



STRESS FREE 2023

heartfulness
advancing in love

Speakers



**Dr Supriya
Bangera**



Manisha Hande



Col Sunil Chandran

heartfulness
advancing in love

Experience Heartfulness

- ❶ Relax & breathe
- ❷ Meditate & regulate the mind
- ❸ Clean your heart & mind
- ❹ Connect with your higher self



**Dr A. O. Dahad
Principal**



**Dr Vikas Deo
Zonal Coordinator
Heartfulness Institute**



**Dr Suvarna Kale
Even Coordinator**

**23,24,25 February
2023**

**Time-
3.00 PM To 4.00 PM**



SNJB's Smt.K.B.Abad HMC, Chandwad
Organises Lecture on

HUMAN VALUE DEVELOPMENT



Our Speaker for the event -
DR.KAVITA SONAWANE

• MBBS & DGO & AOL Teacher

DATE - 14 JANUARY 2023

- Time - 3 pm to 4.30 pm
- Target Audience - III & IV BHMS Students
- Venue - A.V Hall ,II floor,Smt.KBA HMC
- Lecture arranged by - Student Support & Progression Committee





Address : Chandvad, Chandvad,
423101, MH, India

Latitude : 20°20'7"N

Longitude : 74°14'30"E

Altitude : 747.61 meters

Date : 01/14/2023 03:24 PM

Note : Lecture on Human value
development by Dr.Kavita
Sonawane