

Catharsis'23

Have you ever listened to the quote by Bill Clinton? He says *"Mental Health is nothing to be ashamed of, but stigma and bias shame us all!"* □□

Abuse, trauma, neglect, isolation, bullying, stress... All these emotions are a never-ending list of causes that impact our mental health, which we don't even realize!! □□

Par chinta kyu karni jab CDF-Bharati Chapter laaya hai CATHARSIS'23 under Project Heal apne saath! ♥□

Mentally heal yourself by doing whatever you love or whatever soothes your soul and calms your mind. You can paint, sing, dance, and what not?

Isliye come and join us to give your mind & heart the tenderness they need.

- Time: 11 am
- Date: 23rd March, 2023
- Venue: Theatre Room

Register on the link below: <http://surl.li/fppke>

Connecting Dreams Foundation
Bharati College
University Of Delhi
under
Heal
Presents
CATHARSIS'23
Annual Mental Health Workshop Day
on
11am | Thursday | 23.03.2023
Venue: Theatre Room

Don't miss the chance to be a part of CATHARSIS'23 because this time we are here to take you on the ride with

Stress reliever activities
Games
Meditate
Calm your inner self

Scan to register yourself

Mentally heal yourself by doing whatever you love to do when stressed or in a tough spot in life for calming your mind.

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