

**4-day long 'Art of Living' (AOL) Programme for the faculty, staff and research scholars
from December 7th to 10th, 2021**

'Art of Living' (AOL) Programme: Centre for Human Values & Ethics (CHVE) organized 4-day long programme conducted by 'Art of Living' (AOL) foundation in the University premises from 7th December to 10th December 2021. The programme was conducted by senior faculties of Art Of Living (AOL) spread over 3 sessions of 3 hours. Prof. (Dr.) Mahesh Verma, the Hon'ble Vice Chancellor, GGSIPU inaugurated the programme on December 7, 2021. Hon'ble Vice Chancellor delivered a highly motivating address and urged the participants of GGSIPU to adopt spiritual and meditational techniques for dealing with day to day life-stress. The workshop was aimed at introducing the faculty, staff and research scholars to a newer outlook and holistic lifestyle which may aid them in overcoming and handling day to day life stress. The participation fee for all was sponsored by the University.



 **Guru Gobind Singh Indraprastha University**
Sector-16 C, Dwarka New Delhi

 **THE ART OF LIVING**

presents

EXECUTIVE PROGRAMME
(For faculties/staff/research scholars)

by

ART OF LIVING ORGANIZATION
(7TH-10TH DECEMBER 2021)

Inaugural:
7th December 2021(Online) 03:00 pm

by

Padma Shri Prof. (Dr.) Mahesh Verma
Vice-Chancellor, GGSIPU

Programme: 8th, 9th and 10th December-2:00 to 5:00 pm

Venue: E- Block Seminar Hall, GGSIPU

Organized by
Prof. Vaishali Singh, In-charge
Centre for Human Values and Ethics, GGSIP University, New Delhi

Register here
www.bot.ly/AOLP-GGSIPU