

Greetings from CDF Bharati 🌸

“The greatest weapon against stress is our ability to choose one thought over another.” – William James 🌟 🧡

With this in mind, CDF Bharati is extremely thrilled to announce that they will be hosting a Webinar on "Overcoming Anxiety: Techniques and Tools for Managing and Reducing Anxiety" as part of Project Heal with Miss Christymol Philip . Who in addition to being an illustrious psychologist, she is also an advocate of mental health.

Discover practical strategies and effective tools to conquer anxiety and take control of your life. Our expert speaker will guide you through proven techniques to help you find inner peace and build resilience.

Don't miss out on this life-changing opportunity!

Register now and start your journey towards a calmer and happier you. 🌈 🧡 ♀ 🌸

Registration link :

https://docs.google.com/forms/d/e/1FAIpQLSej_WJmG58dLy-hlv0Xcx4EwZi3M5pCv1OloJzOovsfm7xDHg/viewform

Join our WhatsApp group for more information.

<https://chat.whatsapp.com/IsN2gGUIM2zCgO1yKPXtmT>

📅 Date: 14th July

🕒 Time: 6:00 PM

📍 Venue: ZOOM

For queries, contact

cdfbharati@gmail.com

Regards

Team CDF Bharati

Connecting Dreams Foundation
Bharati College
University Of Delhi

Heal

presents a webinar on

OVERCOMING ANXIETY:
techniques and tools for managing and reducing anxiety

Miss Christymol Philip
(Counseling Psychologist,
Masters in Clinical Psychology, TISS)

14th July | 6:00 PM
Platform : ZOOM

Scan to register yourself for the Webinar

Prof. Sakshi Gupta (Principal) | Dr. Pooam (Coordinator) | Dr. Kalpana Bhatnagar (Co-coordinator) | Sanyidhii (Project Head) | Lavanya (Co-Project Head)

President : Bhanupriya
Vice-President : Nisha Sisodia

cdfbharati@gmail.com

Connecting Dreams Foundation - Bharati Chapter

[cdf_bharatcollege](https://www.instagram.com/cdf_bharatcollege)

