

Namaste dear all, friends and families of SERVAS,

I am Abhay Shaha, National Secretary, Servas International, India. I hope this finds you and your loved ones healthy, safe and well during this pandemic.

Given the suffering, grief, and distress that humanity is currently faced with, we all need each other as a community of support. It is also important for us to continue to build our inner resources to stay calm and stable in the midst of so much turbulence.

It is with this felt need and intention that Servas India would like to invite and bring our peace-loving community together for an online experiential session on "**Yoga & Mindfulness for Peace and Wellbeing**". (Please note that these will be very basic Yoga practices and hence you need not prepare anything in advance, keeping a glass of water and joining with a slightly empty stomach would be helpful).

### **Zoom Link:**

Join Zoom Meeting

<https://us02web.zoom.us/j/3032457089?pwd=eGVhNkliNGxYWINJU2pgL1NySjYUT09>

**Meeting ID: 303 245 7089**

**Passcode: 12345**

**Date: Sunday, June 13th, 2021**

**Time: 4.30 pm to 5.45 pm (Indian Standard Time)**

**Yoga & Mindfulness**  
for Peace & Wellbeing

Date: Sunday, June 13th, 2021  
Time: 4.30 pm to 5.45 pm--(IST)  
Facilitated by: Vipul Shaha

Yoga & Mindfulness Trainer,  
Counselor & Therapist,  
Educator, Facilitator

Hosted by:  
Abhay Shaha, National Secretary  
**Servas India**

You may forward above link to your Servas global friends .  
**About the facilitator:**

**Vipul Shaha is a Servas India member,** a practitioner and teacher of Yoga and Mindfulness. He provides individual therapy & counselling sessions in-person and online. He also holds listening spaces for groups and facilitates workshops. He has a decade-long experience in the field of education as a school teacher, environmental educator, teacher-trainer and a curriculum-designer. Vipul has

engaged with varied populations worldwide. He has been a volunteer with Servas Youth.

Vipul holds a Master's degree in Human Development and Psychology from Harvard University, USA and an undergraduate degree in Business Administration from Symbiosis University, India. Vipul dreams of a more beautiful, joyful, kinder and greener world for all and enjoys contributing towards its ongoing unfolding.

Vipul can be reached on: [vipul.shaha@post.harvard.edu](mailto:vipul.shaha@post.harvard.edu) / +91-96328 65380

On a personal note, Vipul happens to be my elder son. He has been professionally and voluntarily working with many schools, social and corporate organizations around the world to provide mental health and wellbeing support during this pandemic. **He is very happy to offer this session as a gift to the global Servas community.**

Looking forward to seeing as many of you there as possible.

With Peace, Love and Metta,  
- Abhay Shaha.

National Secretary, Servas India  
Member, Conflict Resolution Team, Servas International