

3<sup>rd</sup> World Congress on

# TRADITIONAL AND COMPLEMENTARY MEDICINE

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## Promoting mental health and wellbeing in the young

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The main objective is promoting mental health and well-being in the young different age groups of School, collage, University and Society. Breathing health promoting by Pranayama (Breathing exercise), physical health promoting by yoga Goal Horizon 2020 Research & Innovation. To develop an innovative yoga program to develop the full potential of the human brain. To improve confidence, to improve Physical health, to improve Breathing health, to improve mental health

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