



*The Art of Living in association with the Centre of Excellence for Indian Knowledge Systems (CoE-IKS)
And The Office of Dean Student Wellbeing, IIT Kharagpur*

presents

Happiness PROGRAM

Declutter your mind,
Let yourself shine!



DISCOVER THE NEW YOU



Experience the power of Sudarshan Kriya

REDUCES

Stress & Anxiety

IMPROVES

Focus & Mental Clarity

ENHANCES

Joy & Relationships

BOOSTS

Energy & Vitality

27TH OCT-1ST NOV 2026

Tuesday to Sunday | Days 1 - 4: 5:45 pm-8:45 pm | Days 5 - 6: 6 am-12 pm

VENUE: SWAMI VIVEKANANDA WELLNESS CENTRE, IIT KHARAGPUR CAMPUS



conducted by:

Prof. RICH A CHOPRA

*Core Faculty CoE-IKS, IIT Kharagpur
Sr. International Art of Living Faculty*



REGISTER NOW

*Open to all faculty, staff &
students: 18 years & above*

Limited Seats Available

For Queries Contact: 91232 25270 / 84588 40365 / 8707622181 Mail: anudhyanam@iks.iitkgp.ac.in