



CHRIST
(DEEMED TO BE UNIVERSITY)
NODAL OFFICE, TRIVANDRUM

WEBINAR SERIES ON

Mindfulness and Holistic Wellness - Session II "Who am I ?"

Who should attend?

Anyone interested in integrating mindfulness and enhance their well-being can attend the webinar
- individuals, students, faculty, executives, professionals.

Sessions Include

- Mindful guided meditation
- About mindfulness
- The dimensions of wellbeing
- Winning ways to well-being
- Mindful eating
- Creating mindfulness based habit

Dr Anuradha Sathiyaseelan

Professor
Department of Psychology
CHRIST (Deemed to be University)

ORGANISED BY

Nodal Office

CHRIST (DEEMED TO BE UNIVERSITY)
A.I.R Road, Vazhuthakkadu
Trivandrum,kerala
tvmechristuniversity.in

JULY 02, 2020

7.00PM-8.00PM IST



**FOR REGISTRATION
CLICK ON THE LINK BELOW**

<https://forms.gle/K5fAf6DKqDP4pwmx5>