

Vishnu Waman Thakur Charitable Trust's
VIVA INSTITUTE OF PHARMACY
At. Shirgaon, Veer Sawarkar Road, Virar (E),
Tal. Vasai, Dist. Palghar-401305, Maharashtra

3rd January 2024

Date of event	3 rd January 2024
Time of event	11:00 am onwards
Name of speaker (Designation & Organization)	Dr. Anil Kumar Garg, International Motivational Speaker
No. of Participant/ Students present	Staffs : 20
Venue	4 th floor, Auditorium, VIVA Technical Campus.

A Seminar on "A Holistic Way To Manage Mental Health And Stress In Life" was planned and arranged for the teaching staffs. This FDP was oriented by Dr. Sunita Ogale, Principal and further coordinated by seminar committee. This seminar was delivered by Dr. Anil Kumar Garg, International Motivational Speaker.

The event started with an inaugural ceremony & dignitaries were felicitated by Principal. 20 staffs showed their active presence which made the event a grand success.


Following topics were explained by the speaker in details :

- Meaning of Mental Health
- Components of Mental health
- Ways to improve Mental Health
- Importance of diet
- Importance of meditation
- He emphasized on breathing practices
- He made everyone practice the Sudarshan kriya

The session was very interactive with many directions to control stress in life and manage mental health. A vote of thanks was given and a seminar was concluded by filling a feedback link.


Seminar Committee




Dr. Sunita Ogale
Principal

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A Seminar on “A Holistic Way To Manage Mental Health And Stress In Life” conducted on 03/01/2024