



CHRIST
(DEEMED TO BE UNIVERSITY)
NODAL OFFICE, TRIVANDRUM

WEBINAR SERIES ON

Mindfulness and Holistic Wellness-Session IV

Mindfulness: A Bridge in Work -Life Balance for Occupational Wellness

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
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ORGANISED BY

Nodal Office

CHRIST (DEEMED TO BE UNIVERSITY)

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Sept 03, 2020

7.00PM-8.00PM IST



FOR REGISTRATION
CLICK ON THE LINK BELOW

<https://forms.gle/BCbhp6GyMa36CRQj9>

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).