

## AZADI KA AMRIT MAHOTSAV

### Topic :- WORKSHOP ON MENTAL HEALTH & YOGA

Resource Person:- 1. Mrs. Hemjyoti Deka, Senior Lecturer, DIET, Karbi Anglong, Diphu

2. Mr. Rakesh Hazarika, Lecturer, DIET, Karbi Anglong, Diphu

Expected Participants = 50 Nos

Actual participants attended = 37 nos.

#### **Report ::**

The main aim of the life is to establish adjustment with the changes that continuously go in the environment in order to have an integrated and balanced personality. Secondary mental hygiene is related to mental health as physical hygiene is related to physical health. The stress is on health rather than on the prevention or cure of mental disorder like physical hygiene, mental hygiene, stress upon better living conditions, upon methods that cure the mentally ill, preventions of mental illness and making the mentally healthy still more wealthy. This programme is to achieve adjustment and improve conditions of living.

This study also saves us from various intellectual, emotional and intestinal ailments. A person who has the following qualifications shall be said to possess a balanced and integrated personality. Such as

- Balance > Uniformity
- Consistency > Adaptability
- Content > Efficiency

On the other hand, the yogic exercise is of great importance in the modern time. Such as

- ❖ Yoga for health and happiness. (Practice of YAM & NIYAMA)
- ❖ Best and cheapest.
- ❖ Shake up the entire personality.
- ❖ Yoga for youth and beauty.
- ❖ Build better body.
- ❖ Build better character.
- ❖ Yoga and the secret of eternal youth.

These are all evident that in the present odd days and materialistic life yoga is a most essential. If we practice yoga in our daily life, we can not only keep our body fit and but also contribute a lot to ourselves, to our society and also teach the eternal past.

#### **Photograph ::**





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