



**DEPARTMENT OF EVENING STUDIES-MULTI DISCIPLINARY RESEARCH CENTRE  
PANJAB UNIVERSITY, CHANDIGARH.**

Ref. No. 527/DES  
Dated: 10.03.2023

**Extension Lecture on Meditation**

An extension lecture is being organized by the Department on the importance of meditation in our life and how to perform meditation, in Principal P.L. Anand Auditorium (Evening Auditorium) on 15.03.2023 (Wednesday) from 6:00pm to 7:00pm. Interested students are required to register themselves for the same through following link by 14.03.2023 (Tuesday):

[https://docs.google.com/forms/d/e/1FAIpQLSfaA-D88\\_jI9t7LwuEWTcwVBbqofNfH5qHdgvbFmzeN5CPgJA/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSfaA-D88_jI9t7LwuEWTcwVBbqofNfH5qHdgvbFmzeN5CPgJA/viewform?usp=sf_link)

**Note :** Entries will be accepted on 'first come first' basis and first fifty students will be allowed to attend the programme. e-Certificates will also be issued.

**Sd/-  
Prof. Neeraj Jain  
Chairperson**

**Sd/-  
Dr. Keerti Vardhan  
Coordinator**