



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

invites

all the Non-Teaching Members of the Gargi Family

to

One-hour Breathing and Meditation Workshop

KNOW YOUR MIND

Explore the power of breath and stress-free mind with simple techniques

Secrets to handle emotions & stress

Learn to work effectively

Explore the power of breath & 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 7, 2023 | 10:00 AM | SEMINAR HALL

On the spot registration will start at 9.45 am