



**Department of Life Long Learning
&
R. A. Podar Institute of Management
University of Rajasthan, Jaipur
Organising Program Towards
“Viksit Bharat Sankalp 2047”
On**

Stress Management:
**YOGA AND
SPIRITUALITY**



PATRON

Prof. Alpna Kateja

Hon'ble Vice Chancellor, University of Rajasthan, Jaipur

Date: 20th February, 2024

Time: 12.15 P.M. Onwards

Venue: **Auditorium R.A. Podar Institute of Management,**
University of Rajasthan, Near Gandhi Circle, J.L.N. Marg, Jaipur

Organising By:

Prof. Prakash Sharma

Director, DLL

Dr. M.L.Vasita

Convener

Dr. Shikha Nainawat

Director, RAPIM

Dr. Suman Maurya

Organising Secretary

Yoga Direction: Dr. Anita Dangwal