

75
Azadi Ka
Amrit Mahotsav



भारत 2023 INDIA
कस्यैव कुरुक्षेत्रम्
ONE EARTH • ONE FAMILY • ONE FUTURE

INDIRA GANDHI DELHI TECHNICAL UNIVERSITY FOR WOMEN

**RELAXATION WORKSHOP
(Breathing Techniques, Creative Visualization)**

**“Take a deep Breath
Inhale Peace
Exhale happiness.”**

Monday

2:00 PM to 4:00PM

Venue : IGDTUW Campus, Krishna Hostel Visitors Room

Ms . Yamini Punj
Psychologist, Psychotherapist, Graphologist

