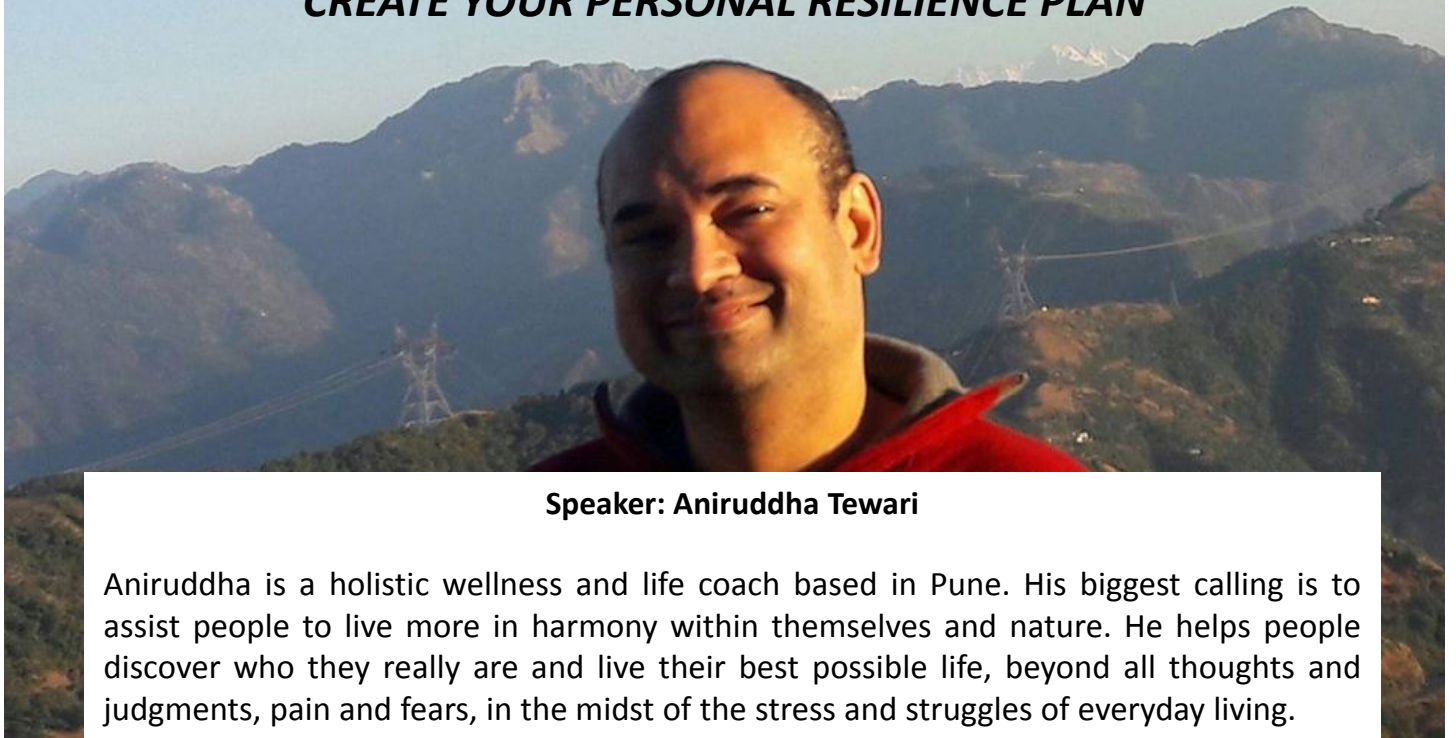


UNDERSTANDING AND MASTERING STRESS

Thursday, 28 Feb 2019 | Time: 3 PM to 5:30 PM

Venue: Lecture Theatre @ Venture Centre, 100 NCL Innovation Park, Pune

***SIMPLIFY THE JARGONS, CLEAR MISCONCEPTIONS
EVALUATE YOUR STRESS LEVELS
EMPHASIS ON HANDLING ENTREPRENEURIAL STRESS
EQUIPS YOU WITH MULTIPLE OPTIONS FOR STRESS RELIEF
CREATE YOUR PERSONAL RESILIENCE PLAN***



Speaker: Aniruddha Tewari

Aniruddha is a holistic wellness and life coach based in Pune. His biggest calling is to assist people to live more in harmony within themselves and nature. He helps people discover who they really are and live their best possible life, beyond all thoughts and judgments, pain and fears, in the midst of the stress and struggles of everyday living.

He has master's degrees in psychology, applied economics and an MBA in IT & Systems. His work integrates psychology, philosophy, spirituality, neuroscience, yoga, nutrition, reiki, principles of wellness and application of contemplative, and mindfulness-based approaches to psychospiritual development and healing.

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