

**DYAL SINGH EVENING COLLEGE
(University of Delhi)**

NOTICE

Date 26-07-2020

This episode of Chasing Sunshine is about easy techniques to practice mindfulness

Spotify: https://open.spotify.com/episode/5a4tuOVg9U1uUpNL2lY5L1?si=NTDS1-gHQaShNc_DCCfvmA

Anchor: <https://anchor.fm/chasingsunshine/episodes/Mindfulness-eh8nop>

Apple Podcasts: <https://podcasts.apple.com/in/podcast/chasing-sunshine/id1509975249#episodeGuid=bd0381be-4c7b-42b0-85c7-56889163c661>

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updates: <https://www.instagram.com/p/CDGWzD5l1IE/?igshid=1ww7118a7xuik>

**(Dr. Pawan Kumar Sharma)
Principal**