

Date: 13 March, 2026

Number of Participants: 55

An expert lecture on Acupressure was organized in our CCSD, YMCA on 13 March 2026, to spread awareness about natural healing techniques and healthy living. The session was conducted by an experienced acupressure specialist Mr. Rajesh kumar who shared valuable knowledge about the importance and benefits of acupressure in daily life.

During the lecture, the expert explained that acupressure is a traditional therapy in which pressure is applied to specific points on the body to relieve pain and improve overall health. It is closely related to Acupuncture but does not involve needles. Instead, fingers and hands are used to apply pressure on important energy points.

The speaker discussed how acupressure can help manage common health problems such as headaches, stress, back pain, and fatigue. The expert also demonstrated some simple techniques on the hands and feet that students can practice to relax their bodies and improve blood circulation.

Students and faculty members actively participated in the session and learned about the benefits of maintaining a healthy lifestyle through natural methods. The lecture was very informative and helped us understand how acupressure can promote physical and mental well-being without the use of medicines.



