



ST. FRANCIS COLLEGE | BENGALURU

Permanently Affiliated to Dr. Manmohan Singh Bengaluru City University
Accredited 'B++' Grade by NAAC | Approved by AICTE

SUSTAINABLE DEVELOPMENT GOALS



सत्यम् ।
ज्ञानम् ।
अनन्तम् ॥

An IQAC Initiative

Indian Knowledge Systems (IKS) Cell

Organizes
A Workshop on

The Synthesis of Mind: Merging Ancient Indian Insights with Contemporary Psychology

AN EXPLORATION OF TIMELESS WISDOM
FOR A HEALTHIER, MORE MINDFUL TOMORROW

Mind
Body
Balance
Well-being



Date:
29 September 2026
(Tuesday)



Time:
10:30 AM – 12:30 PM

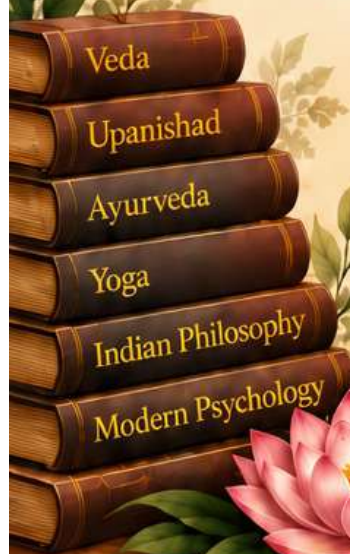


Venue:
6th Floor
Seminar Hall

Resource Person

Dr. Anjana Warriar

BAMS, MBA, MA Psychology, (Phd)



Event In Charge
Ms. Ananya R

IKS Cell Coordinator
Ms. Annu Sara Jose

Principal
Dr. R N Subba Rao

Director
Rev. Bro. Dr. Titus Anto

Knowledge | Well-being | A Better Tomorrow