



**DEPARTMENT OF EVENING STUDIES-MULTI DISCIPLINARY RESEARCH CENTRE
PANJAB UNIVERSITY, CHANDIGARH.**

Dated: 14.03.2023

Extension Lecture on Meditation

An extension lecture is being organized by the Department on the importance of meditation in our life and how to perform meditation, in Principal P.L. Anand Auditorium (Evening Auditorium) on 15.03.2023 (Wednesday) from 6:00pm to 7:00pm. All students who have registered themselves for the said lecture are advised to reach in the auditorium at 5:45pm sharp.

**Sd/-
Prof. Neeraj Jain
Chairperson**

**Sd/-
Dr. Keerti Vardhan
Coordinator**