

R U organised three days workshop on “designing destiny..the heartfulness”

Jaipur May 31 The university of Rajasthan organised three days workshop on very relevant issue “designing destiny....The Heartfulness Way”. during three days from My 29 to 31st May, various aspects and reasons relating to the betterment of health were discussed.

The workshop organised by R U psychological counselling cell in collaboration with the Heartfulness institute.

The heart has infinite wisdom to guide and help to realise the true potential of oneself young minds who are the future of the nation need to be able to access this immense power within themselves to actualize their lives. keeping this in mind, experts from the Heartfulness institute delivered a talk on stress management, self confidence and gave a practical sessions regarding the Heartfulness practice; relaxation, meditation, cleaning and connect with the inner- self. They used the heart- based approach which has helped the students to dive deeper within, from the complexity of the mind to the simplicity of the heart. Workshop was coordinated by Dr. Chitra Choudhary and Dr Madhu Jain proposed a vote of thanks to all.

Dr. Bhupendra Singh Shekhawat

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