



Seva Mandal Education Society's  
**Smt. Maniben M. P. Shah Women's College of Arts and Commerce**  
**(Autonomous)**

**Department of Psychology**  
**invites you to celebrate**

# **International** **Yoga Day**

*Join us for a*  
**YOGA & SOUND THERAPY SESSION**

 **19 June 2026**

 **AV Room**

**10:00am - 11:00am: Yoga Session**  
**Facilitator - Ms. Drashti Lakhani, Counselling**  
**Psychologist and Certified Yoga Practitioner**



**11:00am- 12:00pm: Sound Bath**  
**Facilitator - Ms. Disha Vora, Clinical**  
**Psychologist and Lecturer**

