



**CHRIST**  
(DEEMED TO BE UNIVERSITY)  
NODAL OFFICE, TRIVANDRUM

# WEBINAR SERIES ON

## Mindfulness and Holistic Wellness-Session V

### Guided Meditation for Finding Inner Beauty and Peace

#### Who should attend?

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

**Dr Anuradha Sathiyaseelan**  
Professor  
Department of Psychology  
CHRIST (Deemed to be University)

#### ORGANISED BY

#### Nodal Office

CHRIST (DEEMED TO BE UNIVERSITY)  
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Trivandrum, Kerala  
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**OCT 01, 2020**

**7.00PM-8.00PM IST**



FOR REGISTRATION  
CLICK ON THE LINK BELOW

<https://forms.gle/3oko1aKUYLMS6BoX7>

THE PARTICIPANTS WHO HAVE ATTENDED THE PREVIOUS SESSIONS NEED NOT REGISTER AGAIN.

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