



K. L. MEHTA DAYANAND COLLEGE FOR WOMEN, FARIDABAD



FUTURE MEDICINE WILL BE THE MEDICINE OF FREQUENCIES

- ALBERT EINSTEIN

SPIRITUAL CLUB

Organizes

SOUND HEALING SESSION

BY

Mr. Amit Arya
(Serenity Sound Healing)

Dr. Shveta Arya

on

3rd JULY 2021

TIME : 6:30PM

PLATFORM : GOOGLE MEET

Convenor

Ms.Archna Dua

Dr.Sangeeta Kulshreshta

Co-Convener

Ms.Madhu Saitya

Ms.Monika Singla

Patron

Dr. Vandana Mohla

Officiating Principal

GUIDELINES

- 1. Dedicate 40 mins exclusively for the session.**
- 2. Ensure you have a steady internet connection.**
- 3. It would be best to use headphones.**
- 4. You should be on a light stomach(1.5 hours after a meal).**
- 5. Find a quiet space for yourself.**
- 6. Keep a yoga mat or light mattress to lie down on the floor for maximum benefit.**
- 7. Avoid any interruption or distractions like getting up ,eating drinking or going to restroom.**
- 8. You can light a tealight candle/diya and keep few flowers to create the right ambience(optional).**

Link

<https://meet.google.com/kgi-uptn-rto>

For Any Query Please Contact : +91-99555090036