

“HEARTFULNESS-MASTER CLASSES”

1st to 3rd February, 2017

Type of Event : HEARTFULNESS MASTER CLASSES-
RELAXATION & MEDITATION

Presenter Name: Mrs. Vasantha Kumari and Mr. C R S Thilak
Trainers, Heartfulness Institute

Event Date & Duration: 01/02/2017, 02/02/2017 & 03/02/2017
three days from 10:30 AM to 11:45 AM

Venue : Seminar Hall-1

OUTCOME OF THE PROGRAM:

All the teaching and non-teaching staffs of ACS College of Engineering are invited for this program. Mr. M.S Murali, Principal, ACSCE also present on the occasion. Prof. N Vasantha Kumari, M.A., M.Phil., Psychology, PGDPC, Trainer Heartfulness Institute and Mr. C R S Thilak, Trainer Heartfulness Institute, conducted Heartfulness Master Classes program.

Heartfulness Master Classes are offered to provide an opportunity to learn simple relaxation and meditation techniques.

By attending the master classes, faculty members got the following benefits:

- Relax for physical well being

- Let go of stress, feel rejuvenated
- Nurture relationships
- Find inner strength
- Find joy within
- Unwind the mind
- Developing confidence and balance life



