

# Delhi School of Professional Studies and Research

Affiliated to G.G.S Indraprastha University

(NAAC Accredited "A" Grade Institution)

## DOSSIER

*On*

**"Session on Mental Well-being"**

*On*

9th April, 2019

<b>Title</b>	Session on Mental Well-being
<b>Date and Time</b>	9 <sup>th</sup> April, 2019
<b>Venue</b>	Seminar Hall
<b>Resource Person/Facilitator</b>	Ms. Poojan Bathla, Programme Officer, NSS
<b>No. of Participants</b>	50
<b>Summary</b>	<p>Delhi School of Professional Studies &amp; Research has organized an awareness program on the observance of World Health Day on 9<sup>th</sup> April, 2019 in association with The Art of Living Foundation in the college premises. The hour long session was aimed at sensitizing the students about mental well-being.</p> <p>Professor Ravinder Vinayek, Director DSPSR welcomed the speaker Ms.</p>

	<p>Prachi Singhal, Certified Yoga Trainer who discussed with the participants how the breathing techniques can help in building better connection and foster a healthy environment not only at their workspace but also in their family life. The participants were taught a breathing technique called 'Bhastrika Pranayam' and were guided into meditation by the speaker.</p> <p>Ms. Mani Goswami Assistant Professor, DSPSR also expressed her views regarding the role and significance of mental health in this context.</p> <p>The session ended by participants sharing their experience and queries. Followed by vote of thanks proposed by Ms. Poojan Bathla, Program Officer NSS who applauded the efforts of the participants and NSS team members to make this program success.</p>
<b>Winners</b>	Not Applicable

**Photographs of the event:**

