



The Department of Human Development
College of Home Science Nirmala Niketan
(Affiliated to the University of Mumbai)

SOCIOEMOTIONAL & PHYSICAL 'WELL-BEING' WEBINAR SERIES
(Session 2)



Ms. Chitra Pandhi

MSc Human Development
QCI (Level II) Certified Yoga Teacher
Founder
YOGATAINMENT
Multiple Paths, One Destination

YOGA BEYOND ACHES AND PAINS: A YOGIC APPROACH TO MENTAL HEALTH

[Easy to Medium Difficulty Level for Asanas]

Any physical ailment has a mental root. Understand the Science of Yoga and its application to deal with everyday physical and mental stressors. Also get a sneak peek into dealing with anxiety and other disorders through a theoretical and a practical experience of Yoga.



Rooted in Yoga, and having its branches spread out in every realm in life, Yogatainment is an initiative which aims at holistic growth.

Saturday, 30th May 2020
4:30pm to 6pm



Register at:

<https://forms.gle/ch6tQENzi37kPfd4>

Hurry up! Limited seats only.

E-certificate for participation.

- ✓ No registration fees.
- ✓ Enquiries at: hdlectureseries@gmail.com