



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 it's 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