

Yoga Program - Heartfulness foundation

Date: 12th August to 14th August 2020

Resource Person:

DAY-1	Mr. Ravindra Kini Board Member - Cognitive Skills Private Limited A BRIEF ABOUT IMPROVING THE FOCUS AND ACHIEVING THE FOCUS, DETOX, AND SELF MANAGEMENT THROUGH HEARTFULNESS MEDITATION.
DAY-2	Dr. Krishna Murthy J Director - Center for Integrative Health and Wellbeing NA Emotional Detox to regain confidence with Heartfulness Rejuvenation”
DAY-3	Mr. Prasanna Krishna Founder & CEO - Welfare Harvesters A Valuable tool for Self Management - Inner Connect”

Topic: A BRIEF ABOUT IMPROVING THE FOCUS AND ACHIEVING THE FOCUS, DETOX, AND SELF MANAGEMENT THROUGH HEARTFULNESS MEDITATION. NA Emotional Detox to regain confidence with Heartfulness Rejuvenation”

A Valuable tool for Self Management - Inner Connect”

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: 87

Photos:



Dayananda Sagar College of Arts, Science and Commerce
Department of Management Studies
MBA - BU Programme
Shavige Malleshwara Hills, Kumaraswamy Layout, Bangalore - 560078

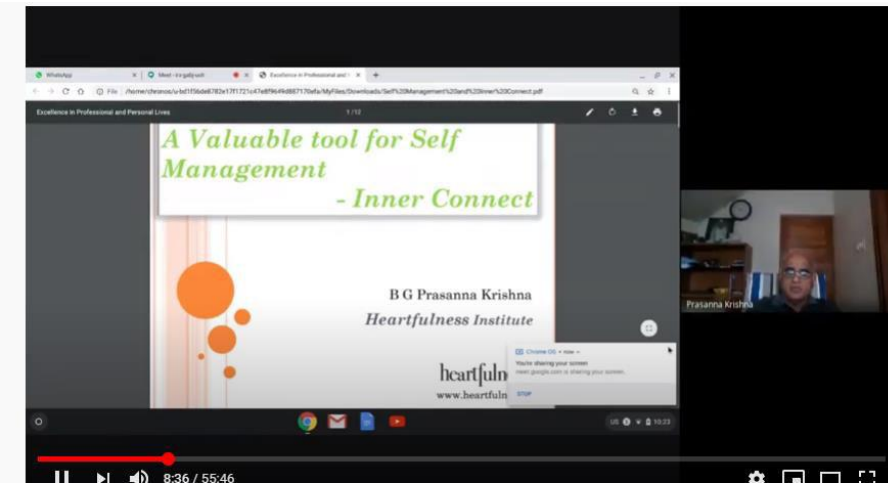
Chanakya Series of Business Management Lectures
Yoga & Meditation Cell
e-Certificate

This is to certify that
Dr. Srikantamurthy M.R.
has successfully participated in three day webinar titled
“An Optimistic Approach on Overall Development”
delivered by

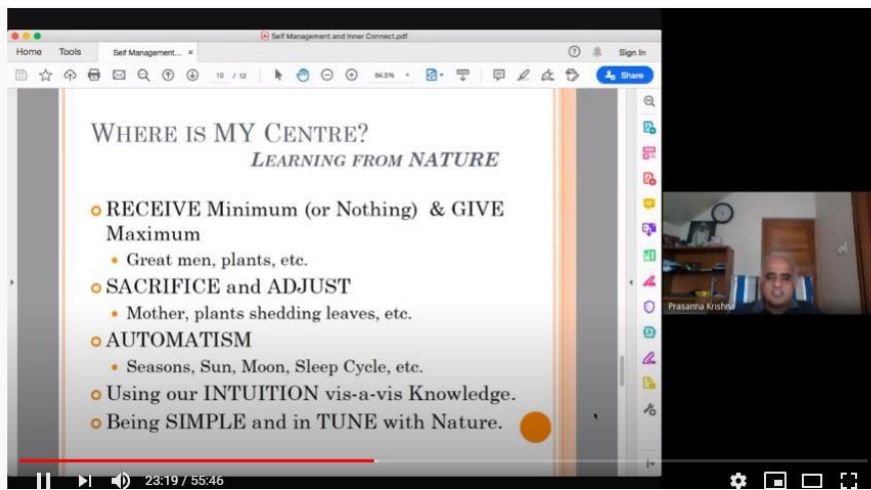
Mr. Ravindra Kini *Board Member - Cognitive Skills Private Limited*
Dr. Krishna Murthy J *Director - Center for Integrative Health and Wellbeing*
Mr. Prasanna Krishna *Founder & CEO - Welfare Harvesters*
of Heartfulness Meditation Center
Date: 12th, 13th & 14th August 2020
Certificate ID: GJMS10-CE000004



Resource person delivering his speech



Resource person delivering info on self-management



Resource Person Dr. Krishnamurthy Delivering his lecture.



The video player displays a presentation slide with a central circular mind map. The mind map is divided into two concentric circles. The inner circle contains a photograph of a woman with her hands on her head, surrounded by a cloud of grey dots. The outer ring contains the following handwritten text in red: "Multi-tasking", "Job Security", "Employee Motivation", "Inventory mgt.", "Cash flow mgt.", "Keeping business going", "Socialise", "Inability to Socialise", "Fake News on COVID-19", "Excessive Social Media", "Daily Essentials Availability", "Lock down Extension", and "Multi-tasking". To the right of the mind map, the word "Concerns" is written in black, with a line pointing to the diagram. Below "Concerns", the phrase "Triggered by COVID" is written in red. The "heartfulness" logo is visible in the bottom right corner of the slide, with the tagline "purity | weaves destiny" underneath. The video player interface at the bottom shows a play button, a progress bar at 13:09 / 1:09:40, and various control icons. A small video feed of the speaker, Ravindra Kini, is visible in the top right corner of the player.

Mr. Kini presenting about what mental stress is, and how to overcome it.