



**MAHARAJA AGRASEN COLLEGE**  
UNIVERSITY OF DELHI



**Vivekananda Study Circle**

Under the aegis of ECA MAC



CELEBRATING ITS FOUNDATION WEEK **दिव्य निरामय**

INVITES YOU FOR

**सर्वत्र<sup>2023</sup>**

**MEDITATION SESSION**

GUEST SPEAKER



**Shri Nikhil Yadav**

Prant Yuva Pramukh,  
Vivekananda Kendra, Uttar Prant

**TOPIC**

**HOW TO GET RID OF  
EXAM STRESS**

PRANAYAMA

PRATYAHARA

ASANA

DHARANA

NIYAMA

DEHYANA

YAMAS

SAMADHI



12 SEPTEMBER, 2023

2:00 PM TO 3:00 PM

**VENUE: AUDI LOBBY**

**Prof. Sanjeev Kumar Tiwari**  
Principal (offg.)

**Dr. Renu Saini**  
Faculty Coordinator VSC &  
Convener ECA Committee



**CONTACT US**

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