



BABU BANARASI DAS UNIVERSITY, LUCKNOW

School of Education

**Organising Workshop
on**

**Art of Living
(Happiness Program)**



Mrs. Rekha Vardhan

Mrs. Kamini Kulshreshtha

Objectives :

- * Yoga Pranayama.
- * Meditation.
- * Sudarshan Kriya.
- * Practical Knowledge.
- * Techniques to improve Lifestyle.
- * Clarity & Confidence.
- * Skills to Deal with Stress.

Benefits :

- * Improves Immunity Power.
- * Reduces Stress and Improves Peace of Mind.
- * Gives Clarity of thoughts.
- * Makes us feel Refresh, Relax & Rejuvenated.
- * Improves Relationships in Life.
- * Increases inner Strength.
- * Enhance the Quality of Life.

Date : 12/03/2021 at 2.00 p.m. On Google meet