



UQ-IITD RESEARCH ACADEMY SEMINAR SERIES

Nurturing Minds Through Progressive Research: Unveiling the Future



MINDFULNESS

Join us for an enriching seminar on mindfulness and meditation! Discover the transformative power of being present in the moment and cultivating a calmer mind. Explore practical techniques to enhance your well-being and reduce stress. Our expert speaker will guide you through mindfulness practices, offering valuable insights for a more balanced and focused life. Whether you're new to meditation or seeking to deepen your practice, this seminar provides a welcoming space for personal growth. Don't miss this opportunity to embrace mindfulness and unlock the potential for a healthier, more mindful existence.



Speaker: Prof. Tanusree Chakraborty
Associate Dean Student Welfare
IIT Delhi

Reserve your spot for an inspiring journey at LHC 212, IIT Delhi

Join online (Microsoft Teams):
<https://shorturl.at/buwIZ>

RSVP
Professor In-Charge of Academy (PICA)
UQ-IITD Research Academy
pica@admin.iitd.ac.in

19th January 2024
9:30 AM – 10:30 PM IST
2:00 – 3:00 PM AEST



THE UNIVERSITY
OF QUEENSLAND
AUSTRALIA