



Higher Education @ 2030 : R.I.S.E.
Resilience. Innovation. Sustainability. Enterprise.

February 25-27, 2021

Masterclass
On
‘Mental and Physical Wellness: Mind, Body and Spirit in Harmony’
February 24, 2:30 pm – 3:45 pm

Today we live in a complex World. On one hand, we are progressing with advances in Science and technology and on the other hand we are faced with huge challenges like the Pandemic and Global Warming . To convert challenges into an opportunity we require the right mindset and the resilience to deal with those challenges . The key to resilience is the synchrony between a healthy mind, body and spirit .

So join us to find out the key ingredients to our Wellbeing in our preconference Workshop on Mental and Physical Wellbeing- Mind, Body and Spirit in Harmony

Convenors:

- **Prof. (Dr.) B. R. Sharma, Dean, Faculty of Health and Wellness, Professor & Head, Department of Yogic Science, Sri Sri University, Odisha**
- **Dr Girija Mahale, Head, Symbiosis Centre for Emotional Wellbeing**
- **Ms. Shweta Sharma, Head, Recreation & Wellness Center, Department of Sports Recreation & Wellness, Symbiosis International University**
- **Mr Pankaj Vij, Deputy Director-Operations, Sri Sri University**
- **Ms. Beulah Koulage, Assistant Director- Physical Education & Sports, Department of Sports Recreation & Wellness, Symbiosis International University**

Masterclass registration link : <https://bit.ly/37lx7aW>

Register for the Summit at : <http://registrations.ficci.com/hesfic/visitor-registration.asp>. The joining details will be shared on the registered email ID.



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