



**Delhi School of Professional Studies and Research**

**Affiliated to G.G.S Indraprastha University**

**(NAAC Accredited "A" Grade Institution)**

# **DOSSIER**

*On*


**“Flagship Project (Project Swaasthya)”**

*On*

**Oct 11, 2021**

<b>Title</b>	Flagship Project (Project Swaasthya)
<b>Date and Time</b>	Oct 11, 2021
<b>Venue</b>	Zoom
<b>Resource Person/ Facilitator</b>	Programme Officer Rotaract – Mr. Vinod Kumar Rotaract Club of New Delhi One-ECHO , Ms. Arouba Kabir
<b>No. of Participants</b>	150+
<b>Summary</b>	A webinar under “Project Swaasthya” was organized by Rotaract Club of New Delhi One on the topic Anxiety, OCD and Behavioral Disorders in which the Rotaractors of our club collaborated and took an active part. The speaker Ms. Arouba Kabir made it a really interactive session which helped all the Rotaractors. In this webinar, participants learnt the factors necessary for maximizing your wellbeing. They also learnt strategies and interventions to help boost wellbeing, happiness, and life satisfaction, despite anxiety or depression. Participants walked away with a good understanding of what you need to thrive!
<b>Winners</b>	NA

Photographs of the event





**ROTARACT CLUB OF NEW DELHI ONE:  
ECHO**


**CERTIFICATE OF COLLABORATION**  
THIS CERTIFICATE IS PROUDLY PRESENTED TO

**ROTARACT CLUB OF DSPSR**

For collaborating in the speaker session event on the topic  
GenZ - Nutrition And Fitness organised by the Rotaract Club of New  
Delhi One - ECHO, RID 3012 on 24th September 2021.


  
 RTR. ABHISHI AGARWAL  
PRESIDENT


  
 RTR. HARSHIKA CHOUDHARY  
SECRETARY



**The Rotaract Club of New Delhi One: ECHO**  
presents

**PROJECT**  
*Swaasthya*  
**FLAGSHIP PROJECT**  
2021-22





**ROTARACT CLUB OF NEW DELHI ONE : ECHO**  
presents a speaker session on


**ANXIETY, OCD &  
BEHAVIOURAL DISORDERS**

under

**PROJECT**  
*Swaasthya*  
FLAGSHIP PROJECT  
2021-22

**11 OCTOBER 2021**  
**7PM ONWARDS**

by



**AROUBA KABIR**

Mental Health Therapist/Counselor  
Founder, Ease Wellness

With an experience of 6 years in the field, based out of  
Chargen, she has been proactively creating an  
awareness about mental health, its importance and  
significance via sessions of online sessions.  
MA in Counseling Psychology, Certified in CBT, Sub-  
conscious Mind (Hypnotherapy), Therapeutic Art and  
Meditation

She works with individuals, couples, families and  
corporates. Ease a small set up, Ease Wellness where  
she focuses on holistic wellness.

