

No.:CPJCHS/2023/179

27-March-2023

NOTICE

**Grievance Redressal Committee (GRC) is Organizing Workshop
for students' conducted by "SAHAJA YOGA"**

"Meditation is the only way you can grow because when you meditate you are in Silence; you are in thoughtless awareness. Then the growth of awareness takes place. – H. H. Shri Mataji Nirmal Devi."

We are pleased to inform all the Students of **BBA(G)/ BBA(CAM)/ BCA/ B.COM(H) B.A LL.B(H) & BBA LL.B(H)** that, the Grievance Redressal Cell of our College is organizing Sahaja Yoga Meditation Session for Mental Health & Well Being.

Date : Monday, 03-April-2023
Time : 12:00 p.m. onwards
Venue : CPJ Campus, Multi Purpose Hall (MPH)
Dress Code : Carry casuals

Further to Note, Attendance is Mandatory and any violation would be taken seriously.

For any query, you may contact –

Ms. Swati Malik, TPO MCIT : 9899319607
Ms. Saumya, Prog. Coordinator : 9871058380

**Sd/-
Director**