



हंसराज कॉलेज
— दिल्ली विश्वविद्यालय —

HANSRAJ COLLEGE
University Of Delhi
NAAC Grade A+ with CGPA 3.62

2018-2019

Rotaract Club Of Hansraj College

Name of the Event – SELF LOVE WORKSHOP

Date of the Event – 8th March, 2019

On the mentioned date,
Rotaract Club of Hansraj College organized program on mental awareness and self-love in collaboration with raj psychological services, dr. Mala Vohra Khanna. Around hundred participants availed the service and counselling session and we urged the participants to focus on mental health and sexual orientation and equality related issues via the social media platform of Rotaract Club.



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Rotaract Club Of Hansraj



15 Jun 2020 · 🌐

Don't ever be afraid of showing your true colours, it is just as normal as being straight. Love should never mean having to live in fear. It takes coura... See more



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Mental Health refers to cognitive, behavioral, and emotional well-being in which an individual realises his or her own abilities, can cope up with the normal stresses of life, can work productively, and is able to make a contribution to his or her community.

Mental Health is an extremely vital part of life. But, sadly the most ignored factor in today's time. If not tackled, Mental Health can lead to anxiety, depression and suicide in many cases.

Project on Mental Health coming soon.

Stay Tuned.



**A PROJECT ON
MENTAL HEALTH**



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