



# PONDICHERRY UNIVERSITY NATIONAL SERVICE SCHEME



## & HEARTFULNESS MEDITATION CENTRE

### Organize a Heartfulness Meditation Workshop during 3 – 5<sup>th</sup> October 2018

*on view of Golden Jubilee Celebration of NSS ( 1969 – 2018 )*

(A practical & experiential session on Heartfulness Meditation for happiness,  
improved well being and reducing stress)

Pondicherry University, National Service Scheme and Heartfulness Meditation Centre jointly organizing the Meditation Workshop during 3 – 5th October 2018. This event would be an opportunity for the students, NSS volunteers, research scholars, faculty members and staff of our University to overcome the physical and mental challenges in day-to-day life. Heartfulness offers a simple and practical way to learn relaxation and heart based meditation.

Date & Time : 3 – 5th October 2018 from 3.00pm to 4.00pm

Venue : School of Management (SOM) Auditorium, Pondicherry University

*All are cordially invited*

**Dr. S. Janakiraman**  
Programme Officer, NSS Unit I  
Pondicherry University

**Dr. C. Satheesh Kumar**  
Programme Officer, NSS Unit II &  
Programme Co-ordinator - NSS,  
Pondicherry University

Copy to: (For Information and with a request to display in notice board )

- The A.R. O/o. VC – for kind information of the Vice Chancellor
- The A.R. O/o. Registrar – for kind information of the Registrar
- System Manager, CC – with a request to host in the University website