

Sri Healthcare-Research
International (SHRI)



SOFT SKILLS & MINDFULNESS MEDITATION (For Adults)

on Saturdays

CHARGES: INR 500/-
PER SESSION



www.shrihealthcare.in



shrihealthcareteam@gmail.com



8811046995/9748441834/ 70035 49210

A Little About us!!

Sri Healthcare-Research International (SHRI) is an ONLINE Integrative Counselling-Psychotherapy, Internship & Training Centre founded by Sanghamitra Sau Sengupta in 2017.

Our Intention is for Sustainable Humanity & World Peace.

We primarily work in 3 major dimensions:

- Prevention (Trainings & Courses)
- Management (Workshops, Events)
- Treatment (One-One, Couple & Family Counselling & Psychotherapy)

The Softs Skills & Mindfulness Meditation Sessions are part of our Management.

You can view further details about & our Services on our website



Topics Covered

- Communication skill
- Interpersonal skills
- Decision making skills
- Leadership skills
- Stress Management
- Self-Awareness
- Gratitude
- Emotional Regulation
- Conflict Resolution
- Acceptance
- Empathy & Prosocial behavior
- Problem Solving skills
- Time & work management
- Cultivating Resilience
- Reaction-Response

Review

" Yesterday I attended a programme on Life Skills and mindfulness meditation It was excellent informative for life skills and very relaxing during meditation. Commendable efforts of Shri Health care in the field of mental health This is a great service to the people."



www.shrihealthcare.in



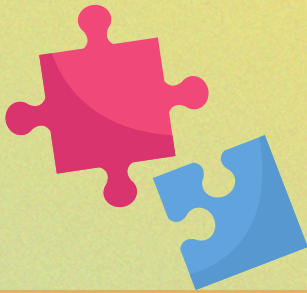
shrihealthcareteam@gmail.com



8811046995/9748441834/ 70035 49210

How do I join?

- *Soft Skills along with Mindfulness Sessions are 45 minutes-1 hour sessions every Saturdays.*
- *You can choose the sessions & Topics you want to join for!*



Reviews

" In the Mindfulness session yesterday I understood about acceptance, Non-judgment and the difference between reaction and response. I realized that the Mindfulness that you taught was so in such simple words and techniques, but it has so deep in its experience and meaning. "

*" I will give eight out of nine to the workshop.
Commendable efforts of Shri Health care in the field of mental health.
This is a great service to the people."*

**CHARGES: INR
500/- PER
SESSION**

Our Past Classes

