

PUBLIC LECTURE ON

# Flourishing with Bhagavad Gita



**SPEAKER:**

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**NIMHANS**

Bhagavad Gita is one of the most important philosophical-spiritual texts from ancient India. Situated amidst a crisis, it narrates the dilemmas of the hero Arjuna and his counseling by his mentor-guide Sri Krishna, and therefore is rich in psychological insights. The current talk will focus on the relevance of Bhagavad Gita for mental health and well-being, in modern times.

**Date & Time: 07th May 2022 | 3.00 PM**

**Join Zoom Meeting**

[https://us06web.zoom.us/j/88057639700?](https://us06web.zoom.us/j/88057639700?pwd=KzBXS1pTTXpDVnlpdnllbkNKZThrQT09)

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**Meeting ID: 880 5763 9700 Passcode: 905088**

**Organised by: NIMHANS Centre for Well-Being**