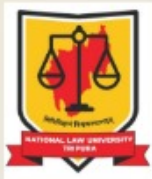


# NATIONAL LAW UNIVERSITY, TRIPURA



## YOGA & WELLNESS CELL

Presents a Session on

## BENEFITS OF YOGA FOR MENTAL HEALTH



**Dr. Sanjib Kr. Bhowmik**

Associate Professor (Health Education & Yoga)  
Department of Physical Education, Tripura University

## ABOUT THE SESSION

The Yoga & Wellness Cell (YWC) at National Law University Tripura, is pleased to announce a dedicated academic session on "Benefits of Yoga for Mental Health". This session will focus on how regular yoga practice can help improve mental, emotional, and spiritual well-being. Today, yoga therapy is widely used to manage symptoms of mental illness and maintain a healthy work-life balance. Our esteemed speaker will explain how yoga can reduce anxiety by improving breathing and relaxing the body, which in turn helps calm the mind and promote a sense of well-being. This initiative aims to support the students of NLU Tripura by encouraging personal growth, emotional resilience, and mental clarity as we begin the new academic year 2025-26.



**Date: 12<sup>th</sup> August, 2025**



**Time: 11:00 A.M- 12:30P.M**



**Venue: Auditorium, Tripura Judicial Academy**

**Contact for queries:**

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