

**WEBINAR**



# MIND MASTERING

*Organized by the Department of Periodontology  
JSS Dental College & Hospital*

26.08.2020 : Dr Sunil S  
27.08.2020 : Dr Krishna Murthy J  
28.08.2020 : Mr. Prasanna Krishna

**TIME : 2 PM to 3 PM**



## KEY SPEAKERS



**Dr Sunil S**

Heartfulness Meditation Trainer,  
Associate Professor,  
Dayananda Sagar College of Dental Sciences



**Dr Krishna Murthy J**

Director at Center for Integrative Health and  
Wellbeing, Bengaluru, Karnataka, India



**Mr Prasanna Krishna**

CEO and Founder of Welfare Harvesters and  
Managing Director at MeOH Tech LLP

## MODERATORS



**Dr Sheela Kumar Gujjari**



**Dr Avinash B S**



# WEBINAR

## SCHEDULE

**26/8/20**  
**2 PM to 3 PM**

**Improve our focus to achieve excellence  
with Heartfulness Meditation**

**Dr Sunil S**

**Emotional detox to regain confidence  
with Heartfulness Rejuvenation**

**27/8/20**  
**2 PM to 3 PM**

**Dr Krishna Murthy J**

**28/8/20**  
**2 PM to 3 PM**

**A valuable tool for self management -  
Inner connect**

**Dr Prasanna Krishna**

**Dr Avinash B S**

**Reader  
Department of Periodontology  
JSSDCH**

**Q & A Session**

**Vote of Thanks**

**Dr Sheela Kumar Gujjari  
Professor & Head  
Department of Periodontology  
JSSDCH**



# PERIODONTISTS ALUMNI MEET

**26** **AUG** | **TIME**  
**2020** | **11 AM - 1 PM**

**Its time to Reminisce your Alma Mater**  
**Let's Get Together**



## Moderators



**Dr Sheela Kumar Gujjari**

Professor & Head  
Department of Periodontics  
JSS Dental College & Hospital



**Dr Avinash B S**

Reader  
Department of Periodontics  
JSS Dental College & Hospital

**You are invited to a Zoom webinar.**

**When: Aug 26, 2020 02:00 PM India**

**Topic: Mind Mastering**

**Register in advance for this webinar:**

**[https://us02web.zoom.us/webinar/register/WN\\_CkhiCLOQQgWypqcrxO2ylw](https://us02web.zoom.us/webinar/register/WN_CkhiCLOQQgWypqcrxO2ylw)**

**After registering, you will receive a confirmation email containing information about joining the webinar.**

**You may join the Webinar through an alternate YouTube link provided below**

**[https://www.youtube.com/channel/UCJnRq334duQGxu9XTlsK\\_ng](https://www.youtube.com/channel/UCJnRq334duQGxu9XTlsK_ng)**