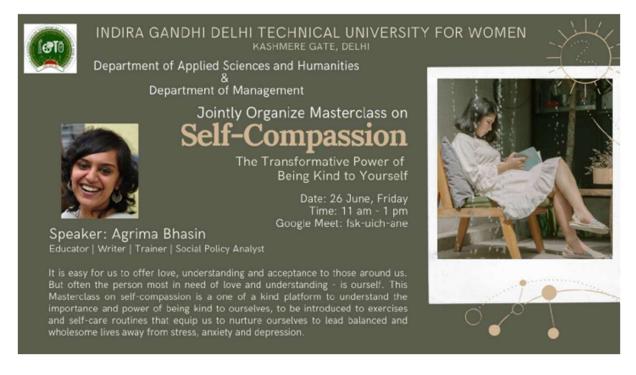


## Indira Gandhi Delhi Technical University for Women (Established by Govt. of Delhi vide Act 09 of 2012) Kashmere Gate, Delhi-110006

## Master class on Self Compassion

Department of Applied Sciences & Dept. of Management jointly organized a Google Meet on Master class on Self Compassion – the Transformative Power of Being Kind to yourself on 26th June, 2020 by Agrima Bhasin. The event was attended by a total of 65 students in an online mode.



The session featured a knowledgeable and experienced speaker who specializes in mindfulness, psychology, or well-being. The speaker guided participants through a comprehensive exploration of self-compassion and its various dimensions.