Founder Director**

Team CRC | Corporate Resource center

Invertis University, Bareilly | <https://www.invertisuniversity.ac.in/>

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[placement@invertis.org](mailto:placement@invertis.org)

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Bareilly

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Invertis University  
Bareilly



Meditation benefits in  
real life 19/2/2020

Handwritten signature or initials in blue ink.

Guest Name: Mr. Shashank Tiwari, Yoga tree, Founder Director

Topic: Meditation benefits in real life

Venue : Seminar Hall -1

Date- 19/2/2020

SL	Students Name	Attendance
1	MOHD IRFAN KHAN	P
2	MOHD SAQLAIN	P
3	ANUJ SINGH	P
4	Komal Shukla	P
5	RAJAT BAN GOSWAMI	P
6	NAVJOT SINGH SIDHARTH	P
7	VARUN MISHRA	P
8	ANUKUL SINGH	P
9	AFTAB KHAN	P
10	REHAN AHMED	P
11	IQRAM AHMAD	P
12	MOHD FAISAL KHAN	P
13	MOHD NIHAL KHAN	P
14	SIDDHARTHA KUMAR GOUR	P
15	PURNENDU PRAKASH	P
16	Harsh Jaiswal	P
17	MOHD FURQAN	P
18	Mohd Furqan	P
19	PRANCY SINGH	P
20	ANUBHA GUPTA	P
21	KM PRIYANKA	P
22	IBRAHEEM	P
23	VANSHIKA GANGWAR	P
24	KAVITA SOLANKI	P
25	SHIKHA SINGH	P
26	AMANDEEP SINGH RANDHAWA	P
27	POOJA BOHRA	P
28	KINSHUK KANAUIJA	P
29	NEHA KHAN	P
30	VAISHNO PATHAK	P
31	PRIYANKA GUPTA	A
32	RAGHAV TANDON	P
33	AZAD KHAN	P
34	SIMRANJEET KAUR	P
35	SHILPA BAJETHA	P
36	ANURAG SHARMA	P
37	SWEETA MAHESHWARI	P
38	AMIT PRATAP SINGH	P
39	DARSHIKA SHARMA	P

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40	EKTA RATHORE	P
41	SANDEEP SINGH	P
42	ROZIA MARIYAM	P
43	AMANDEEP KAUR	P
44	AMOL SHARMA	A
45	ROSHNI AGARWAL	P
46	AARZOO KHAN	P
47	RAVI KANT YADAV	P
48	SHIVAM MISHRA	P
49	MOHD AMIR	P
50	TASHYA RASTOGI	P
51	NIKHIL SHARMA	P
52	PARTH GARG	P
53	RISHABH ARORA	A
54	VINAY SHARMA	P
55	SURBHI PRAJAPATI	P
56	SHYAMAL MISHRA	P
57	NITIN CHAUHAN	P
58	YUSHMITA SHARMA	P
59	PRIYANKA GARIYA	P
60	AMAN GARG	P
61	NAMAN SAXENA	P
62	ANAS KHAN	P
63	REHAN ALI	P
64	DILPREET KAUR	A
65	MOHD AMAN	P
66	ASHWANI KUMAR SINGH	P
67	KM LUCKY SINGH	P
68	RISHABH AWASTHI	P
69	VISHAL AWASTHI	P
70	KM MANSI GUPTA	A
71	GAURAV KUMAR	P
72	ADITYA KUMAR SINGH	P
73	MOHAMMAD IMRAN KHAN	P
74	ANUJ KUMAR GANGWAR	P
75	ANUBHAV SINGH	P
76	ATUL SAXENA	P
77	PRIYA KAPOOR	P
78	AASHNA ASIF	P
79	PIYUSH GUPTA	P
80	FAIZ MANSOORIE	P
81	MOHAMMAD AREEB ULLAH	A
82	KM DRASHTI CHANDEL	P
83	APOORVA SINGH	P
84	DHEERAJ KUMAR	P
85	PRADHUMAN SINGH TOMAR	P
86	ANKIT BISHT	P
87	PARITOSH AWASTHI	P
88	AKANSHA SHARMA	P
89	KAMLESH GUPTA	P

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90	ABHAY GUPTA	P
91	UDIT KUMAR	P
92	HARSHVARDHAN	P
93	PANKAJ JOSHI	P
94	NIKHIL JOSHI	P
95	DEEPAK KUMAR	A
96	AKASH TIWARI	P
97	VEDANT SINGH	P
98	NISHKARSH MISHRA	P
99	SURJEET RATHAUR	P
100	AMAN BATRA	P
101	RAHUL GUPTA	P
102	ABHAY GUPTA	P
103	UDIT KUMAR	P
104	HARSHVARDHAN	P
105	PANKAJ JOSHI	P
106	NIKHIL JOSHI	P
107	DEEPAK KUMAR	P
108	AKASH TIWARI	P
109	VEDANT SINGH	P
110	NISHKARSH MISHRA	P
111	SURJEET RATHAUR	A
112	AMAN BATRA	P
113	RAHUL GUPTA	P
114	MANMOHAN SINGH	P
115	FURQAN AHMAD	P
116	FRANSHUL RAGHUWANSHI	P
117	SHALEEN CHAUHAN	P

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