




COLLEGE OF HOME SCIENCE NIRMALA NIKETAN
DEPARTMENT OF TEXTILE AND FASHION TECHNOLOGY
WEBINAR SERIES ON NEURO LINGUISTIC PROGRAMMING (NLP)
AND YOGA SESSIONS

	You Tube Link	Session 1- https://youtu.be/Rh3MhLwfakw Session 2- https://youtu.be/Nb6l3qTK-G0 Session 3- https://youtu.be/hZ-noFbBn2k Session 4- https://youtu.be/Tvhvm-2qVd8 Session 5- https://youtu.be/ygqkSS0tB_E
	Facebook page link	https://www.facebook.com/profile.php?id=100011906192408
	Instagram Page link	NNC TFT (@tft_department 2018_19)

Join us for a **LIVE**
Introduction to
Neuro Linguistic Programming(NLP) & Yoga sessions
Health is Wealth 🗓️ 15th, 16th, 17th, 18th & 19th June 2020 🕒 2.00 pm -3.00 pm



Mehek Wadhwa
 Holistic Wellbeing Coach
 Yoga Acharya
 NLP & New Code NLP Practitioner

<https://www.youtube.com/channel/UCxT2y9j07IQd1W1k60CAA>
<https://www.linkedin.com/company/mwllite/in/mehek-wadhwa-531426>
<https://www.instagram.com/mehekwadhwawrnametag>

Let's explore & learn about the small practical steps which will lead to a dramatic effect in achieving Mindful state

- Where to begin?
- How to practice?
- Tips on releasing stress.
- Acknowledging our emotions.

Mehek Wadhwa
wellness coach

A NLP & New Code NLP practitioner. Love facilitating. Wish to share the beautiful & calm experience with as many people as I can.



MINDFULNESS
A state of Mind we all seek.

Let's build on our strength and flexibility; Calmly & peacefully, face life..

College of Home Science Nirmala Niketan
 Affiliated to the University of Mumbai
 NAAC Accredited 'A' Grade

DEPARTMENT OF TEXTILE & FASHION TECHNOLOGY



Organising Team



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