

Yoga Program - Heartfulness foundation Webinar

Title: "WORK FROM HOME / STUDY AT HOME - CHALLENGES AND SOLUTIONS"

Date: 27TH November 2020

Resource Person:

27-11-2020	Mrs. Jayanthi Subramanyam Heartfulness Institute Yoga Trainer and Mentor Integrative Health and Wellbeing Clinic Bangalore
	A BRIEF ABOUT IMPROVING THE FOCUS AND ACHIEVING THE FOCUS, DETOX, AND SELF MANAGEMENT THROUGH HEARTFULNESS MEDITATION.
	A Valuable tool for Self-Management - Inner Connect"

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Topics Covered: To Enable the student to have good health, to practice mental hygiene, to process emotional stability, Integral Moral values

Summary: Learning to relax is vital for well-being. It reduces tension in all parts of your body and helps you to stay balanced even in stressful situations. With regular Heartfulness Meditation, your mind will become centered and shift to deeper levels of feeling, intuition and consciousness. Cleaning fosters lightness of being, joy and a carefree attitude, as emotional burdens, habits, deep conditioning and complexities are removed. Through a simple bedtime prayerful intention, you can connect humbly with your inner self, listen to your heart's voice, and weave your destiny.

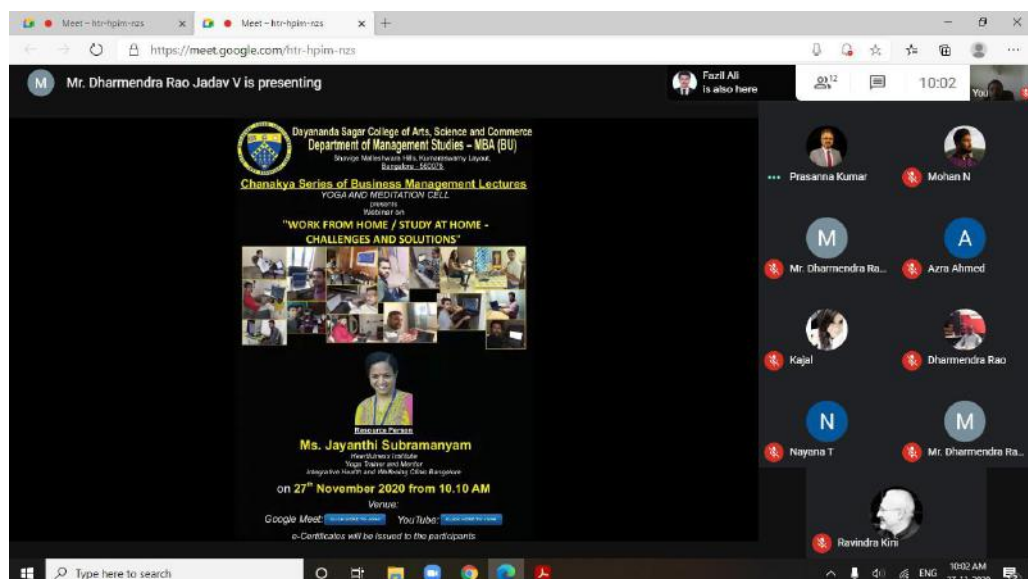
Organized by: Yoga and Meditation Cell

Venue: MBA-BU 6th Floor

Faculties Attended: 30

Students Attended: 100

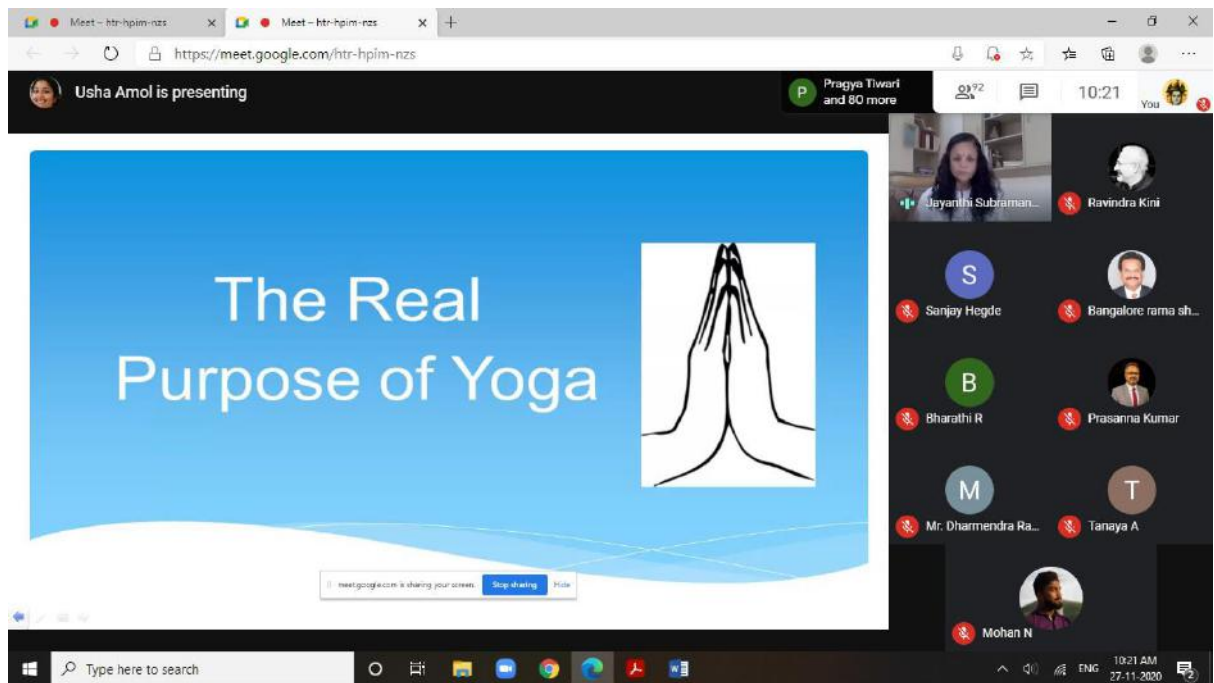
Photos:



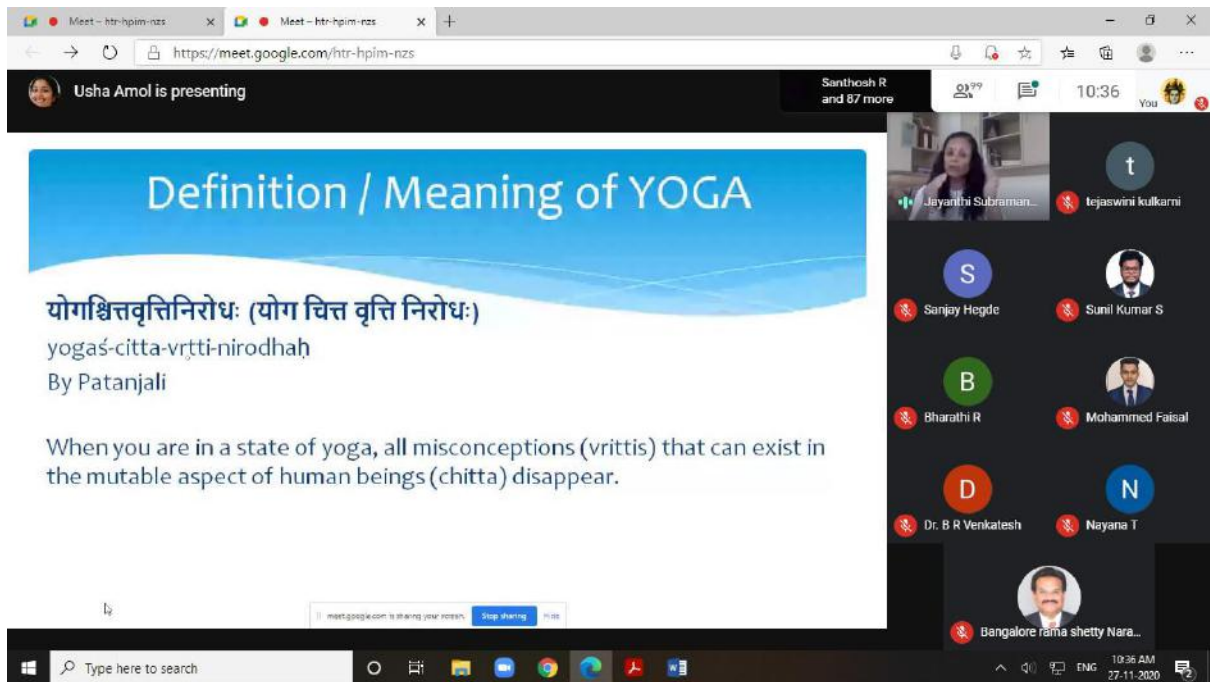
A Yoga program organized by MBA-BU – resource person – Mrs Jayanthi Subramanyam



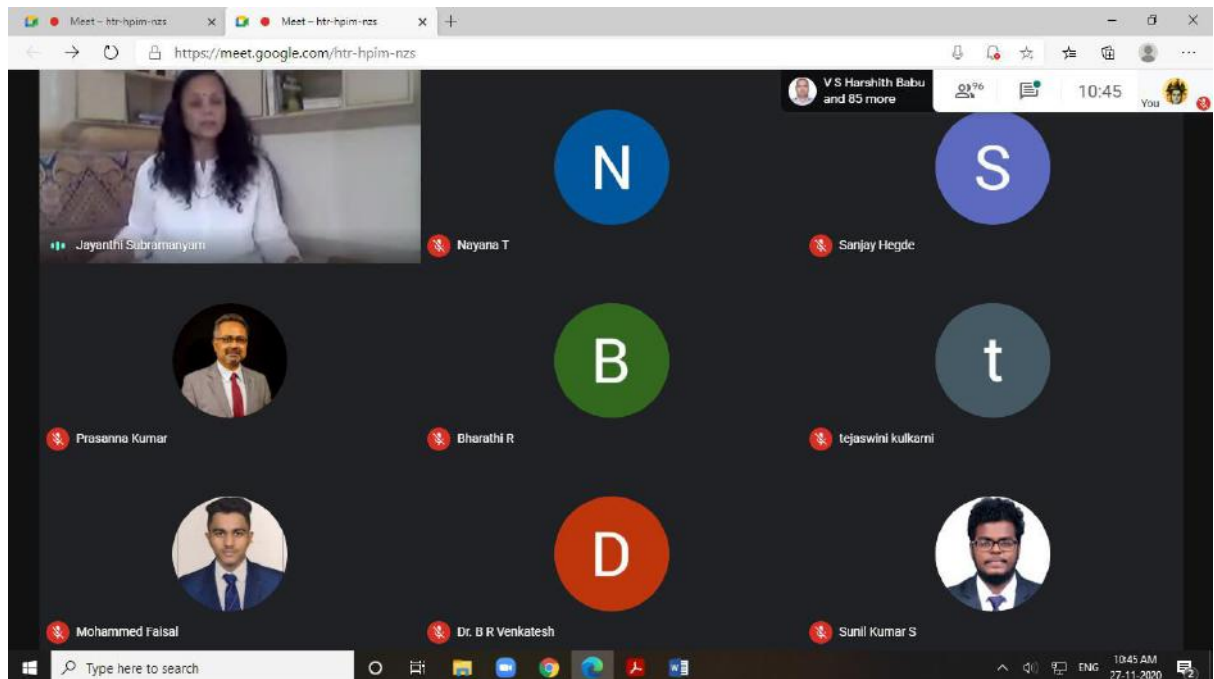
Col Prasanna Kumar Introducing the Resource person.



Mrs. Jayanthi Subramanyam explaining the real purpose of yoga.



A brief about yoga and its use in our daily life



Yoga Teacher demonstrating few yoga postures.



Dayananda Sagar College of Arts, Science and Commerce
Department of Management Studies – MBA (BU)

Shavige Malleshwara Hills, Kumaraswamy Layout,
Bangalore - 560078

Chanakya Series of Business Management Lectures

YOGA AND MEDITATION CELL

presents

Webinar on

**"WORK FROM HOME / STUDY AT HOME -
CHALLENGES AND SOLUTIONS"**



Resource Person

Ms. Jayanthi Subramanyam

Heartfulness Institute

Yoga Trainer and Mentor

Integrative Health and Wellbeing Clinic Bangalore

on **27th November 2020 from 10.10 AM**

Venue:

Google Meet: [CLICK HERE TO JOIN!](#)

YouTube: [CLICK HERE TO JOIN!](#)

e-Certificates will be issued to the participants