



School of Pharmaceutical Sciences
Chettinad Academy
of Research and Education
(Deemed to be University)

Meditation Classes for Pharmaceutical Sciences and Physiotherapy Students Of Care



29th 31st October 2019 – Meditation Classes for Pharmaceutical Sciences and Physiotherapy Students Of Care

Heartfulness is a heart centered approach to life and enables the person to live every moment by the heart. Through this we live naturally and our life is enriched by superior qualities such as compassion, sincerity, contentment, truth and forgiveness. It encourages us to follow a simple and subtle practice of meditation that connects each of us with the light and love in our hearts. By means of meditation, the people of the world are introduced to a daily practice that awakens our potential for simple, joyful existence. This precious gift of human transformation is being offered by the trainers of Heartfulness organization free of charge. A three day meditation session was organized by School of Pharmaceutical Sciences for the students of School of Pharmaceutical Sciences and Physiotherapy.