

NSS LC-II x ART OF LIVING  
Presents



# MEDITATION CAMP

- Open for All! Registration is mandatory!
- On 30th Jan 2025 at 12 PM
- At Moot Court Hall, Umang Bhawan

Join us to understand your mind, practice breathing techniques and meditate!

 @NSS\_LC\_II\_DU

 REGISTER NOW



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Life is a precious gift and gratitude is the greatest wealth" ~ Gurudev Shri Shri Ravi Shankar

The NSS Unit of Law Centre-II, Faculty of Law, University of Delhi, in collaboration with Art of Living invites you to a special  
**MEDITATION CAMP**

# STRUCTURE OF THE EVENT

- **Understanding the Mind:** Explore how the mind overthinks and amplifies small things.
- **Interactive Q&A:** Discuss personal experiences and practical ways to manage mental patterns.
- **Breathing & Meditation:** Practice breathing techniques and guided meditation to calm the mind.

# **OPEN FOR ALL!**

**DATE**

**January 30, 2025**

**TIME**

**12:00 PM - 1:30 PM**

**VENUE**

**Moot Court Hall,  
Umang Bhawan**

**REGISTER NOW**

