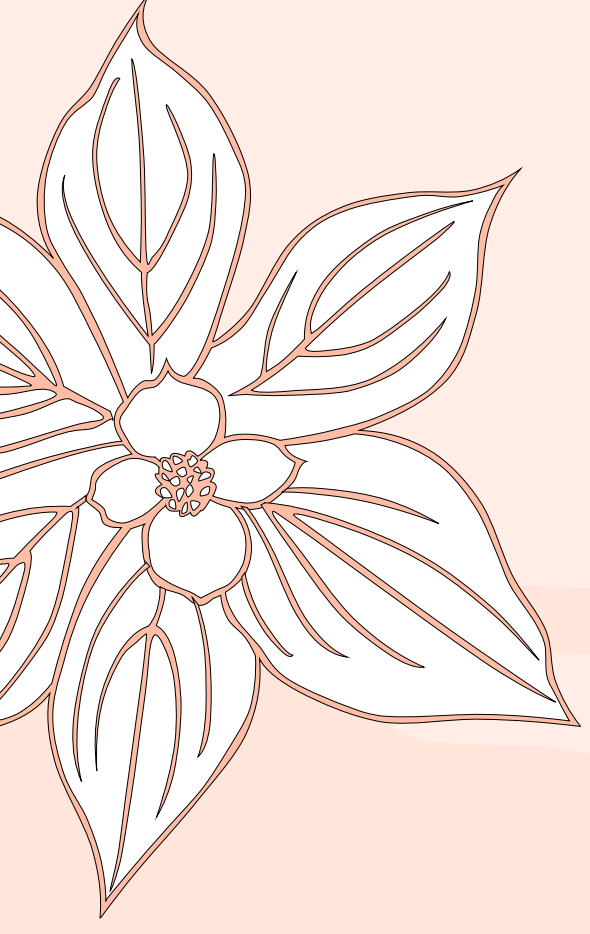


CAPACITY BUILDING AND SKILL ENHANCEMENT PROGRAMME



ART OF MINDFULNESS

BRAMHAVIDYA

The speaker Suhasini Bavdekar is an expert of the brahmavidya which addresses how to achieve health & success by the practice of effective techniques of Breathing Exercises and Meditation specifically designed for children and youth.



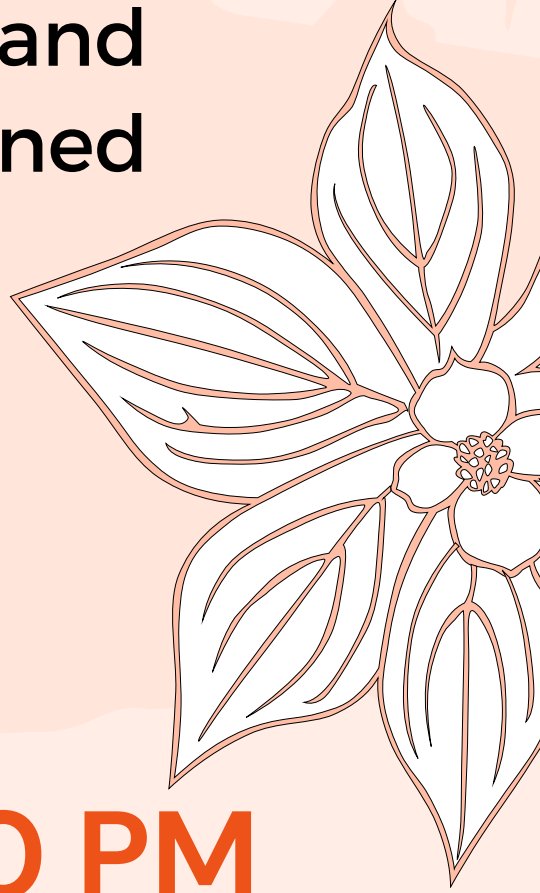
Mrs. Suhasini Bavdekar
Course trainer at bramhavidya



2nd Jan 2024



1:00 PM – 2:00 PM



Ar. Smita Patil
Faculty Coordinator

Dr. Ujjwala Palsuley
Principal, MMCOA



MARATHWADA MITRAMANDAL'S COLLEGE OF ARCHITECTURE

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