

COLLEGE OF HOME SCIENCE NIRMALA NIKETAN
DEPARTMENT OF TEXTILE AND FASHION TECHNOLOGY
WEBINARS ON LAUGHTER YOGA- YOGA BEYOND MAT ON
INTERNATIONAL YOGA DAY

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|  | You Tube Link | Session on 20th June 2020- https://youtu.be/WGRcuP2fJVQ Session on 21st June 2020- https://youtu.be/RIQ3sY7oLL4 |
|  | Facebook page link | https://www.facebook.com/profile.php?id=100011906192408 |
|  | Instagram Page link | NNC TFT (@tft_department_2018_19) |

Join us for a **LIVE**

LAUGHTER YOGA On Saturday, 20th June 2020 ⌚ 2.00 pm-3.00 pm

YOGA BEYOND MAT On International Yoga Day, 21st June 2020, Sunday ⌚ 10.00 am-10.45 am



Mehek Wadhwa
Holistic Wellbeing Coach,
Yoga Acharya
NLP & New Code NLP Practitioner

<https://www.youtube.com/channel/UChT2y2907IQxIWTkG0CAw>
<https://www.linkedin.com/mwlite/in/mehek-wadhwa-531426>
<https://www.instagram.com/mehekwadhwa?r=nametag>

 <https://www.facebook.com/pages/Category/College-University/Textiles-and-Fashion-Technology-Nirmala-Niketan-231216267265171>

What is Laughter Yoga?

Cardio Stretching Therapeutic Laughter

Pranayam (Deep) Laughter Meditation

Breathing

Happy Life Begins

Benefits Of Laughing

- Reduces Heart Disease
- Natural Pain Killer
- Improves Breathing
- Helps You Loose Weight
- Improves Your Sleep
- Decreases Stress
- Makes You Look Younger

Let's build on our strength and flexibility; Calmly & peacefully, face life..

College of Home Science Nirmala Niketan
Affiliated to the University of Mumbai
NAAC Accredited 'A' Grade
DEPARTMENT OF TEXTILE & FASHION TECHNOLOGY



Organising Team:



Dr. Ela Dedhia, IQAC Coordinator
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Ms. Neha Mulchandani
Assistant Professor

Technological Partner 