

### **'GYAN MANTHAN'**

On **16<sup>th</sup> January 2021, 12 o'clock noon** Dr. Farha Rizvi, Associate Professor, Department of Happiness, Era University, Lucknow will enlighten the students about **'The Power of Prayers and Meditation'** in the interactive activity series Gyan Manthan. Through this session the students will be counselled about the mental and spiritual healing and calmness required in the turbulent times, specially relevant in times of uncertainty and stress during pandemic conditions.

The session will be conducted at Mini Auditorium, Era University Building.

**Assistant Registrar**

**(Academics)**