



Evidence(s)



THE-Impact Ranking

University : Sri Sri University
Country : India
Web Address: www.srisriuniversity.edu.in

SDG3: GOOD HEALTH & WELL BEING

3.3 Collaborations and health services

3.3.5 Mental Health Support provides students and Staff with access to mental health support



Plate 1. Stress management through Yoga and Ayurveda for Public (13th Jan.23)



Plate 2. Awareness session on Healthy Life style and Mental Health (15th April 2023)

Description:

Yoga helps in maintaining good mental and physical health. It harmonizes our body and mind and restores our emotional balance. There is growing evidence that Yoga can have a positive impact on depression, anxiety so Art of living conducted a yoga session for peace of mind to all at Govt. Press office, Cuttack by Dr. Preetish Mishra (**Plate 1**).



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SDG3: GOOD HEALTH & WELL BEING

Yoga helps in maintaining good mental and physical health. It harmonizes our body and mind and restores our emotional balance. There is growing evidence that Yoga can have a positive impact on depression, anxiety so Art of living conducted a yoga session for peace of mind to all the Students at Sri Sri University (**Plate 2**).