



CHRIST

(DEEMED TO BE UNIVERSITY)

NODAL OFFICE, TRIVANDRUM

WEBINAR SERIES II

SHOULD WE STOP SEEKING PLEASURE TO FIND HAPPINESS?

Who should attend?

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

Sessions Include

-Wellbeing, Employee engagement

Dr Sathiyaseelan B

Associate Professor &
Head of OB and HR Specialization
School of Business and Management
CHRIST (Deemed to be University)



ORGANISED BY

Nodal Office,
CHRIST (DEEMED TO BE UNIVERSITY)
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JULY 03- 5.00PM-6.00PM

**FOR REGISTRATION
CLICK ON THE LINK BELOW**

<https://forms.gle/jECTxTCqd9Ybqjbg6>

This is a Give Back and a Knowledge Sharing Initiative by Nodal Office , CHRIST (Deemed to be University).