



**NSS HANSRAJ**  
*in collaboration with*  
**HANSRAJ SPORTS SOCIETY**  
&  
**NCC HANSRAJ**  
*presents*

# Yoga for Mental Health

**Speakers:** Yoga Acharya Navin Kumar & Mrs. Manju Mehta

**Patron:** Dr. Rama

**Date:** June 21, 2021

**Time:** 2:30 PM onwards

**Platform:** Zoom



## CONTACT US



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Greetings from NSS Hansraj! 🌸

Yoga adds years to our life and life to our years. Yoga not only circumscribes a myriad of breathing practices but also encompasses instilling mental peace and equanimous behaviour, making our life tranquil. Due to its long list of health benefits, yoga is promulgated throughout the world.

With mental health issues becoming common, yoga can serve as a key to psychological and emotional healing. For enlightening us on the importance of the same for ensuring good mental health, we at NSS

Hansraj are organizing a Yoga Talk on the felicitous occasion of International Yoga Day. The session shall be addressed by Yoga Acharya Navin Kumar and Mrs. Manju Mehta, co-founders of 'Sivapta Wellness Centre'. Yogacharya Navin Kumar is master in yoga with an experience of over 10 years, whereas Mrs. Manju Mehta is a certified teacher in basic and advance yoga with an experience of over 5 years. They both are having profound insights into the world of yoga and its relation with mental health.

The details of the webinar are as follows:

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We await your benign presence in this sapiential and sublime session. It shall greatly help you cogitate towards yoga and meditation, bringing a positive change in your lifestyle.