



SLC (University of Delhi) Shyam Lal College



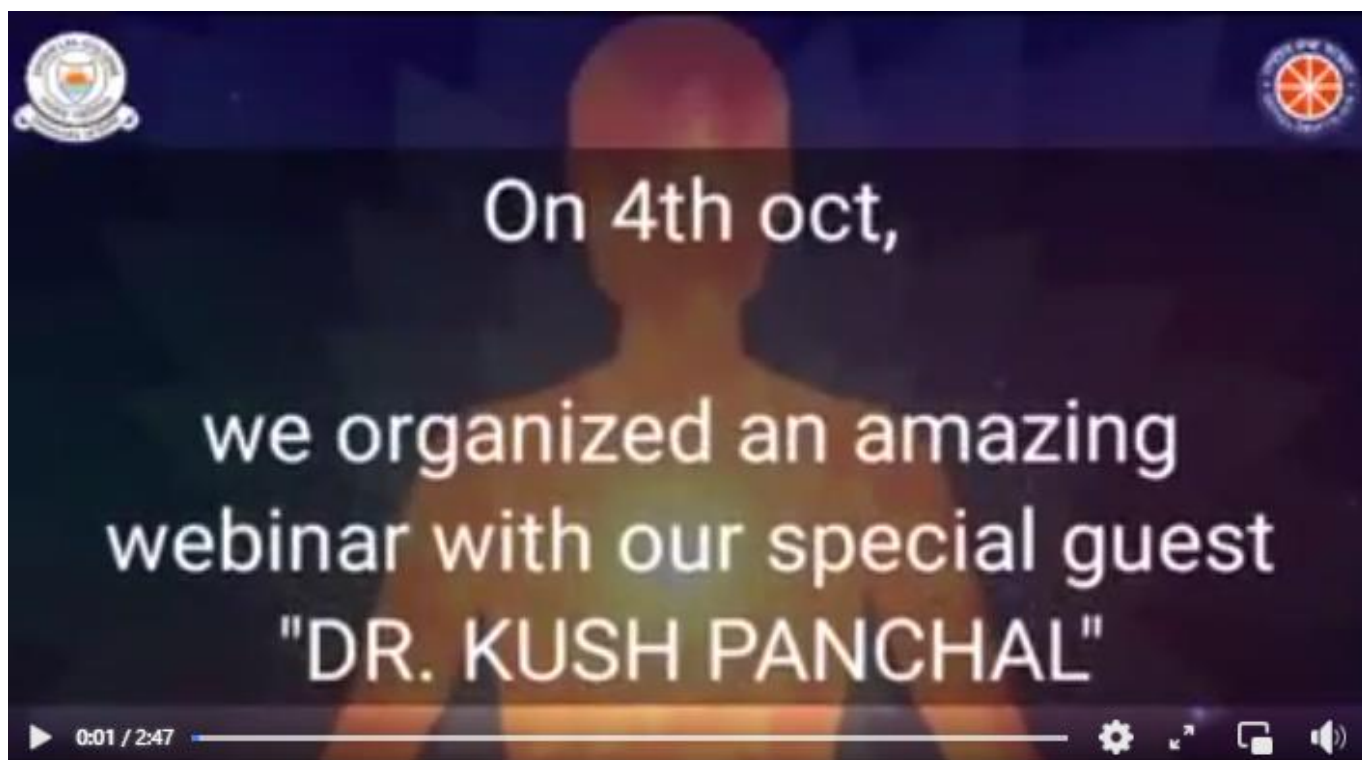
National Service Scheme Report **on** **“Webinar on Mental Fitness”**

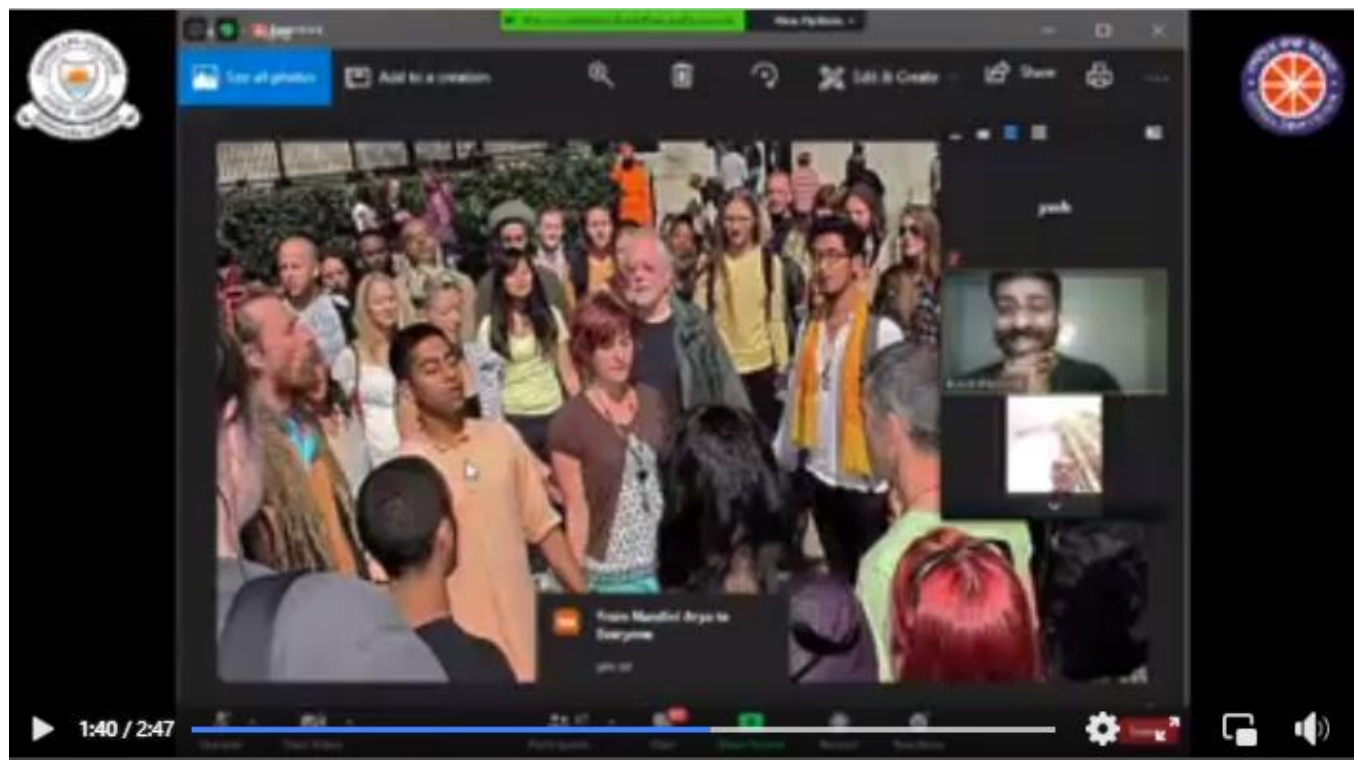
Webinar on Mental Fitness

A webinar on Mental Fitness by KUSH PANCHAL organized on 04/10/2020 by National Service Scheme SLC in which 95 volunteers actively participated. It was really an insightful colloquium which helped the students about mental health and peace of mind. The key point of webinar was

- Save life with Yoga.
- Super energetic meditation techniques.
- Yoga for back pain.
- Most effective fat loss home exercises.
- How to stay motivated in this pandemic situation.
- Stress Management.

It was an interactive session Indeed. His humorous way of expressing the yoga in a form of source of life enlightened all of us with a touch of spirituality; a western way of refreshing yourself was also there.





The above mentioned webinar was uploaded on social media like WhatsApp and Facebook also. Link to the video

<https://fb.watch/anzDHkIpAy/>

The screenshot shows a Facebook post from the page "National Service Scheme, Shyam Lal College, Du". The post is dated "5 October 2020". It features a map of "Shyam Lal college, Shahdra-110032 Delhi, India 110032" and a video of a person performing a handstand on a rug. The text of the post reads: "Yoga is the journey of the self, through the self, to the self." -- The Bhagavad Gita. The way Kush Panchal define yoga to us is breathtaking.. We never notion yoga before. That was a synergetic plenary with Kush panchal sir. A heartfelt thanks from shyam lal college and NSS team. The post includes several hashtags: #fitindia #FitIndiaMovement #delhiuniversity #nss #ShyamLalCollege. Engagement statistics show 62 likes, 1,161 followers, and 154 check-ins. The video has 2 likes.

National Service Scheme, Shyam Lal College, Du
5 October 2020 · 🌐

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-- The Bhagavad Gita

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#fitindia #FitIndiaMovement #delhiuniversity #nss #ShyamLalCollege

62 people like this, including 62 of your friends

1,161 people follow this

154 people checked in here

<http://shyamlal.du.ac.in/nssnational-service-scheme.php>

2

Like Comment Share



**SLC (UNIVERSITY OF DELHI)
SHYAM LAL COLLEGE**

NSS and IQAC

Organises

WEBINAR

Under

FIT INDIA MOVEMENT

Topic: MENTAL AND PHYSICAL FITNESS



**Dr. Kush
Panchal**

International
Yoga Trainer

4th OCTOBER 2020, 9:00 am

Platform: zoom

Dr. Jasvir Singh

(Programme Officer)

NSS

Dr. Kusha Tiwari

(Convenor)

IQAC

Prof. Rabi Narayan Kar

(Principal)

For Queries Contact

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