

Govt College for Women, Hisar



Department of Psychology
organizes Professional Development Programme on

BRAIN AND BODY BALANCING

Date : 08.05.2024

Time : 12:00 Noon onwards

Sub Topics :

1. To improve level of concentration
2. How to control over thinking
3. Emotional Management
4. Memory improvement

Resource Person :

1. Dr. Jitender Kumar
2. Dr. Suman Behmani

Wisdom of Mind, Institute of Mindfulness
and Behavioral Study Center Hisar

Registration Link : <https://forms.gle/rwwbkiUycVrt19Qz6>

Google Meet Link : <https://meet.google.com/yvj-jzvy-pcr>

This PDP is in Blended Mode. Participants outside from GCW, Hisar can join the session online by clicking on the above google meet link.

Registration Fee : Nil

e-Certificate will be provided to all the participants who will attend the session.

Organized by :
Faculty of Psychology

Dr. Ramesh Arya
Principal