



**A TALK
ON
HOLISTIC WELL-BEING THROUGH MEDITATION: AN INDIAN KNOWLEDGE
SYSTEM PERSPECTIVE**

**ORGANIZED BY:
DEPARTMENT OF HISTORY
IN COLLABORATION WITH NCC UNIT AND
I.Q.A.C., HANDIQUE GIRLS' COLLEGE**

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**DATE: 20.02.2026
TIME: 11 a.m
VENUE: STUDENTS' DAY HOME**