



25th

MindSpa - Urjaa

Day : **Wednesday**
Time : **3.30 p.m.**
Venue : **Walchand Hirachand Hall, 4th Floor,
IMC Building, Churchgate**

A Relaxed Mind is a Productive Mind

IMC Ladies' Wing invites you for the session on MINDSPA that guarantees Enhanced Energy, healthy self-concept, Self-awareness, inner joy and sustainable happiness.

Today, women grapple with energy; they juggle with life, work and family. Urjaa is a paradigm shift from **Time Management to Energy Management**. Energy is a renewable resource where it allows us to get more done, enhancing wellness and having a zest full life. You can audit your energies, understand productivity cycles of the brain, learn quick mind hacks for enhanced energy and identify true potential with enhanced self-confidence.

Urrja is one of the topics of the MindSpa series, which is first of its kind in providing preventive mental and emotional health care, changing the paradigm to pro-activeness and not reactivity towards mental health.

Dr. Kanan Khatau Chikhali – Happiness Coach,

Mr. Gurdarshan Singh – Strategy Consultant

Ms. Simran Khanna Sharma – Happiness catalyst

The Team of MindSpa will address members of IMC on tapping into the vast pool of energy and potential within, using mind tools and insights.

So come and have an engaging experience.

Registration Fee: Non Member – ₹ 200/- Students – ₹ 150/-

RSVP:

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Organised by

Ms. Vanita Bhandari

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Events Committee

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Advisory

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