



A MENTAL WELLNESS INITIATIVE FOR YOUTH ON

MIND CONDITIONING

JOINTLY ORGANISED BY
YOGA & WELLNESS CLUB, MGIT
ASHA HOSPITALS, HYDERABAD
BRAHMAKUMARIS, SR NAGAR

REGISTER FOR
FREE!



SALIENT FEATURES

- PHOTO EXHIBITION (8AM-6PM)
- TALKS BY PROFESSIONALS (2PM-6PM)
- STRESS MONITORING (1PM-2PM)
- ONLINE CHATBOT COUNSELING (2PM-5PM)
- YOGA EXERCISE (8AM-9AM)
- MIND SPA (10AM-1PM)
- SCREENING FOR MENTAL HEALTH (10AM-1PM)

VENUE: BAPUNAGAR COMMUNITY CENTRE,
SR NAGAR MAIN ROAD
OPP TO PILLAR NO.1019
NEAR SR NAGAR METRO STATION
DATE: 2ND MARCH 2025
TIME: 8AM TO 6PM