



JYOTI NIVAS COLLEGE AUTONOMOUS BENGALURU

Reaccredited by NAAC with A+ grade and conferred College of Excellence by UGC

DEPARTMENT OF BOTANY

Organizes a National Workshop on

METAMORPHOSE STRESS TO SERENITY

RESOURCE PERSON



Dr. Sarvamangala Khanapuri

Spiritual Scientist, Counselor, Core Skill Trainer,
Hypnotherapist and Yoga Therapy Consultant
Founder and CEO, BLISS Mindapps Bengaluru.

PRESIDED BY:



Dr. Sr. Lalitha Thomas

Principal
JNC Bengaluru

SATURDAY, FEB 26 TH
AT 10:00 AM

ST. JOSEPH'S AUDITORIUM
JNC. BENGALURU

Participants will be provided with E-certificates

ALL ARE WELCOME