**Mindful Gaming Garden at Crescendo**

**SADHANA: THE YOGA SOCIETY OF SSCBS** hosted the "Mindful Gaming Garden" during the college's annual fest, Crescendo, on May 1st. This event aimed to provide a space for relaxation and improve participants' mental well-being amidst the high-energy atmosphere of the fest.

**70 participants** enjoyed four engaging games designed to promote relaxation and mindfulness. The specific games focused on activities like puzzles, calming visuals, and simple physical movements that encouraged focus. Winners of each game received prizes of Amul Doodh and diaries, adding a fun element to the experience.

The high participation rate reflects the event's success in offering a welcome break during the fest. The event highlights the growing student interest in activities promoting mental well-being.

**Looking forward:**

* Offering a wider variety of games to cater to diverse preferences.
* Exploring the incorporation of yoga or meditation elements in future iterations.

**Overall, the Mindful Gaming Garden provided a fun and engaging way to encourage relaxation and mental well-being amongst students during the college fest.**





