

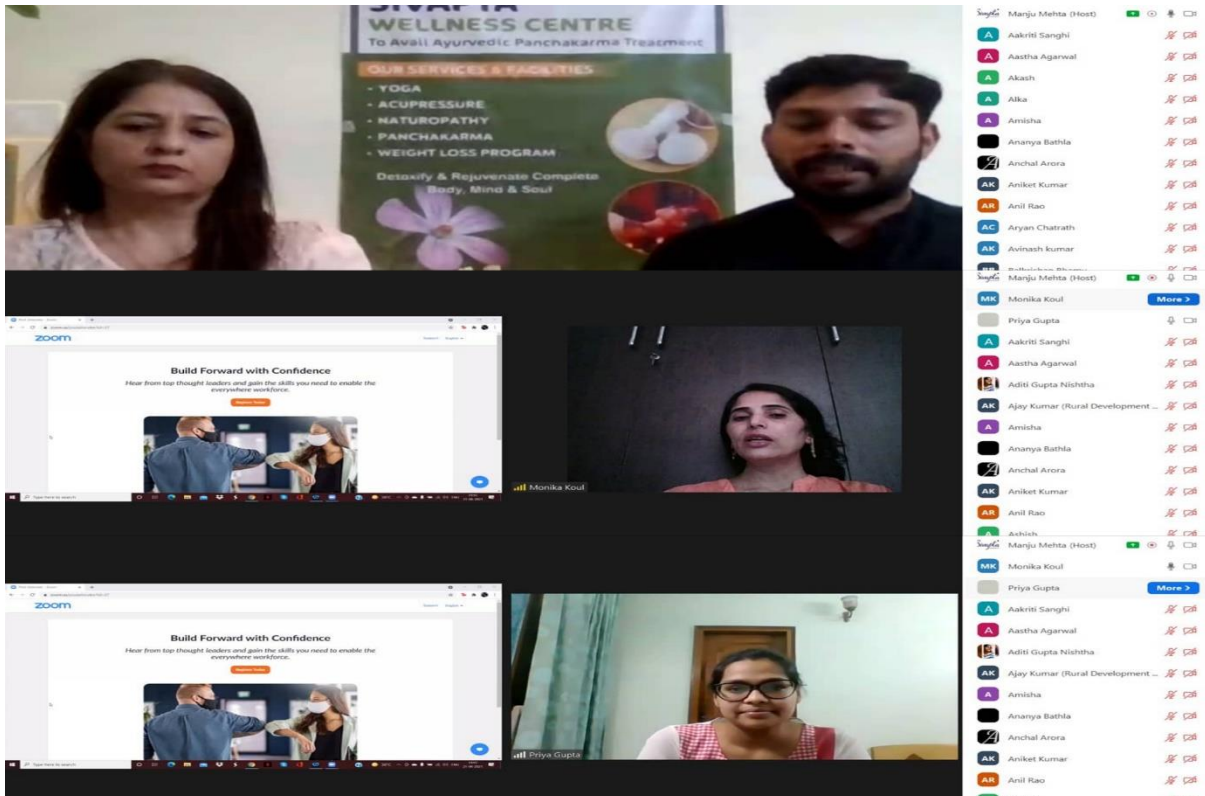


2020-2021

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

Name of the Event **50**: Online Session: Yoga for Mental Health

Date of the Event: 21st June, 2021



On the especial occasion of 'International Yoga Day', we at NSS Hansraj held an interactive session, addressed by Yoga Acharya Navin Kumar and Mrs. Manju Mehta, co-founders of 'Sivapta Wellness Centre'. The speakers enlightened all the participants on the importance of Yoga for stable mental health. They discussed the important Yoga Asanas which help us in attaining a healthy mental environment. By the end of the session, partakers learned about the benefits of meditation and how it naturally cures depression, stress and anxiety. Those who meditate on a regular basis are less stressed, healthier and are found to adopt a more positively oriented perception about life. The session came to a fruitful end with a vote of thanks to the speakers and the audience. It was marked by spirited participation of the volunteers and was a refreshing as well as productive experience for all.