

**VALUE ADDED COURSE ON “WORK LIFE BALANCE:
MANTRAS OF SUCCESS” HELD FROM 29TH MARCH TILL
01 APRIL 2023**

A four day value added course of 32 hours duration was organised on “Work Life Balance: Mantras of Success” from 29th March till 01st April 2023 by the Department of Oral and Maxillofacial Pathology & Oral Microbiology in collaboration with Rajyogya Education and Research Foundation, Brahmakumaris, Mt. Abu, Rajasthan. A total of 156 participants attended the course, the resource persons for the course were BK Laxmi (Head & Co-ordinator, Rajyoga Meditation centre, Brahmakumaris, Shradhapuri, Meerut), BK Piyush (Zonal Coordinator, Scientist and Engineers Wing, Brahmakumaris, New Delhi), BK Rajkiran (Retired Bank Officer, Senior Rajyoga Teacher), BK Neha (Rajyoga Teacher, Brahmakumaris, Shradhapuri, Meerut), BK Neha (Self-Management Trainer), BK Jyoti (Rajyoga Teacher, Brahmakumaris, Shradhapuri, Meerut), BK Aarti (Rajyoga Teacher, Brahmakumaris, Shradhapuri, Meerut), BK Prof. Dr. Ramendra (Principal, SGPG College, Sarurpur, Meerut). All the speakers talked to participants about time management during studies, how to cope up with stress and anxiety, relationship issues and also told student about benefits of meditation and its long term effects on personal as well as social well-being. The workshop also included some activities like meditation, brain exercises and one to one interactions with students. The workshop successfully ended on 01st April 2023 with valedictory function where all the guest speakers were felicitated and also all the participants were given certificate of attendance.



GPS Map Camera



Meerut, UP, India
Subharti Puram, Meerut, 250002, UP, India
Lat 28.959124, Long 77.637540
03/29/2023 10:00 AM GMT+05:30
Note : Captured by GPS Map Camera





Meerut, UP, India
Subharti Puram, Meerut, 250002, UP, India
Lat 28.958947, Long 77.637472
03/29/2023 10:19 AM GMT+05:30
Note : Captured by GPS Map Camera



Meerut, UP, India
Subharti Puram, Meerut, 250002, UP, India
Lat 28.958947, Long 77.637472
03/29/2023 09:58 AM GMT+05:30
Note : Captured by GPS Map Camera