



# Interdisciplinary Online Meditation Course

*Meditation & concentration are the way of life to serenity*

**OPEN TO ALL**

**Course Commences on 5<sup>th</sup> October 2021**

**Dr. Amal S Chandran**  
Course Co-ordinator

**Dr. Ashok Patil**  
HOD, Dept Swasthavritta & Yoga

**Miss. Navya Prabhu**  
Yoga Demonstrator

**Dr. P G Jadar**  
Dean / Principal

**Organized by**



**KAHER'S**

**SHRI B.M. KANKANAWADI AYURVEDA MAHAVIDYALAYA**

**Last date for Registration : 3<sup>rd</sup> October 2021**

**FOR DETAILS CONTACT**

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**For Registration [Click Here](#)**