

29th March, 2023

Notice

The Internal Quality Assurance Cell of the college is organising a workshop **Har Ghar Dhyaan**, a campaign under the aegis of Azadi Ka Amrit Mahotsav by the Ministry of Culture through Art of Living.

The workshop will be held on **Monday, 3rd April, 2023 at 11.00 a.m.** at 706 mini auditorium. The resource person is Ms. Jignasa Pandya, the Art of Living Meditation Coach.

In this session, learners will learn about how to develop inner strength and resilience through meditation, and tips for incorporating meditation in daily routine for a healthy lifestyle.



(I/C Principal)

Ms. Swiddle D'Cunha