



Gautam Buddha University

Greater Noida, Gautam Budh Nagar, U.P.

GBU-012/DSA/2025- 819

Date: 16-12-2025

::The Meditation & Wellbeing Session::

By

The Art of Living Foundation

All the students, faculty members and staff members are informed that the Meditation & Wellbeing Session has been planned by the University with the objective of wellbeing of GBU fraternity. The session will be conducted by the team of "The Art of Living Foundation".

The details of the session are as follows:

Date & Time: 17-12-2025 (5:30 PM – 6:15 PM)

Venue: Auditorium-3, Gautam Buddha University

All of you are further requested to join the wellbeing session and experience the transformative power of meditation.

(Dr. Manmohan Singh Shishodia)
In-Charge Student Affairs

Copy to:-

1. Staff to the Hon'ble Vice Chancellor, for kind information to V.C. Sir
2. Dean Academics, for information
3. Registrar, for information
4. Director Works, to make necessary venue (Auditorium-3) arrangements
5. Chief Warden (M/F), for information/circulation among students and uploading notice on Hostels Website
6. System Manager, to upload notice at University Website, provide IT support in the session and sending emails to all Dean(s), Dean(I/C), HoD(s), students and faculty members

In-Charge Student Affairs

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Gautam Buddha University
Greater Noida (U.P.)

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