



हंसराज कॉलेज
— दिल्ली विश्वविद्यालय —

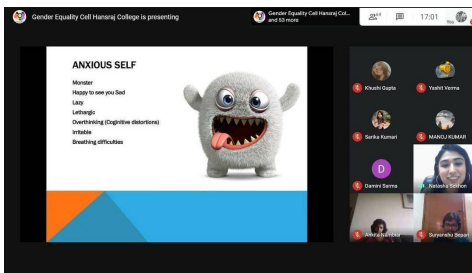
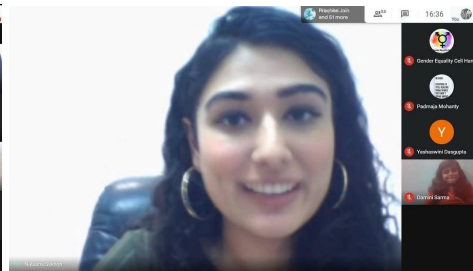
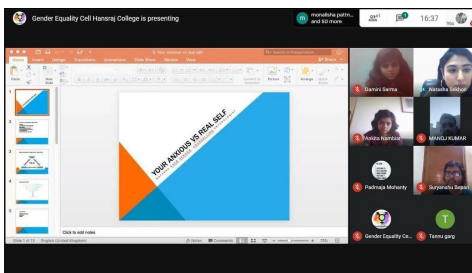
HANSRAJ COLLEGE
University Of Delhi
NAAC Grade A+ with CGPA 3.62

2020-2021

Gender Equality Cell

Name of the Event – Workshop on Mental Health

Date of the Event – 8th September, 2020



Gender Equality Cell, Hansraj College organized a Mental Health Workshop on 8th September 2020. The speaker, Natasha Kaur Sekhon, is a renowned counselling psychologist, registered under Rehabilitation Council of India. The topic of the workshop was 'Your anxious self vs Your real self, and techniques to manage your negative thoughts'.



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