

St. Andrew's College of  
Arts, Science and Commerce.

*Is conducting  
One day Workshop cum  
Seminar on "Mindful  
Listening and Financial  
Literacy"  
for the  
Non - Teaching Staff"*

*Date : Friday , 20 December 2019.*

*Timings : 9 a.m. to 4 p.m.*

*Venue : A.V. Room*



**PROGRAMME.**

**9 to 10 a.m.**

Yoga Session by  
Mr. Manish Malani  
and Team of Live  
Mindful.

**10 to 10.30 a.m.**

Breakfast.

**10.30 to 12.40 p.m.**

Session on Mindful  
Listening.

**12.40 to 1.30 p.m.**

Lunch.

**1.30 to 3.30 p.m.**

Financial Literacy for  
small income  
earners.

**3.30 to 3.45 p.m.**

Tea / Feedback