





NATIONAL SERVICE SCHEME

BHARATI COLLEGE


UNIVERSITY OF DELHI



The National Service Scheme unit of Bharati College, University of Delhi organized a **Work shop on the topic mental health and increasing the graph of happiness.**






National Service Scheme
Bharati College
University of Delhi



Yogacharya Manjari Joshi
Director, Navyog (Suryodaya Seva Samiti)
Assistant professor, JC Bose University
(CCSD), Faridabad

*One day work shop on the topic mental health
and increasing the graph of happiness.*

DEPARTMENT OF SANSKRIT

 : 9-10 am
 : 3 June, 2023
 : Seminar Room

PRINCIPAL: PROF. SALONI GUPTA

CONVENOR: DR. ASHA TIWARI

“Mental health problems don’t define who you are. They are something you experience. You walk in the rain and you feel the rain but you are not the rain.”

About the Workshop: It was a one day workshop. It was organized in collaboration with Sanskrit Department of Bharati college. The speaker of the event is **Yogacharya Manjari Joshi.**



OUR AIM: The aim of organizing the workshop is to raise awareness about the importance of mental well-being and provide participants with practical strategies to enhance their happiness and overall quality of life.

DURATION AND TIMING OF THE SESSION:

The workshop was organized on June 03, 2023 from 9-10 am in the Seminar Room of Bharati college.





CONCLUSION: It was an successful workshop attended by 80 students. The students are provided with practical tools and resources they can use to improve their mental health and happiness. They also share their personal experience with others.



PRESIDENT: KOMAL BAKSHI

VICE-PRESIDENT: GUNJAN

CONVENOR: DR. ASHA TIWARI

PRINCIPAL: DR. SALONI GUPTA