



PUBLIC LECTURE ON

ROLE OF YOGA IN ENHANCING MENTAL WELL-BEING AND RESILIENCE IN YOUNG ADULTS AND CHILDREN

Date: 05th February 2022

The talk will focus on a yoga-based lifestyle in current times for children and young adults and on the scientific mechanisms through which yoga can enhance mental well-being and resilience. This lecture also will demonstrate some simple and useful practical yoga techniques that can be easily learnt and applied in today's lives to manage stress and build mental resilience.

Time: 3.30 PM

Zoom link:

<https://us06web.zoom.us/j/89659536041?pwd=cXAyWUhraW9yVkZoUnFqU1drL0RBUT09>

Meeting ID: 896 5953 6041

Passcode: 136856



SPEAKER:

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Organised by: NIMHANS Centre for Well-Being (NCWB)