

“Har Dil Dhyān Har Din Dhyān”

A workshop on STRESS MANAGEMENT THROUGH MEDITATION

By SKNAU, Jobner university in association with
Heartfulness institute

**February 23rd to 25th, 2023
11:00 AM to 12:30 PM**



PATRON

Prof. Balraj Singh
Hon'ble Vice Chancellor
SKNAU, Jobner



Chief Guest

Dr. Vishnu Kant, IPS
IG Police (Home Guards)
Jaipur



Guest of Honour

Tarun Toshniwal
Ex Director & State Informatics
Officer, NIC, Rajasthan



Guest of Honour

Dr. Vishnu Singh Bareth
Deputy Commissioner
State Tax (GST), Jaipur



Meditation Experts

Dr. Chitra Choudhary
Assistant Professor, Economics Department, RU, Jaipur

Mr. Narendra Yadav
Trainer for Heartfulness

Mr Sanjeev Singh
Retd. Executive Director, LIC and Trainer for Heartfulness

Mr. Manoj Nagar
Senior Technical Director, National Informatics Centre
(NIC), Gol and Trainer for Heartfulness

Mr. Sunil Agarwal
Mrs. Poonam Kandelwal
Mr. Nishant

ORGANIZING TEAM

Mr. Vinod Kr Kudi
Mr. Pawan Choudhary
Mr. Mahesh Sharma
Mr. Mukesh Choudhary



ORGANIZER
Dr. A.K. Gupta
PI, NAHEP
SKNAU, Jobner



Organizing Secretary
Dr. O.P. Garhwal
Nodal Officer, AUS



Organizing Secretary
Dr. B. S. Badhala
Incharge READY
SKNAU, Jobner



Dr. B. L. Jat
Dean and Faculty
Chairman
SKNAU, Jobner

Organized by
NAHEP, SKN Agriculture University
Jobner, Jaipur (Rajasthan)