


Greetings from CDF Bharati! 🌻


"It is said that emotions are a mirror reflection of how a person feels deep in his heart."


Keeping this at centre, CDF Bharati feels extremely exhilarated to announce that they are organising a seminar on the topic **"Emotional intelligence:- How to cultivate it"** under Project Heal with Ms. Charvi Jain who is a illustrious psychologist and mental health advocate. The seminar will be taking a deep dive into the **ability to understand, use, and manage your own emotions in positive ways to relieve stress, communicate effectively, empathize with others, overcome challenges and defuse conflict.**

Thus, don't forget to join us and get answer to some most sensitive questions that keeps rolling in your mind. 🌟

Registration Link: <https://forms.gle/ZhbRtmr128nuCJhX7>

 Date: 17th October 2022

 Time: 12:30 PM

 Venue: Seminar room, Bharati college

Regards,
Team CDF Bharati



CONNECTING DREAMS FOUNDATION
Bharati College
University Of Delhi

Heal
presents a seminar on

Emotional Intelligence: How To Cultivate It?

Ms. Charvi Jain
(Psychologist, Entrepreneur, Mental Health Advocate.
Founder of Over a Cup of Tea . TEDx speaker)

17th October | 12:30 PM
Venue: Seminar room, Bharati College

Scan to register yourself for the seminar

E-Certificates will be provided to all the participants.

President : Vanshika Garg
Vice-president : Manya Khurana

 cdfbharati@gmail.com |  Connecting Dreams Foundation - Bharati Chapter |  [cdf_bharaticollege](https://www.instagram.com/cdf_bharaticollege)