

th YOU 2.0

CIS and Baltic Countries

heartfulness
purity weaves destiny

17 OCTOBER 2020

14:00 - NADEZHDA DAMKOVSKAIA: "HOW TO DOUBLE YOUR ENERGY AND GET RESULTS IN ALL AREAS OF LIFE?"

15:00 - SERGEY BOGDANOV: "HOW TO ACCEPT FAILURE AND GROW?"

15:50 - DASHA KOTWANI: "TIPS AND TRICKS THAT WILL HELP YOU ORGANIZE YOUR EVERYDAY LIFE AND GET THINGS DONE"

16:35 - OLGA KONOVALOVA: "YOUTH — A TIME OF PERSPECTIVES"

17:15 - ANASTASIA SHIENOK: "EMOTIONAL INTELLIGENCE (CALMNESS=STRENGTH)"

18:30 - THE KEY SPEAKER - KAMLESH D. PATEL (DAAJI):
"REVEALING PERSONALITY"

OUR PARTNER



Indian Council for Cultural Relations
भारतीय सांस्कृतिक सम्बंध परिषद्

INTERNATIONAL YOUTH WEBINAR PROGRAM

"How to be yourself?"

18 OCTOBER 2020

14:00 - THE KEY SPEAKER - USHA RK.: "HOW TO UNLEASH YOUR TALENT?"

15:00 - VALERIA GOSPODAREVA: "HOW TO FOLLOW YOUR DREAMS AND CORRECTLY SET OUR GOALS?"

15:40 - ARUN KHURANA: "HOW TO COMBINE WORK, STUDY AND HOBBIES WHILE MAINTAINING BALANCE, CALMNESS AND HAPPINESS?"

16:20 - MARTHA VASILKEVICH: "HOW TO TAKE THE FIRST STEPS TOWARDS CONSCIOUS CONSUMPTION?"

17:00 - LILA KURSE: "EASY TIPS TO MAKE YOUR DAY BETTER"

17:40 - NATALIA BLOHINA: "WHY SHOULD YOUNG PEOPLE GO TO MUSEUM?"

18:30 - THE KEY SPEAKER - JOSHUA POLLOCK:
"IMPORTANCE OF MEDITATION FOR YOUTH"

MORE INFORMATION:

[HEARTFULNESS.ORG/RU/YOUTH/](https://heartfulness.org/ru/youth/)