



NPC STAFF CLUB



**One cannot Purchase Peace & Happiness,
So Sahaja Experience is Free of cost!**

Welcome to Self-Realization Program
A workshop on Stress Management through

Sahaja Yoga Meditation

Date: 21st June 2018

International Yoga Day

Time:

1st Session 11:00am to 12:30 pm

2nd Session 15:00pm to 16:30 pm

Venue: NUB Auditorium, NPCIL-Mumbai

ALL NPCIL/DAE EMPLOYEES ARE INVITED TO ATTEND ANYONE SESSION.

Geetika Tewari

Geetika Tewari is a Post Graduate in Advertising and Marketing from St. Xavier's Institute of Communication (XIC), Mumbai and a Post Graduate in Medico Legal Systems from Symbiosis Institute of Management, Pune. She has served Asian Heart Institute, BKC, Mumbai as a part of the management in Corporate Marketing team. Prior to this, she was heading Corporate Marketing team at Bhaktivedanta Hospital, Thane.

She is also a Kathak exponent, having learnt from Padma Shree Shovana Narayan for 13 years and is currently pursuing her passion by performing/choreographing various Kathak recitals in India and abroad. She is also associated with P. K. Salve Kala Pratishthan, Vaitarna and Omkara Art Classes, Dharamshala for conducting classical dance workshops.

She has been practicing Sahaja Yoga Meditation for last 20 years. She has been actively involved in conducting various stress management workshops in the corporate sector and educational institutes since then.

Some of the reputed institutes where she has conducted successful workshops are:

- 1. State Bank Of India (Corporate Office), Ballard Estate, Mumbai**
- 2. Lanxess India, Thane**
- 3. TCS, Thane**
- 4. Cognizant, Mind space, Airoli**
- 5. Indian Pharmaceutical Association (Student Forum), Mumbai**
- 6. D. Y. Patil Institute of Management, CBD Belapur**
- 7. Seven Square Academy (Entire teaching and management staff), Mira Road**
- 8. RBK International School (Entire teaching and management staff), Mira Road and many more.**

Jayant Patankar

A seasoned and articulate IT professional with over 20 years international experience with Hitachi Data Systems, Cisco Systems and Microsoft technologies, covering Data Storage, Server Technologies as well as IP Networks. Jayant has delivered training, pre-sales and consulting services in India, UAE, Australia and the US in vendor global eco system and companies like Educom Australia, Dimension Data Learning Solutions Australia, Fast Lane Consulting Dubai and NIIT,.

As an Architect with a degree in Architecture from the University of Pune, Jayant was selected for a fellowship in Architectural Conservation jointly instituted by the Indian National Trust for Art and Culture – INTACH, Charles Wallace India Trust and British council India. He is a member of Association of British Scholars.

Jayant is passionate about the environment and actively promotes environmental and Water conservation through the construction and use of ferrocement Check dams for recharging ground water table. He is a core life member of Ferrocement Society India devoted to sustainable construction.

Besides, swimming, trekking, cricket and music, he enjoys empowering others with Sahajayoga meditation technique to achieve inner balance and peace spontaneously. He conducts Stress Management through Sahajayoga Meditation workshops in companies, organizations and institutions.

Some of the significant workshops conducted where he has been involved are:

- 1. Swinburne University, Melbourne, Australia**
- 2. Sydney Children Hospital, Australia**
- 3. Endress and Hauser, pan India Branches, Dubai and Sharjah**
- 4. Polaris Consulting and Software Ltd, Mumbai**
- 5. Bank of America, Mumbai and Delhi locations**
- 6. Bank of Maharashtra, Mumbai**
- 7. Federation of Indian Chambers of Commerce and Industry, Delhi**
- 8. NPCIL, Mumbai**
- 9. ONGC, Mumbai & Sinhad Institute of Technology, Lonavala**
- 10. Bombay High Court for Chief Justice, staff and Program committee officials**
- 11. Maharashtra Judicial Training Academy, Mumbai**
- 12. Delhi Jal Board, Rohini, Delhi.& Chitkara University, Punjab**
- 13. Indian Agricultural Research Institute, Delhi**
- 14. Various Schools and Academic Institutions in India and Nepal**