

## **INVITATION**

### **ETHICS and VALUES COMMITTEE**

**Jiwaji University, Gwalior**

(NAAC Accredited 'A' Grade University)

**Talk**

**on**

**“ART OF LIVING”**

**Elimination of Stress and Achievement  
of Tranquility and Clarity of Thought:  
Holistic Health**

**by**

**Ms. SHAMBHAVI ANGRE**

**Date:**

**October 20, 2016**

**Time:**

**11:30 to 12:30 hrs**

**Venue:**

**Galav Sabhagar, Jiwaji University, Gwalior**

***ALL ARE CORDIALLY INVITED***

**Prof. Anand Mishra**  
**Registrar**

**Prof. Renu Jain**  
**Convener**