

ONLINE
Meditation
Breath & Workshop

The Art Of Living Happiness Program

Chief Patron -
Prof. V. R Sastry
Vice Chancellor, DBATU



www.artofliving.org



18TH - 21ST MAY
10:00 AM - 12:00 PM
Saurabh Bothra - 9404080109



**Dr. Babasaheb Ambedkar
Technological University**
डॉ. बाबासाहेब आंबेडकर तंत्रशास्त्र विद्यापीठ

METHODOLOGY



Energy & Creativity

- Levels of Existence
- Sources of Energy
- Science of Breath
- Creativity & Acceptance



Responsibility & Power of Mind

- Awareness & Commitment
- Demand, Capability & Performance
- You - Power - Situation
- Nature of Mind



Communication & Conflict Resolution

- Types of Listening
- Types of Communication
- Perception, Observation & Expression

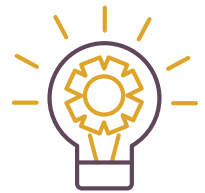


Inspiration, Empowerment & Sustainability

- Motivation vs Inspiration
- Roles of Different Management
- Leadership Styles
- Relationship Building

BENEFITS OF THE ONLINE MEDITATION & BREATH WORKSHOP

The way you breath
can have a tremendous
impact on the quality
of life you lead



*Clarity amidst
uncertainty*



*Improved
resilience*



*Problem Solving
Ability*



*Decision Making
Ability*



*Team Building
Ability*



*Improved
Relationships*



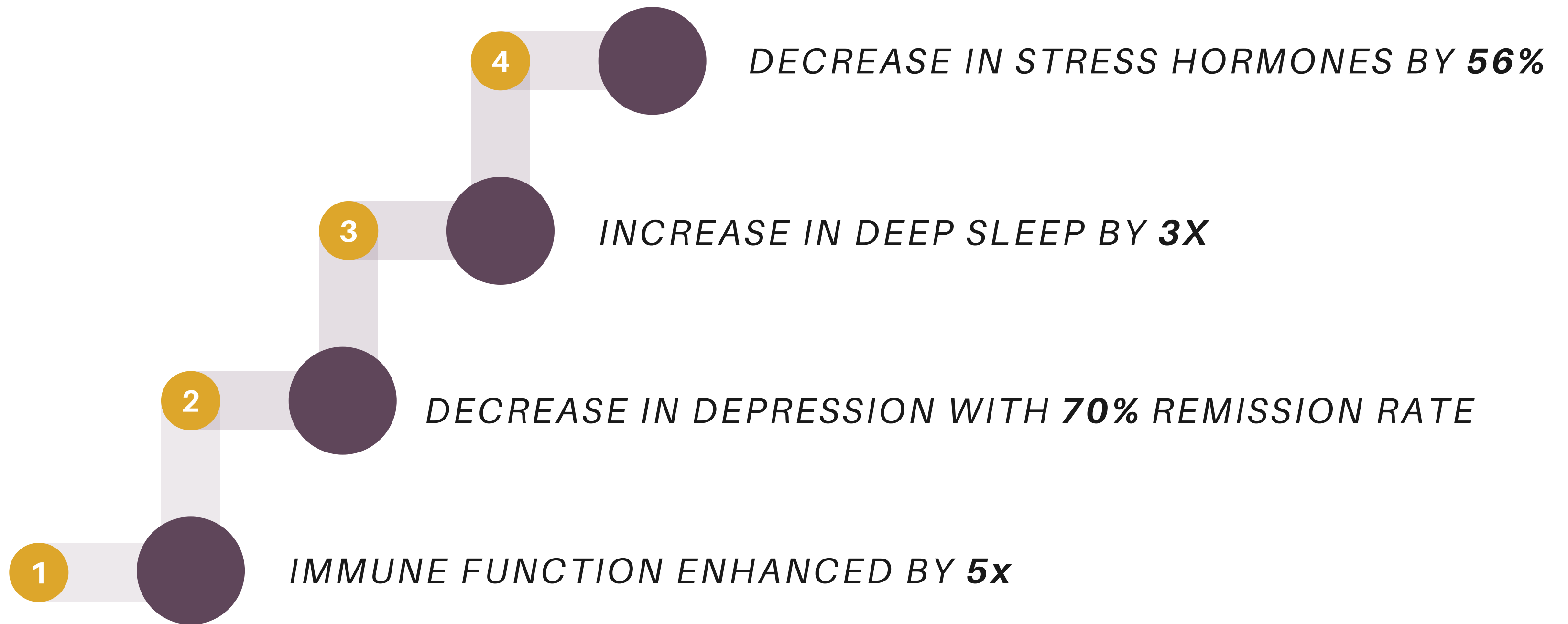
*Anxiety & Fear
Elimination*



*Enhanced
Interdependent Skills*

SUDARSHAN KRIYA YOGA

Over 70 independent studies conducted across four continents have demonstrated a comprehensive range of benefits from practising Sudarshan Kriya Yoga





RAJESH JAGASIA

Director, Art of Living Programs

International Faculty, Art of Living

Founder, Sri Sri Seva Mandir School, Aurwantand

Rajesh Jagasia, a former leading software professional and now **Director and International Faculty with the Art of Living**, has addressed people globally on Human Values, Holistic Education, Lifestyle, Women Empowerment and been a life coach and inspiration to thousands!

With the vision of **bringing a positive transformation in field of education**, he has taught multiple workshops to thousands of students, faculties and leadership, transforming their lives, and mentoring them to success.

Currently, as a Director of Art of Living, he's leading **50,000+ Art of Living faculties** worldwide towards Gurudev Sri Sri Ravi Shankar ji's mission of creating a stress free, violence free society.

TRAINER'S PROFILE