



Late Shri. Vishnu Waman Thakur Charitable Trust's

**VIVA Institute of Technology**

Approved by AICTE, New Delhi, DTE, Government of Maharashtra, Affiliated to University of Mumbai  
At- Shirgaon, Post-Virar (E.), Tal-Vasai, Dist-Palghar – 401 305.

Tel.: 777 000 2544 • Website : [www.viva-technology.org](http://www.viva-technology.org)

E-mail: [contact@viva-technology.org](mailto:contact@viva-technology.org) / [principalvit@vivacollege.org](mailto:principalvit@vivacollege.org)

## **National Service Scheme (SH-17)**

**Event Name:** EVENT ON COVID CARE FOR STUDENTS

**Date:** 5<sup>th</sup> August 2021

**Time:** 5:00pm to 6:00pm

### **Programme Summary/Details:**

NSS Volunteer of VIVA INSTITUTE OF TECHNOLOGY attended an event organized by Mumbai university NSS in association with the Art of Living For Viva Institute of technology on “Covid care Immunity Booster For students” art of living had launched across India to support the fight against the pandemic. These programs help improve people’s mental and physical health. The event was organized on 5<sup>th</sup> August 2021 from 5 pm to 6 pm via an online platform through Zoom meeting. In the event we were informed about a problem which is faced by the students during the course of pandemic and new covid – 19 pandemic negatively impact our work routine, sleep routine, ability to sleep, Increased stress, Deteriorated physical health, etc. And also appropriate mental and emotional health etc. And also appropriate solutions to this problem were also discussed. It was great and we get many takeaways from the session

Thank you.