

ChampionWoman has introduced Mindfulness as a tool for emotional strengthening to **12,000** people in corporate India, associations and universities, including INFOSYS, DELOITTE, NASSCOM, MMA, M.G.R UNIVERSITY and M.O.P VAISHNAV COLLEGE, through virtual sessions during the lockdown period.



We at Global Adjustments Foundation conduct free interactive ChampionWoman workshops for school and college girls and working women.

Call at +91 75502 21513 or e-mail championwoman@championwoman.org

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