



2020-2021

Name of the Department/Society: **National Service Scheme**

Name of the Event **67**: Online Emotional Hygiene Session

Date of the Event: 17th July, 2020



The COVID-19 pandemic has led to profound changes in social and occupational practices requiring most people to socially isolate. With the required social distancing practices, symptoms of anxiety and depression may naturally increase. In order to help people to deal with stress and anxiety, NSS Hansraj organised a live session on the topic "Emotional Hygiene during Pandemics" which was addressed by Ms. Charnita Arora, India's leading Mindfulness Expert, TedX Speaker, renowned therapist, best-seller author and founder of Perfect Life Spot. During the interactive session, Ms. Charnita addressed various queries of the audience related to stress problems and methods to cope with them. She discussed various strategies which if applied on daily basis will surely have great benefits on one's mental health. Audience engaged in interesting activities like water breathing and emotional mapping. She also emphasized on the importance of a healthy diet, good sleep and somatic awareness. The session witnessed enthusiastic participation and proved to be very beneficial considering the ongoing situation. It taught one how to build healthy coping skills and importance of incorporating mindful practices in daily routine.