



DEPARTMENT OF BIOCHEMISTRY

**INSTITUTE OF HOME ECONOMICS
UNIVERSITY OF DELHI**




Presents

A WORKSHOP


EMOTIONAL TRANSFORMATION

In collaboration with

CHINMAYA YUVA KENDRA

 **Confrence room (30th)
Room no. 117 (31st)**

 **30th & 31st January, 2025**

 **12:30 p.m. - 1:30 p.m.
(Both days)**

Learn to pause, build self-awareness, and channel emotions positively. Discover tools to overcome fear, cultivate forgiveness, and create a resilient, fulfilled self—because your transformation transforms the nation!

Patron

Prof. Radhika Bakshi
Director

Organizer

Department Of Biochemistry

