

HARMONY

A workshop on positive interpersonal emotions based on Yogic psychology

Have you ever thought of having more harmony with people around you? If yes, this workshop is for you !

The workshop will help participants look at some common barriers to positive interpersonal relationships and ways to remove them, from a Yogic psychology perspective, for cultivating more harmonious relationships.

Organizer/ Resource person:

Dr. Jyotsna Agrawal, Associate Professor,
VIPRA (Vedic Indian Psychology Research Application)
Department of Clinical Psychology, NIMHANS

When: 5th August & 12th August, 2021

(2 online sessions, from 10am – 12.30 pm)

Registration fee: 400/- (Limited seats)

To register, send an email to:

nimhans.wellbeing@gmail.com & copy to
vipra.nimhans@gmail.com