

## EVENT



Attend a free  
beginners  
version of  
Three Step  
Anatomic  
Breathing  
Course, an

ancient system of breathing  
which comes from the  
regions of Ugar  
Palace. This technique  
was known within the  
egyptian palaces for  
centuries until the 1980s,  
when it began to be taught  
in public by the late Maria.  
The course will be an  
introduction to this ancient  
system of self-regulation  
and will include the  
teaching of the six relaxing  
exercises. The course is  
free and requires no  
registration.

**When:** November 4  
**Where:** National Institute  
Engineering College,  
National College Area, Off  
Linking Road, Borealis (W)

**Timing:** 11:00am to 11:30am  
**Contact:** 01203 9000

Artis Visual art gallery is  
holding an exhibition of  
paintings and sculptures  
until 14th by 11 artists  
from four states of India.

Works by: Raju Mishra,  
Kulvada Das, Manoj Das,  
Sandeep Sharma, Ananda  
Das, Kamlesh Chavala,  
Bhaskara Prasad, Mahesh  
Mishra, S. Kumaraswami,  
Chandana Chakravarty,  
Sandeep Wadhvani and S. K.  
Sarma will be on display.

Visit [www.artis.com](http://www.artis.com) or  
send an email to  
[artisonline@gmail.com](mailto:artisonline@gmail.com)

**When:** Oct 18 to Nov 1  
**Where:** 1st Floor, National  
College - 1, Off New Link  
Road, Borealis (W)

**Timing:** 11am to 5pm  
**Contact:** 01203 9000 or  
01203 9001

Painted Motion Art Gallery  
will display a group  
exhibition of works created  
by six prominent artists.

Shashi Das, Nitam  
Sudh Das, Das Vasani,  
Prakash Das, Anil Das  
and Ananda Das. This  
exhibition therefore will  
enable art lovers and  
connoisseurs to enjoy and  
get engrossed with vivid  
art forms and expressive  
art works covering realistic,  
figurative, landscapes and  
other associated facets of  
visual art.

**When:** Oct 28 and Nov 3  
**Where:** 2, Borealis, 1st,  
Linking Road, Borealis

**Timing:** 11am to 7pm  
**Contact:** 01203 9000 /  
01203 9001

## WORKSHOP

The World International  
Chamber of Commerce, in  
association with National  
Entrepreneurship Network,  
is offering a range of

programs to inspire, engage  
and develop the managerial  
and entrepreneurial skills of  
the product generation –

Start to scale stage of  
employment. “Start-up or  
Start with a potential  
scale business – by

acquiring The Key Life Skills  
of the 21st century. The first  
introductory programme will  
help understand the main  
program: “Entrepreneur  
Skill Enhancement Program  
– Training Workshop”.

**When:** November 3  
**Where:** National  
Institute of Management,  
Borealis (W)

**Timing:** 10am to 5pm  
**Contact:** 01203 9000 /  
01203 9001

Ammon will conduct a  
workshop on the restoration  
of antique and vintage cars.  
The National Institute, creative  
director of Ammon, will  
provide the audience with  
tips on how to preserve  
their collections and items.  
The audience will also get  
to see first-hand how a  
product is restored.

**When:** November 3  
**Where:** Ammon, Borealis  
House, Borealis Estate,  
Lower Park

**Timing:** 11am to 5pm  
**Contact:** 01203 9000

Egg Inn Bakery: Learn to  
professionally bake eggs,  
breads, cookies,  
brownies, desserts and  
assorted chocolates.

**When:** October (W)  
**Timing:** 10am to 5pm  
**Contact:** 01203 9000

Attarve clinic is organising  
a free hearing checking  
camp for all those who are  
suffering from deafness,  
and providing hearing aids  
at concessional rates.

**When:** Oct 28 and 30  
**Where:** Borealis (W)  
**Timing:** 10am to 5pm  
**Contact:** 01203 9000

MIT is organising a free  
Music Therapy  
Concentration Camp. The  
session will be conducted  
by music masters Dr  
Madhavi Das, &  
particular music therapy  
will be administered to the  
participants, besides  
demonstration of live  
musicians, which will help  
improve focus in studies  
and work, thereby  
enhancing efficiency and  
productivity.

**When:** November 1 and 2  
**Where:** MIT Campus of  
College, Student  
Knowledge Centre, Borealis  
Institution (W)

**Timing:** 10am to 5pm  
**Contact:** 01203 9000 / 01203 9001

Add a personal touch to your  
desk by customising  
your documents and gifts  
this year. Learn to use and  
enhance them using  
software at the mall. Custom  
make your own family tree  
calendar, notes, greeting  
cards and gift tags. Visit  
[www.itsallin.com](http://www.itsallin.com)

**When:** Oct 27 to Nov 1  
**Where:** 01, 444 Corporate  
Centre, Borealis 7, Linking  
Road, Borealis (W)

**Timing:** 10am to 5pm  
**Contact:** 01203 9000