

## Guest Lecture: Importance of Colours Therapy in our routine Life

7<sup>th</sup> April' 2021

Venue: Microsoft Teams

No. of Participants : 40

### Objective:

- To spread awareness on Self – Care and Health Development.
- To aware students about the Benefits of Colour Therapy in our routine life.

On April 7<sup>th</sup>, 2021 a virtual guest lecture was organized by the NCC, Department of Physical Education and Sports Board for the students of IIS (Deemed to be University) from 9:30 am to 10:30 am. Dr. Navneet Kumar started the session by elucidating his views on the topic “**Importance of Colour Therapy in our Routine Life**” with the strength of total 40 students.

Further, our guest elaborated on the importance of ” **WORLD HEALTH DAY**” and the benefits of colors on different diseases. He also explained the students about RIGVEDA.

He focused on the history of Colours that how colour is made up of in terms of Planets, which colour is good to wear and see according to seasons and diseases. Last but not the least, he told us about the various practices/experiments over the colours.

**Outcome:** All the students participated very curiously. The lecture was followed by a thorough question & answer session between the guest and the students. The guest lecture was a success as it was very interesting and knowledgeable for everyone.

