

MENTAL HEALTH VIDEO ON “GREEN THERAPY THROUGH LOOSIYA’S LENS”

In order to provide positivity and support mental health of people during COVID-19 lockdown, a short video was made with the photographs of nature captured by the camera of Ms. Loosiya.K.P., Alumna (2014 -2019) of our college. Relevant motivating quotes rippling positive emotions and confidence in one’s mind were added along with the photographs and made into a video of Green therapy (Nature) to overcome depression or anxiety. The video was then shared in public in various social media like whatsapp, facebook and youtube. The url of the video uploaded in youtube is given below.

<https://youtu.be/CQs3MlzDC2I>

