



WEBINAR SERIES ON

Mindfulness and Holistic Wellness - Session I "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

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ORGANISED BY

Nodal Office

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JUNE 04, 2020

7.00PM-8.00PM IST



**FOR REGISTRATION
CLICK ON THE LINK BELOW**

<https://forms.gle/K5fAf6DKqDP4pwmx5>