



राष्ट्रीय सेवा योजना
NATIONAL SERVICE SCHEME
विधि केन्द्र -२, विधि संकाय
LAW CENTRE- II, FACULTY OF LAW
दिल्ली विश्वविद्यालय
UNIVERSITY OF DELHI



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DATE:04:11:2025

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NOTICE

The NSS Unit of Law Centre–II is delighted to announce a Meditation Camp in collaboration with The Art of Living, on the transformative theme —

THEME:- “Mind Management and Life Hacks: How Breathing Leads to Better Efficiency, Productivity & Your Best Life”

In today’s fast-paced world, managing the mind has become the key to achieving inner balance and outer success. This special session will guide students on how simple breathing techniques can enhance concentration, reduce stress, and unlock one’s full potential — leading to a healthier, happier, and more productive life.

Date: 6th November, 2025

Venue: Moot Court Hall, Umang Bhawan

Time: 11:00 AM

Under the expert guidance of: Ms. Anshika Bansal, Certified Art of Living Instructor. All students are encouraged to participate and experience the profound benefits of mindfulness and meditation through this interactive session. Let’s take a step toward self-awareness and well-being together.

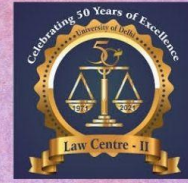
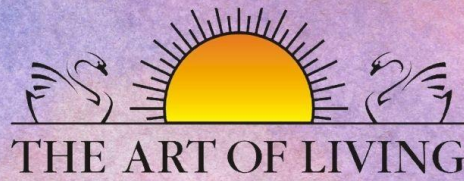
Join us and breathe your way to your best self.

(NOTE :- THIS EVENT IS OPEN FOR ALL STUDENTS OF LAW CENTRE-II)

Warm Regards

Dr. Nitesh Saraswat

Program Officer , NSS UNIT, Law Centre-II



NSS Unit of Law Center-II
in collaboration with Art of Living
presents!

MEDITATION CAMP

On 6th November, 2025 (Thursday), 11AM Onwards

Venue:- Moot Court Hall, Umang Bhawan

MIND MANAGEMENT & LIFE HACKS

**How breathwork leads to better efficiency,
productivity and your best life.**

**FOR ANY QUERIES CONTACT: +91 9199348150
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