

**NEN 202 : Mind Body and Heart Workshop at IIT Delhi  
24-29 November 2018**

Time	Session	Day 1 Saturday	Day 2 Sunday	Day 3 Monday	Day 4 Tuesday	Day 5 Wednesday	Day 6 Thursday
6 am to 8 am	Health Session	Walking in IIT/ Deer Park with positive emotions and healthy lifestyle related conversation, Yoga, Pranayama					
10 am to 12 noon	Happiness and Spirituality	Happiness Concepts Meditation	Layers of Existence Meditation.	Concepts of Yoga Meditation.	Avoiding Stress Meditation.	Happiness for all Meditation.	Track of Happiness Meditation
2 pm to 4 pm	Cultural Session	Introduction of Students	Exciting Activities	Singing Antakshri	Singing Skits by students		
4 pm to 5pm	General Talks	Nutrition	Healthy Lifestyle	Mind Pellets	Mind Pellets	Detox	Qigong Intro
5 pm to 6.20 pm	Fitness Session	Aerobics, Pilates, Cardio, Tibetan Rites, Rejuvenation					

**Faculty Coordinator: Prof Rahul Garg**

**Instructors:**

**1. Narendra Kumar Arya**

Heartfulness meditation trainer and a technocrat in a very senior position. Experience of practicing, participating and training in meditation, yoga, pranayama, interactive sessions, spirituality, leadership programs, happiness programs. Volunteers to help people find their happiness.

Education: B.Tech (Hons.) IIT Kharagpur, M.Tech IIT Kanpur, Research interests in happiness, well-being and meditation related subjects. Research papers available at: [https://www.researchgate.net/profile/Narendra\\_Arya2](https://www.researchgate.net/profile/Narendra_Arya2)

**2. Navneet Neel Sodhi (Popularly known as Neel Sodhi)**

Neel Sodhi is an instructor for aqua aerobics, aerobics, western dance, Yoga and other fitness related activities. She has experience of working in USA as a banker and is founder of Retouchinlives.

**3. Suman Gupta**

Accomplished spiritual singer. Heartfulness practitioner for 11 years. Experience of various yoga, spirituality and happy lifestyle related activities. She is M.Sc. from IIT Roorkee.