

Dhardo Rinpoche and Geshe Rinchen Wangyal from Drepung Losel Ling Meditation and Science Center, Drepung Losel Ling Monastery, Tibetan Colony, Mungod, Karnataka, in collaboration with Goa University is organizing 8 weeks course on "**Basic Meditation practice for Well-being**".

Every week a video will be released for learning and practicing. No certificate or credit will be given for this course, as this course is purely for well being of all.

Directorate of Digital Learning and Initiatives(DDLI), Goa University requests all the Deans, Faculty members, Officers, Principals of affiliated colleges to share the link of the registration form to all students and staff. This will help to send the video link directly to the registered participants.

Click the link given below for registration.

https://docs.google.com/forms/d/e/1FAIpQLSfCNp_rtqytn_9cMCZgJYVz93UsEL4f3VKhsJF-pPpJhNIIUw/viewform?usp=sf_link