



# **National Service Scheme**

## **Report on**

### **“Webinar On World Health Day”**

**7<sup>th</sup> April, 2023**

The National Service Scheme unit of SLC organized a webinar on the occasion of world health day at 3 p.m. The theme of the webinar was Yoga- An essential for healthy life. More than 55 students participated in this event. Mr. Mukul Kumar who is a dietician and an ayurvedic nutritionist, was invited as the speaker of the webinar.

The webinar aimed at addressing about yoga as a holistic approach to our health and well-being. Yoga has become a global phenomenon over the last several decades. Its aim is to yoke or create a union of the body, mind, soul, and universal consciousness. The practice entails low-impact physical activity, postures (called asanas), breathing techniques (pranayama), relaxation, and meditation.

The volunteers came forward and gave their insights on yoga and health living. There was lively interaction among the volunteers. Finally, the discussion ended when Mr. Varun Panwar urged the students to take message from the webinar and spread it in society.

Meet - ynn-qqwe-frc

https://meet.google.com/ynn-qqwe-frc

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Meet - ynn-qqwe-frc

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**SLC (University of Delhi)  
SHYAM LAL COLLEGE  
NATIONAL SERVICE SCHEME**

*Organises*  
**WEBINAR**



**Mr. Mukul Kumar**  
(Yogic Dietician and  
Ayurvedic Nutritionist)

*On the occasion of*

**WORLD HEALTH DAY**

**Topic: Yoga - An Essential  
For Healthy Life**

**Date: 7th April, 2023**

**Time: 3:00 to 4:00 p.m**

**Venue: Google Meet**



**Dr. Prabhat Sharma**  
( Programme Officer, NSS)

**Prof. Rabi Narayan Kar**  
(Principal, SLC)



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**National Service Scheme, Shyam Lal College, Du**



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