



ONE DAY STATE-LEVEL SEMINAR ON



# SCIENCE & MEDITATION

ORGANIZED BY  
**CHITTARANJAN COLLEGE**  
IN COLLABORATION WITH IQAC

## INVITED SPEAKER



**DR. ANIRBAN BHUNIA**  
PROF. BOSE INSTITUTE, KOLKATA

## CHIEF PATRON

**MR. VIVEK GUPTA**  
(PRESIDENT, GB)

## PATRON

**DR. KANA MANI MUKHERJEE**  
(PRINCIPAL)

**DATE : 06/05/2024**

**TIME : 1:00 PM – 2:00 PM**

**VENUE : ICT ROOM,  
CHITTARANJAN COLLEGE**

### About the Event :

- *Himalayan Samarpan Meditation can help reduce stress, it also offers other holistic benefits.*
- *Declutters the mind, by easing out thoughts, thereby increasing alertness and concentration.*
- *Infuses a sense of positivity, a self-belief that helps us overcome newer challenges.*
- *Balances our mind, leading to balanced decisions, which is the key to a harmonious life.*