



ANANDA: THE WELLBEING CENTRE GARGI COLLEGE

in association with

The Art of Living Foundation

Under the aegis of Har Ghar Dhyam Campaign of Ministry of Education, Govt of India

extend warm welcome to

All the First and Final Year Students

for an introductory session on

HARMONIZE AND THRIVE

A Journey into Breathwork and Meditation

**Strategies for Managing Emotions and Stress
Enhancing Work Efficiency and Productivity
Unveiling the Potential of Breath and Meditation
The art of being happy**

PATRON: PROF. SANGEETA BHATIA

CONVENER: DR. GEETA SIDHARTH

CO-CONVENER: PROF. SHASHI CHAWLA

Members

**Prof. Preeti Pant, Dr. Sabeen H. Rizvi,
Dr. Madhu Yashpal, Dr. Geeta Prakash, Dr. Payal Jain**

AUGUST 29, 2023 | 12:10 PM | AUDITORIUM

Registration Link: <https://forms.gle/rgJChohAniAfUXRD8>