

**SATURDAY, APRIL 9, 2022
11 AM TO 12 PM IST**

A webinar on mental health

HOW ARE YOU FEELING?

Mental health is not just about thoughts and emotions. It is about one's experience of life. It is key to good physical health as well. Do you know that our poor mental well-being is the root cause of many illnesses?

Registration fee: INR 300

**TO REGISTER, PLEASE CONTACT
+91 9741983808 / 9731301026**



ashwasan