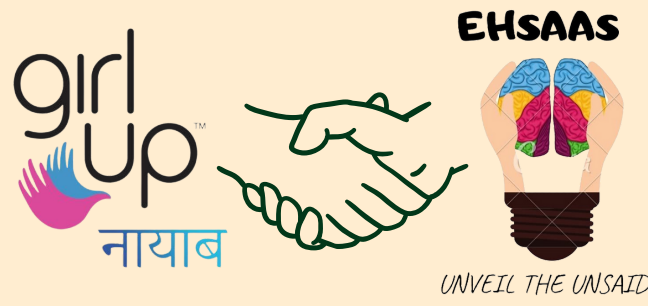




Shaheed Rajguru College Of Applied Sciences for Women
Under the aegis of IQAC



*Girl Up Nayaab and Ehsaas
Present a Session on*

MENTAL HEALTH & MINDFULNESS

Date : 25 November, 2021

Time : 4:00 PM Onwards

Platform : Zoom

[CLICK HERE TO REGISTER](#)



**Swami Prakarshananda,
Chinmaya Mission Delhi**

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