




**COLLEGE OF HOME SCIENCE NIRMALA NIKETAN
DEPARTMENT OF TEXTILE AND FASHION TECHNOLOGY**

**WEBINAR SERIES ON YOGA AND LAUGHTER AND MINDFULNESS
AND EMOTIONAL WELLBEING**

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|  | You Tube Link | <p align="center"><u>Yoga with Sharvari</u></p> <p>23rd May 2020- Session 1- https://www.youtube.com/watch?v=qOhBYvi7WkQ 30th May 2020- Session 2- https://youtu.be/NsZ - FP2Q 5th June 2020- Session 3- https://www.youtube.com/watch?v=UCtW7qVH6EQ</p> <p align="center"><u>Mindfulness and Laughter Yoga Session by Mahek Wadhwa</u></p> <p>12th June 2020- https://youtu.be/9bHijweHnIU</p> <p align="center"><u>Emotional Well being by Mahek Wadhwa</u></p> <p>13th June- https://www.youtube.com/watch?v=hZAQMZG8jRc</p> |
|  | 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**

MINDFULNESS & LAUGHTER YOGA SESSION

Health is Wealth Saturday, 13 & 20 June 2020 10.00 am - 10.45 am



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



Benefits Of Laughter:
 - Reduces Heart Cholesterol
 - Reduces Blood Pressure
 - Improves Immunity
 - Makes You Live Longer
 - 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

Technological Partner

Organizing Team



Dr. Ela Deshpande, OAC Coordinator
 HOD, Textile and Fashion Technology

Ms. Neha Mulchandani, Assistant Professor

Join us for a **LIVE** **REFRESHING YOGA SESSIONS**
Health is Wealth

5 Saturdays- May 23, 30, June 6, 13, 20 - 2020 10.00 am -10.45 am

Yoga Instructor
Mrs. Sharvari Kalantre

YouTube LIVE <https://youtu.be/qOh8Vw7WkQ>
 Facebook <https://www.facebook.com/collegeofhomeandfashiontechnologynirma/>
 Website-221131287@rediffmail.com



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 HOD, Textile and Fashion Technology
 Dr. Vishala Karand, Associate Professor
 Ms. Neha Mulchandani, Assistant Professor

Technological Partner

Join us for a **LIVE** **Session on Emotional Wellbeing**
Health is Wealth Sunday 14 June 2020 10.00 am -10.45 am

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

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